



HomeCare & Hospice
Main Line Health®

Well ahead.®

The Private Duty Community

January 2015

Avoid Slips and Falls in Bad Weather

Cold weather can bring more than just a white Christmas. It also brings a number of hazards which can cause slips and falls. Here are some ways to avoid slips and falls.

Footwear

Wearing proper footwear is an easy way to prevent slipping.

Flat Surfaces

Parking and walking on flat surfaces can help prevent slipping. Avoid parking or walking on an angle if possible.

[More Details](#)



Enlighten Your Season: Advice for Caregivers of the Elderly

Taking care of elderly loved ones can be very exhausting, especially during the holidays. Care.com talks about things to help lighten the load during the busy season, like decreasing amounts of gifts, taking breaks, and exercising, while talk-early-talk-often.com encourages one to "unplan" the holiday to make room for some true relaxation and memory making.

[More Details](#)

Newsletter Spotlight

Avoiding Slips and Falls in Bad Weather

Enlighten Your Season

Client Testimonials

Pearls from the Farm...

Client Corner!



Our Clients Benefit when we work together!

Do you have a client success story with Main Line Health Private Duty Services? Let us know at mcdonaldd@mlhs.org!



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Here is what folks are saying about us...

"You truly have become an unexpected friend..."
- Bill V.

Pearls from the farm...

"You cannot unsay a cruel word."

Questions or Comments? Email mcdonaldd@mlhs.org or call 484.580.1534