

# MAIN STREET NEWSLETTER



**MAIN STREET**  
— MEDICAL SUPPLY —  
BRINGING HEALTH & WELLNESS HOME

September 2025

WWW.MAINSTREETMEDICALSUPPLY.COM



## Preventing Falls at Home: Small Changes, Big Difference

As we age, our balance, strength, and reflexes naturally change, making falls more common and more dangerous. In fact, falls are the leading cause of injury among older adults. But the good news is that most falls are preventable. By taking a few simple steps, you can create a safer home and maintain your independence with confidence.

September is Fall Prevention Month, a time to reflect on the small changes that can make a big difference. Start by paying attention to your surroundings. The home, while familiar and comforting, often contains hidden hazards—especially in places like the bathroom and hallway. Wet floors, poor lighting, and cluttered walkways can all contribute to accidents that could have been avoided.

One of the first places to examine is the bathroom. This room poses a high risk for slips and falls, particularly when stepping in or out of the shower or getting on and off the toilet. Installing safety grab bars, non-slip mats, and using shower chairs can help reduce the risk and provide peace of mind.

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Preventing Falls at Home:  
Small Changes, Big Difference

Newsletter Highlight

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Throughout the rest of the home, it's important to reduce tripping hazards and improve visibility. Remove any loose rugs, keep pathways clear of clutter or cords, and add night lights to bedrooms, bathrooms, and hallways. These small modifications can be especially helpful during nighttime trips to the restroom or kitchen.

Mobility aids such as walkers, rollators, and canes are essential for many people, but they must be properly sized and suited to the individual. Using the right equipment can dramatically improve stability and reduce fatigue. Additionally, supportive accessories like threshold ramps, bed rails, and even simple reachers can help you avoid unnecessary bending or straining.

Beyond safety, comfort plays a big role in maintaining a healthy lifestyle. Adjusting your daily routine to prioritize stability and rest can make all the difference. If getting out of bed or out of a chair has become difficult, consider a lift chair or adjustable bed—tools that enhance both comfort and safety.

At Main Street Medical Supply, we're proud to support our community with trusted advice and quality home medical equipment. Whether you're looking for the right mobility aid or seeking ways to improve your home environment, our experienced team is here to help. You're welcome to come in, ask questions, and test out products in person. We believe in making healthcare feel personal, friendly, and accessible.

This Fall Prevention Month, take the time to look around your home and make a few thoughtful changes. A little effort now could prevent a big accident later. After all, staying steady on your feet means staying active, independent, and living life on your terms.



## Newsletter Highlight

The NOVA STAR shines with more features, options, colors and style. Its Quick-Fit adjustable design gives the user a perfect fit in just seconds, also making it so easy to pack up for travel, adventure and storage.

### Nova Easy Air Seat Cushion:

- GET THE PERFECT FIT with the Quick-Fit push buttons to easily adjust the handles and legs. Choose from the Standard size or Petite size.
- SO EASY TO FOLD and GO! Great for storage and travel.
- ALL TERRAIN 8" WHEELS are great for indoor and outdoor use.
- NOVA's PATENTED LOCKING HAND BRAKES are so easy to use and comfortable on the hands. Simply squeeze to control the speed and push down to lock the brakes in a locked and parked position.
- COMFORTABLE SEAT & GREAT STORAGE with a thick and durable padded seat that lifts up to access the roomy storage compartment.