

Main Line Events:

Date: September 15th: Coffee and Conversation Women's Support Group

Time: 6:00-7:00 PM

Location: Newtown Square Panera Bread, 3554 West Chester Pike, Newtown Square, PA 19073

For more information, please contact Stacey at 610-280-0180 ext. 115. To **R.S.V.P** contact 610-280-0180 ext. 168

Date: September 17th: Lehigh Valley Zoo Picnic Social

Time: 11:00 AM—3:00 PM

Location: 5150 Game Preserve Road, Schnecksville, PA 18078

Cost: \$13

You may bring a packed lunch or buy lunch at the zoo

R.S.V.P to 610-280-0180 ext 168 by September 10th, 2015

Date: September 19th: TBI Global Picnic

This is a day that was created to raise awareness across the entire globe about TBI. Visit <http://www.biglobalpicnic.org> for more information. Stay tuned for events scheduled in the Pittsburgh & Philadelphia area.

Date: September 23rd: National Falls Prevention Day. Go to page 6 of the newsletters for tips on how to prevent falls.

Date: September 25th: West Chester University Planetarium Show

Time: 11:00 AM to 1:00 PM

Location: Schmucker Science Center, 700 S High Street, West Chester, PA 19382

Cost: \$2

Please R.S.V.P to 610-280-0180 ext. 168 by September 20, 2015.

Date: September 30: Pittsburgh Support Group

Time: 1:00 pm– 3:00 pm.

Location: 1 Veterans Way, Carnegie, PA 15106. Support Group is held on the 2nd floor in the Council Chambers Room . The topic will be Memory .

Contact Sarah Fischer at 610-280-0180 ext. 140 or sreis@mainline-rehab.com

Medication Safety

Read the Label: Before taking medicine, read the label as it should show:

- The list of ingredients. If you know you are allergic to anything in the medicine don't use it; use a different medicine.
- Warnings; Read these carefully and take note.
- The expiration date. Do not use a medicine after the date on the bottle.

Keep A Record: Make a list of the medicines you take, including vitamins, and keep it with you. Things to write down:

- What is the medicine's name?
- How much should I take?
- How long should I take it?

Ask Questions: Talk to your doctor or pharmacist about your medications. Good questions to ask are:

- If I forget to take it, what should I do?
- Should I take this on an empty stomach or with food?
- What problems should I watch for?

Avoid Problems:

- Medications may cause side effects such as sleepiness, dizziness, headaches and rashes; notify your doctor or nurse if you are having any side effects.
- If you miss a dose of medicine do not double the dosage later.
- Do not combine over the counter medications or alcohol with your prescription medications without first talking with your doctor or pharmacist.
- Do not share your medications with anyone else and only take medicine prescribed to you.

There is a medication section in your Resource Manual to help with organizing this information.

Non-Discrimination Policy

Main Line strictly prohibits discrimination related to admissions and services on the basis of race, color, religion, ancestry, age, sex, sexual orientation, spoken language, socioeconomic status, spiritual beliefs, national origin or handicaps.

Individuals who feel their rights have been violated may file a grievance with the President of MLRA or her designee without fear of reprisals.

Individuals who are not satisfied with the results of the grievance process may file an appeal directly with:

Pennsylvania Human Relations Commission

101 South Second St., Suite 300

Harrisburg, PA 17105

- or -

U.S. Office for Civil Rights

U.S. Department of Health & Human Services, Region III

P.O. Box 13716

Philadelphia, PA 19101

- or -

Department of Public Welfare

Office of Long Term Living Helpline

1-800-757-5042

-or-

Pennsylvania Department of Health

Complaint Hot Line

1-800-254-5164

-or-

Chester County Department of Aging Services

Ombudsmen

610-344-6350

-or-

Disability Rights Network of Pennsylvania

1-800-692-7443

*To obtain information about licensure requirements for a home care agency and compliance information about a particular home care agency contact:

Managing Pain:

Chronic pain is pain that has lasted longer than 3 months or more and may not respond to standard medical treatment. Whether you've had pain for years or this is a pain that has recently started, these tips can help you manage your symptoms and offer relief.

- ⇒ Make up your own pain management team (include friends, family members, and health professionals) that can help and support you on your quest to become pain free or manage your symptoms effectively.
- ⇒ Pace your activities accordingly by completing them in small chunks instead of tackling them all at once.
- ⇒ Regular stretching and light exercise can also benefit people who are struggling with chronic pain. Remember to ask your doctor before embarking on any new fitness routine.
- ⇒ Taking time to take slow and deep breaths when you're in pain can help manage symptoms. Slow deep breathing can help you feel more in control of the situation and will prevent muscle tension or anxiety.
- ⇒ Try to distract yourself. Shifting your focus to another activity or hobby can help you "get outside of yourself".
- ⇒ It is critical to incorporate relaxation into your daily schedule. Relaxation skills can help reduce persistent pain and reduce tension in your body. Some activities that promote relaxation are walking, spending time in nature, listening to music, meditation, and spending time with friends and pets.

Sources:

"10 Surefire Ways to Ease Pain" <http://www.nhs.uk/Livewell/Pain/Pages/10painself-helptips.aspx>

"The Pain Toolkit" <http://www.nhs.uk/Livewell/Pain/Documents/The%20pain%20toolkit%20-%20Oct%2010%20-%20READ.pdf>

Preventing Falls & Re-injury

September 23rd is National Falls Prevention Day, so we want to take this opportunity to remind everyone of some ways to reduce the risk of falls.

- **Talk to your doctor about developing a regular exercise program.** This is one of the best ways to decrease your risk of falling. It makes you stronger, helps you feel better, and can improve your balance.
- **Ask your doctor to review your medications.** Over time, the medicine you take can start interacting with your body differently.
- **Have your vision checked.** Poor vision can increase your chances of falling, so you should get your vision checked at least once a year.
- **Make your home safer.**
 - Remove clutter from the floor.
 - Remove throw rugs or use double-sided tape to keep them from slipping.
 - Keep often-used items in the lower cabinets that you can reach easily.
 - Have grab bars installed next to your toilet and in the tub or shower.
 - Have handrails and lights put in on all staircases.
 - Wear shoes both inside and outside of the house. Avoid going barefoot or wearing slippers.

Source: CDC Fall Prevention Procure

Here are some ideas that have worked for individuals at Main Line:

- Put dogs away before leaving the house so they don't jump up on you when you return home.
- Use a stepstool, not a chair to reach something high – better yet, ask someone else to get it for you. Keep a list & have someone get the items you need when they are there.
- Don't carry things when climbing or going down the stairs. Use the handrails when using the stairs.
- Do not try to carry things while using your walker.
- Focus your attention on what you're doing before you get up or sit down
- Pay attention to cracks in the sidewalk or uneven surfaces where you are walking.
- Don't try to rush – that's when we stop paying attention to the environment
- Turn the lights on in a room and stairway before you enter it.
- In the winter, check for ice before going out.
 - Identify high risk locations for ice and to develop a plan to deal with it.
 - 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.