Taking Care of Yourself - Preventing Injury

Helping someone move about—even with equipment—can be physically straining for you.

✿ Only lift as much as you can comfortably handle

✿ USE YOUR LEGS instead of your back to do most of the work—leg muscles are stronger muscles than your back muscles

✿ If you are able to adjust the bed, keep the top at about waist level. If it is low or you are tall, put one foot on a foot stool to relieve pressure on your lower back.

Monday Day / Mo / Yr

Tuesday Day / Mo / Yr

Wednesday Day / Mo / Yr

Sometimes all a person needs is a hand to hold and a heart to understand.
Andy Rooney

Thursday Day / Mo / Yr

Friday Day / Mo / Yr

Saturday Day / Mo / Yr

Sunday Day / Mo / Yr

Weekly Reminder - Alzheimer's Check

Symptoms of Alzheimer's: memory loss, decreased attention span, difficulty recalling words or phrases, disorientation, loss of coordination, changes in personality or mood. What to do: Schedule a visit with the doctor for an early diagnosis. The Alzheimer's Association has more information—www.alz.org (800) 272-3900.