

MAIN STREET NEWSLETTER



MAIN STREET
— MEDICAL SUPPLY —
BRINGING HEALTH & WELLNESS HOME

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In This Issue

The Joy of Gardening at Any Age: How to Keep Your Green Thumb Thriving with the Right Tools and Support

There's something timeless about gardening. Whether it's tending to tomatoes on the patio or pulling a few weeds from flower beds, time spent outdoors with your hands in the soil is good for the body and soul. But as we age, some of the motions that once felt easy — bending, kneeling, lifting — can start to take a toll.

The good news? With the right support, gardening can remain a joyful and accessible hobby for years to come. Raised garden beds are a great starting point. These elevated boxes eliminate the need to crouch or kneel and can even be placed on patios or porches for easy access. Paired with a supportive garden seat or wheeled stool, they allow for longer and more comfortable time outside.

Ergonomic garden tools — like long-handled pruners,

**The Joy of Gardening at
Any Age**

Newsletter Highlight

Main Street Medical Supply

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padded hand grips, and lightweight watering cans — help reduce joint strain and allow better control and stability. And for those who need a little help getting around, rollators with built-in seats or walkers with storage baskets can turn a stroll through the yard into a safe, enjoyable experience.

Safety is just as important as comfort. Be sure to wear supportive shoes, drink plenty of water, and take breaks in the shade. A wide-brimmed hat and some sunscreen go a long way on sunny days.

At Main Street Medical Supply, we understand how important hobbies like gardening are to our well-being. Our friendly team is happy to show you tools and mobility aids that can keep you active and independent in the yard and beyond.

Because growing something green shouldn't stop with age — it should just get a little easier.

Newsletter Highlight

The new Pride Premier 5900 lift recliner makes YOU part of the action. Movies and TV shows come to life. You feel the full thrill of it all thanks to an integrated audio system built right into the chair. All you have to do is sit back, connect your recliner to your preferred device via Bluetooth®, and adjust the audio settings to your liking. Then lose yourself in the moment while experiencing true relaxation.

PLR-5900 Features:

- Integrated audio system
- Adjust bass, treble, and other audio settings from controls in arm
- Exclusive VivaLift!® Tilt reclines the chair into a position where one's knees are elevated above the heart
- Air bladder massage system provides gentle pressure to your lower back with three intensity settings
- Heat system with three heating pads in the shoulders, lumbar, and seat

Just \$3900

