

MAIN STREET NEWSLETTER



MAIN STREET
— MEDICAL SUPPLY —
BRINGING HEALTH & WELLNESS HOME

June 2025

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Summertime Safety: Staying Cool & Mobile

As temperatures rise, summer can bring both joy and risk—especially for older adults. Staying mobile and enjoying your independence is important year-round, but it's equally important to take a few extra precautions when the Texas heat kicks in.

Stay Hydrated

One of the most important things you can do during the summer is to drink water consistently throughout the day. Older adults may not always feel thirsty, even when the body needs fluids. Dehydration can happen quickly and quietly, leading to fatigue, dizziness, and even confusion.

Try keeping a water bottle within reach at all times, and consider setting reminders to sip regularly—especially before going outdoors or running errands.

Plan Activities Around Cooler Hours

The hottest parts of the day—usually between 11 a.m. and 4 p.m.—can be dangerous. If you're planning to go

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Newsletter Highlight

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outside for a walk, attend an appointment, or visit with family, aim for early morning or late evening hours. These cooler windows help reduce the risk of overheating and sun-related fatigue.

Dress for the Weather

Lightweight, breathable clothing in light colors helps the body stay cool by allowing air to circulate and reflecting rather than absorbing the sun's heat. A wide-brimmed hat and sunglasses can also help protect your eyes and skin.

Protect Your Skin

Seniors often have more sensitive skin, which can be more prone to sunburn. Use a broad-spectrum sunscreen with at least SPF 30, even if you're only planning to be outdoors for a short period. Reapply as needed, especially after sweating.

Keep Mobility in Mind

Heat can affect how we move. Swelling in the hands or feet, fatigue, and dizziness can make walking or standing more difficult. Take rest breaks when you're out, and avoid long periods in direct sunlight, especially on hard or uneven surfaces.

If mobility is a concern, summer is a good time to reassess what support might help you stay independent. Items such as canes, walkers, rollators, or mobility scooters can make a big difference in both comfort and safety—whether you're out shopping, visiting family, or attending appointments. They can also help you conserve energy and reduce your risk of falls.

If you're unsure what type of mobility aid might suit your needs, speaking with a knowledgeable specialist can make a big difference.

Check In Regularly

Make it a habit to check in with neighbors, friends, or family during extreme heat. If you live alone or care for someone who does, a simple daily call can ensure no one is facing summer's challenges without support.

At Main Street Medical Supply, we understand that staying active and independent matters—especially in the summer months. If you ever have questions about ways to stay safe, cool, and mobile, our friendly and knowledgeable staff is always here to help.



Newsletter Highlight

Experience comfort and mobility with a Strongback wheelchair. Its lightweight and ergonomic design provides exceptional support and improves posture.

Key Features:

- Lightweight and Ergonomic Design
- Improved Posture and Spinal Support
- Easy to Transport
- High-Quality Construction

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