

Newsletter

The latest news, views and announcements for the staff at Main Street Medical Supply.

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HOW TO BEAT THE HOLIDAY BLUES.

Help make the holidays magical — not miserable — for older loved ones this holiday season. Due to a variety of reasons, a quarter of adults 65 and over are considered socially isolated, and a “significant portion” of older adults in the U.S. report feeling lonely, according to the National Academies of Sciences, Engineering, and Medicine. The American Psychological Association notes that during the holidays, those numbers may be amplified, thanks to the “holiday blues,” which can cause irritability, fatigue and sadness. Knowing how to care for and support your older loved ones in small ways can help reduce some of that loneliness and help you connect with them on a deeper level.

The holidays are full of celebrations and family meals. Include your older loved one in the planning, from choosing the courses to picking out linens, or ask them to help you cook if they are able. Maybe your loved one grew up eating rhubarb pie on Christmas Eve or they have a go-to family latke recipe. Whatever it is, make sure to include their favorite food or dessert in any meals or holiday celebrations. This makes them feel special and shows you care. *continued on page 2*

In preparation for events (or just to have a special day out), treat your family member to a spa day — either at a local business or at home. Paint their nails, get their hair done, do their makeup, trim their ear hair or pull out their favorite fancy attire. Especially if your loved one lives in a senior care facility or doesn't get out much, this can be a refreshing change of pace and boost to their confidence. Just remember they may not make it a full day, and they'll definitely need to rest afterward.

Spend time looking at photo albums of holidays past. You and your loved one can reflect upon memories and share a safe space to remember happy thoughts. And if there are pictures that bring up tears or grief, that's OK, too. There's no denying that celebrating holidays with an older loved one can be emotional and maybe even stressful. But hopefully, you can navigate this time of year with a little grace and joy. The key is to provide a safe and loving space for your older loved one to enjoy themselves in their own way. *(Source: Care.com)*

Product Spotlight

The Stander EZ Fold-N-Go Walker is ready to use straight out of the box so all that's left for you is to unfold and start strolling. Designated as the most lightweight and portable walker in the world, it is easy to fold up and take in a car, bus, and even on an airplane. It is four times smaller than average walkers when folded up, making it easier to store and transport. The EZ Fold-N-Go Walker is compact and incredibly lightweight at just 8 pounds, making it easier to lift and transport without extra help. Made with a strong aluminum construction able to support up to 400 pounds so you can feel confident anywhere you go. Come in today and try out the Stander EZ Fold-N-Go Walker for yourself. Only \$194 each.

