



What's Happening At Main Line January 2015

Snow and Winter Safety

During the winter snow and ice season, we typically see an increase in the number of slips and falls. As you know, a fall can have serious consequences for any of us.

Here are some tips to keep in mind during the winter season:

- Remember to check your steps and the walkways outside of your house before going out to be sure that they are not coated in ice.
- Be sure to keep salt on hand and keep walkways and stairs salted in order to minimize the chance of an unexpected injury.
- Identify the places that dry slowly, are colder because they remain in the shade, or are more likely to have ice form.
- Look carefully, it's not always easy to see ice. If it looks wet, assume it's ice!
- Be careful getting in and out of cars.
- Ice can easily hide under a light dusting of snow.
- If you must walk in the snow or ice, take slower, shorter steps to help reduce the chance of a slip and fall and an injury.



Feel free to ask your staff member to help you to identify high risk locations for ice and to develop a plan to deal with it.

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Main Line News

Holiday Parties Update:

The Holiday parties for all counties were a success! Everyone enjoyed holiday music, pizza and snacks. Everyone participated in games and fun was had by all! Many people who attended stated how much they liked the opportunity to socialize and talk with others. We look forward to next year's parties!

Food Drive Update:

Main Line Rehabilitation is pleased to announce that the STEPS program, held their first annual food drive to collect food for the Chester County Food Bank over the Holiday Season. The group raised a over 500 pounds of food and canned goods to donate to the community!! STEPS spread the word about this great event to friends, family and others in the Chester County. Although the group faces their own daily challenges, their determination to help others helped them to accomplish their goal! Main Line would also like to thank Liberty Travel for providing support for the food drive by giving away great deals to those who donated food. The group is already starting to prepare for next year's Holiday food drive; we hope to receive help from additional companies to grow donations next year!



29 Years of Excellence

Thanks to Main Line staff for 29 of excellence in clinical services!!

SNAP: Supplemental Nutrition Assistance Program

SNAP is defined as the Supplemental Nutrition Assistance Program. This program is a government assistance program to help the low income households pay for their food with food stamps. The amount of food stamps provided to families depends on the household size, income and daily expenses. To apply for food stamps complete an application at your local county assistance office.

Alleghany County: is located at 301 5th Avenue, Pittsburgh, PA 15222. Local number is 412-565-7755

Chester County: is located at 100 James Buchanan Drive. The toll free number is 1-888-814-4698 and the local phone number is 610-466-1000.

Delaware County: is located at 701 Crosby Street, Chester, PA 19013. The phone number is 610-447-5500.

Lehigh Valley: is located at 101 S. 7th Street, Allentown, PA 18101-2295. The phone number is 610-821-6509

Montgomery County: is located at 1931 New Hope Street, Norristown PA 19401-3191. The toll free number is 1-877-398-5571 and the local phone number is 610-270-1678.

Philadelphia County: is located 801 Market Street, Philadelphia, PA 19107. The phone number is 215-560-7226.

All other counties, please call the general number at 1-800-692-7462.

When using Snap food stamps at local USDA stores, Snap will cover such items as:

- Breads
- Meats
- Fish
- Poultry
- Dairy products.

Snap does **NOT** cover :

- Wine and beer
- Cigarettes and tobacco products
- Non-food items such as paper towels, vitamins, medicines,
- Hot foods
- Pet foods

The Snap food stamp is presented via an EBT Card (debit card) which is sent through the mail. EBT cards can only be used at USDA authorized retailer grocery stores. Most major grocery stores are USDA approved.

Core Values

MLRA will

- Promote the rehabilitation process as a person centered approach
- Protect the dignity and self worth of the individuals served
- Focus treatment on a quality of life that is important to the individuals served
- Respect and protect the rights of individuals served
- Promote the highest quality standard of service without regard to age, race, religion, gender, in a cost effective environment
- Advocate for increased independence in the least restrictive setting
- Strive to be aware of the needs of consumers, families, staff and funders
- Respect and respond to diversity and cultural differences
- Protect the safety of staff and consumers
- Provide excellent services with compassion and integrity

Money Management

Managing your money and benefits can be challenging. The Money/Benefits section of your resource manual is filled with Tips and Strategies for Money Management. There is also a sample budgeting form and suggestions for how to ensure that you can continue to stay eligible for your services and your benefits. Feel free to speak with Main Line staff if you have any questions about Money Management and Benefits.

