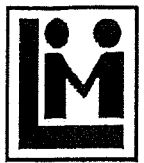


What's Happening at MLRA... November 2010



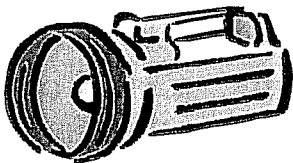
Are you prepared for an emergency?

When emergency situations arise in Pennsylvania that may affect you and your family, ReadyNotifyPA lets local officials notify you quickly. Be among the first to find out and stay informed during an emergency.

ReadyNotifyPA can send you an e-mail, or a text message to your cell phone or other device. You choose how you want to be notified by ReadyNotifyPA. Alerts are free; however, your cell phone provider may charge for text messaging.

Receiving text messages is easy and not just for kids. All subscribers will get emergency alerts. You may also choose to get other alerts, such as severe weather, transportation delays and crime alerts if offered by your county.

You can choose the county or counties that will send you alerts. Pick the county or counties where you spend most of your time—it can be where you live, work or play.



Sign up at www.ReadyNotifyPA.org for more information.

Create family emergency plans for places where your family spends time: home, work, daycare and school. Talk to your neighbors about how you can work together in the event of an emergency. You will be better prepared to safely reunite your family and loved ones during an emergency if you think and communicate to everyone involved in advance.

...continued on next page

*Main Line Rehabilitation Associates is a
CARF Accredited Home & Community Based Brain Injury Program*



Get a kit

An emergency kit goes a long way in making sure you are prepared. You know the special items you and your family need, but think about including:

- Flashlights
- Radio (battery-powered)
- Batteries
- First aid kit
- Non-perishable food
- Hand-operated can opener
- Bottled water (one gallon per person per day)
- Blankets and/or sleeping bags
- Hand tools, duct tape, plastic, paper and waterproof matches
- Emergency contact phone list
- Cell phone with chargers



NATURAL SUPPORTS

We assume most people want to be happy and productive and they rely on some kind of support system or network to do so. This is where "natural supports" come in. Natural supports can include family members, friends, co-workers, members of civic organizations and clubs, fellow volunteers, member of faith communities, others who engage in sports and hobbies, and support group members. The most useful members of your support system will be individuals who have common interests or issues. The individuals who support you should understand your problems, trust you to look after yourself, and stand ready to help you if the need arises. However, always remember to be sensitive to their needs and problems, too, and help out where you can. From time to time, the composition of your network will change, just as your needs will change. Main Line staff members are committed to helping you identify these supports in your community.

HELP FOR THE COLD AND FLU SEASON

Here are a few ways to help you avoid getting a cold or the flu. The most important way is to **wash your hands regularly** with soap and water. If water is unavailable, you may use liquid hand sanitizers, although you should limit their use. Hand sanitizers may inhibit the growth of "good" bacteria, ultimately making you susceptible to germs. Washing your hands before meals, at home and in a restaurant is also important.



The next point is to **eat a well balanced meal** which includes plenty of fruits and vegetables high in antioxidants, such as blueberries and spinach. Probiotic yogurt is very good to eat. This yogurt allows your immune system to enhance the good bacteria growth in your body. Taking a **daily multivitamin and vitamin C** may also help boost your immune system. Keeping hydrated by **drinking plenty of fluids**, such as water or gatorade is also good idea.

The last way to avoid getting a cold or flu is to **get a flu shot**. The flu shot will improve your chances of staying healthy throughout the winter months. Flu shots are available at doctors' offices and local pharmacies.



PAIN MANAGEMENT

Chronic Pain is an issue for many people. Because it is pain that is **long lasting** and **wide spread**, many individuals find that their participation in daily activities suffers. It is very important to have an **effective treatment plan** that incorporates members of your **therapy team**, your doctor, and your family and other supports, because **medications** are only one part of pain management. The very best thing that you can do to assist your team with helping you is to **keep a pain journal**.

Take a moment each day to jot down:

- Where is the pain?
- What does it feel like? (dull, throbbing, stabbing);
- How bad is it (scale 1-10)?
- Are certain activities or things making it better or worse?
- What medications did you take?

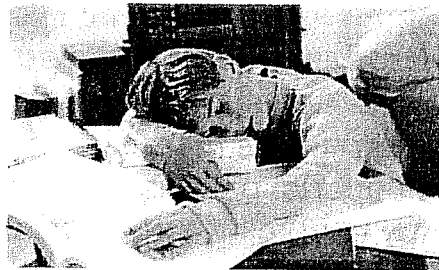
EXERCISE

We all know that exercise is good for our bodies, but many don't realize that it also benefits our brain. When we exercise, we increase blood flow and oxygen to the brain. This is food for our brain, that can help us think faster, more clearly, and longer. Exercise also affects chemicals in our brains called neurotransmitters. This can improve the speed at which you can think and process information. It can also help improve mood and memory. Some experts believe that exercise may improve brain "plasticity". This is the brain's ability to change, and repair itself after damage. A person may have other concerns, like balance, weakness, or coordination problems. Make sure you check with your physician and/or physical therapist to get some specific guidance on a program that is right for you.

FATIGUE

"Fatigue" is an **overwhelming lack of energy** that can be described as **mental or physical tiredness**. Often fatigue makes you feel like you cannot think clearly, which makes our everyday activities more difficult. Although fatigue can have many causes, sometimes it happens for no obvious reason. Therefore, the best thing that we can do is to learn to be aware of the effects of the fatigue and manage our lives around them. To minimize the effects of fatigue on your life, be sure to:

- eat well
- exercise regularly
- get good sleep
- plan ahead



SLEEP MANAGEMENT

During sleep, your brain and body recharge. Quality sleep helps you think more clearly, be more alert, and function at your best in all areas: mental, physical, and emotional. Some individuals may need extra sleep in certain situations. Because sleep is such an important part of your recovery, it is important that you talk to a doctor when your sleeping patterns have changed.

Pennsylvania's Initiative on Assistive Technology (PIAT) strives to enhance the lives of all Pennsylvanians with disabilities, older Pennsylvanians, and their families, through access to and acquisition of assistive technology devices and services, which allow for choice, control and independence at home, work, school, play, and in their neighborhoods.

Main Line has enjoyed a close relationship with the PIAT program and has served as a lending liaison for their services.

PIAT provides:

Device Demonstrations—A hands-on opportunity to learn more about different AT devices so individuals can make an informed choice about what will work best for them.

Device Loans—Pennsylvanians of any age and ability can borrow AT devices, at no cost, to try at work, school, home or in their neighborhoods. This short-term loan program has a "try before you buy" philosophy, and helps people with disabilities and their families make the right choice of AT devices before they obtain a device.

Device Reutilization and Recycling: Previously owned devices are an affordable option instead of buying new, and several options are available to Pennsylvanians, including classified listing of used devices (REEP), an online auction site (www.ATMATCH.com) and refurbishing programs (Into New Hands and Liberty Wheels).

In addition to these Access and Acquisition activities, PIAT also provides Training—Outreach to service providers to increase their AT-related knowledge and skills to better support people with disabilities.

For more information, call 1-800-204-9428 or email ATinfo@temple.edu.