MAIN STREET NEWSLETTER

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MAIN STREET MEDICAL SUPPLY
BRINGING HEALTH & WELLNESS HOME

December 2025

Clear Paths, Warm Hearts: Winter Safety Tips for Seniors

December brings chilly mornings, festive gatherings, and for many seniors, a few extra safety concerns. While the holidays are a time of joy, they also introduce real hazards like slick floors, crowded homes, and unpredictable weather. At Main Street Medical Supply, we care deeply about helping our community enjoy this season safely and comfortably. This month, we're sharing practical, no-pressure advice on keeping your home, and yourself, ready for the winter months.

The Great Indoor Migration
When the temperatures drop, we all tend to hunker down inside, which means more time spent moving around the home, especially during holiday prep or visits from family. Now is the perfect time to make sure your walkways are clear, no wrapping paper tubes or tangled twinkle lights creating tripping hazards. Check that area rugs are secured and well-lit, and that stairs and entryways are slip-resistant and easy to navigate. You don't need a full remodel, sometimes just rearranging furniture or adding a grip mat

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Newsletter Highlight

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can make all the difference.

Houseguests? Prep Early, Stress Less
If you're hosting family this year (or being hosted) think ahead about your mobility and comfort. Will you need a bedroom on the main floor? A portable ramp or shower bench to simplify bathing? Planning ahead reduces last-minute stress and keeps you from doing that dangerous "I'll just figure it out" thing. (We see you, proud grandparents.)

Cold Weather, Warm Body
Cold temperatures can tighten muscles and increase stiffness, especially for those with arthritis or circulation concerns. Layer your clothing, keep cozy blankets nearby, and make sure your favorite sitting spot is positioned away from drafts. And yes, heated lap throws are a thing, and a wonderful one at that.

Let It Snow, But Let's Be Smart About It
Even here in Texas, icy mornings can surprise us. Shoes with good traction, a cane with a winter tip, and a strategy for getting the mail safely can go a long way. If you use mobility equipment, make sure wheels are in good condition and brakes work properly.

Stay Social, Stay Safe
One of the best ways to avoid seasonal accidents is to stay connected. Let neighbors or family know your plans. If you're feeling unsteady or just unsure, ask for a hand. It's not weakness, it's wisdom.
Main Street Medical Supply is here to support your independence and safety, every season, every step. If you need help preparing your home or finding products that support your mobility and comfort, our friendly team is just a call or visit away. Stay safe, stay warm, and happy holidays from all of us at Main Street!

Newsletter Highlight

The Gemini has two rides, but one destination... anywhere you want to go! This hybrid rollator walker is a class above the rest, with a sleek design that quickly converts into a transport chair with a flip of the backrest and tool-free, push-button attachment of the footrests. It stands upright when folded, making it easy to fold, roll, carry and store.

Gemini 2 in 1 Rollator Transport Chair:

- 2-in-1 mobility aid can be easily converted from rollator into transport chair
- Stands when folded and easy to fold, roll, carry and store
- Removable footrests with heel loops
- 10" front wheels & 8" rear wheels
- Locking hand brakes