

MAIN STREET NEWSLETTER



MAIN STREET
— MEDICAL SUPPLY —
BRINGING HEALTH & WELLNESS HOME

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Seasonal Safety: Preparing for Cooler Weather

As the leaves change and the air becomes crisp, October reminds us that fall and winter bring not just cozy sweaters and pumpkin spice, but also new safety challenges. This month's article is all about making small adjustments to your routine and home environment so that colder months don't catch you off guard. These tips are especially helpful for older adults, caregivers, and anyone wanting to stay safe and comfortable through the change in seasons.

When temperatures drop and daylight shortens, your body and surroundings respond. Muscles stiffen, balance may be harder, surfaces become more slippery, and daily tasks that once felt easy might require extra care. Preparing now gives you more confidence, and helps prevent mishaps, before winter settles in.

With wetter weather comes dampness at entrances, porches, and hallways. Use absorbent mats inside and outside doors, and wipe up wet spots promptly. A runner with non-slip backing or non-skid strips can help reduce the risk of sliding. Remove leaves, twigs, and debris that might hide uneven concrete or slip hazards. Ensure that paths are well-lit and

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Newsletter Highlight

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install motion-activated lighting where needed. Secure handrails on steps or ramps, and consider placing a small ramp over slight thresholds to reduce stumbling.

As nights get colder, getting out of bed early in the morning can feel unpleasant—and unsafe. Use a trusted bed cushion or bed rail to help steady yourself. Cold muscles are more prone to injury. Gentle stretching or a short walk indoors in the morning helps maintain flexibility. Focus on hips, ankles, and calves.

With shorter daylight hours, dusk and darkness sneak up earlier. Use bright lighting in your home's key pathways, keep your eyeglass prescription current, and consider a small flashlight or night-light for evening trips to the bathroom.

A Quick Checklist for October

- Replace worn-out non-slip bath mats
- Test all outdoor/porch lighting, add bulbs as needed
- Clear debris from walkways and secure loose paving
- Check your footwear and mobility device tips for grip
- Lay down thick rugs with non-skid underlayment
- Keep layering clothes handy for sudden temperature shifts

At Main Street Medical Supply, we're always ready to guide you with trustworthy advice, practical equipment options, and warm support. Stop by, talk with our staff, or call us if you want help choosing or fitting something for your home. Stay steady, stay warm, and let's make sure this season is one of comfort and confidence.



Newsletter Highlight

The Stander Wonder Pole can be installed anywhere that poses a fall risk. The rotating grab bar provides leverage and support to sit, stand, or balance without caregiver assistance. The Wonder Pole can be installed anywhere there is a flat floor and flat ceiling, including the bathroom, bedroom, living room, dining room, and kitchen. The Wonder Pole is height adjustable to fit flat ceilings between 7 and 10 feet tall.

Stander Wonder Pole:

- Offers support to sit and stand to prevent falls
- Ladder grab bar rotates and locks every 45°
- Installs with tension between floor and ceiling
- Adjusts in height to fit flat ceilings 7' to 10' tall
- Can be placed anywhere in the home; no drilling required