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.

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.

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!

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