

Newsletter

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

In This Issue

Staying Safe In The Kitchen.

Product Spotlight

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STAYING SAFE IN THE KITCHEN.

The kitchen is often the hub of a home. Besides baking and cooking it's the room where many of us read, create craft projects, pay bills, and more. But kitchens can also be places where safety issues hide. From slip and fall accidents to fires, seniors need to be aware of potential dangers and take the necessary precautions. The first step is to assess the room for potential fire hazards and other general risks:

- Remove any dish towels hanging on oven handles or on the wall over a stove top where they can brush against burners and ignite.
- Keep potholders and plastic utensils away from burners on the stove top. Likewise, check the length of curtains near the stove to make sure they can't brush against burners either.
- Wear safe clothing choices while cooking. Specifically, wear short sleeves or roll your sleeves up when cooking to prevent them from falling against a flame or oven coil and igniting.
- Dirty kitchen ventilation systems are a common source of kitchen fires. Be sure they are cleaned regularly. *(continued on page 2)*

- Make certain there is a working smoke detector installed near the kitchen. One that sounds an alert for both flames and smoke is best.
- Store an easy-to-operate fire extinguisher, or fire blanket, in the kitchen and review the instructions for operating it.
- Don't leave pans simmering on the stove without setting a timer. It's too easy to walk away and forget something is cooking.
- Good lighting over the stove and countertop area is also important for preventing fires and injuries related to food preparation.
- Keep knives, kitchen shears, and other sharp utensils safely stored.

Another issue that is important not to overlook is food storage. Make sure the refrigerator is set to 40 degrees Fahrenheit to keep meats, dairy, and other perishables safe. Use a permanent marker to write the purchase date on anything stored in the refrigerator that doesn't have an expiration date on the label. If you are concerned about being forgetful, install an automatic shut-off feature on a gas range. To prevent falls in the kitchen make sure all mats or rugs are low profile and have grips on the bottom to keep them secure. Make 2024 your best year yet and stay happy, healthy, and active in your own home. *(Source: FiveStarSeniorLiving.com)*

Product Spotlight

We carry a variety of Attends products. For more than 40 years, Attends has been a pioneer in disposable incontinence products. Attends was the first brand to produce the disposable incontinence brief and they have been innovating and improving ever since. Whether you use the product yourself, or care for a loved one, we are sure to have just what you need to stay clean and comfortable. Attends offer a diverse portfolio of brands: Attends, Attends Discreet, and Attends Premier to fit the lifestyles and needs for individuals of all ages, activity levels and stage of incontinence, and sizes. Come in today and shop our selection, including an assortment of wipes and more. Prices vary depending on style and size, but range from \$12-\$32.

