

Winter 2015

VITAL NEWS

HEMOCARE NURSING & THERAPY
WESTARM



Kate Bashline, DPT, Physical Therapist, recently joined our home care staff and is anxious to provide excellent care to our homebound patients. She has been a staff therapist with WESTARM Physical Therapy for the past several years providing rehabilitation services throughout several facilities and within local school districts. She earned her Doctorate in Physical Therapy from Slippery Rock University in 2013 after completing her BS degree in Exercise Science. We are happy to have Kate now bring her recognized compassion and clinical knowledge to her patient treatment with WESTARM Homecare.

Don't forget to recognize these winter dates:

February – American Heart Month

March – Professional Social Worker Month

March 30 – National Doctors' Day

**Many thanks to these healthcare workers
for all that they do!**

Home Care Workers – Safe Winter Travel Tips

'Tis the season – for slips, trips, and getting stuck. Are you prepared for your day-to-day travels this winter?

Don't fall for black ice. Wear your boots and non-slip footwear for getting in to and out of your car, then change your shoes when you arrive.

Always bring a coat with you. If you would have to get out and walk for any reason, you will be glad that you did.

Inside of your vehicle (not in the trunk...you will not want to go back there in a snowstorm), you should carry:

- A change of clothes, including an extra pair of socks
- Water
- Some snacks – protein bars, dry cereal, nuts
- A heavy blanket
- A flashlight

Keep them in something portable, like a backpack, in case you are not safe where your car gets stuck.

Cat litter may help you get out of a rut and, if your car is rear-wheel drive, will add needed weight to the rear end when kept in the trunk.

It was just a few years ago that many people were trapped in their vehicles by snow for over 5 hours during the evening rush. Don't let your gas tank get to less than half-full. You may need to take a detour or, if you are unable to drive to your destination, your engine will become your heat source. The same goes for your cell phone battery: keep it charged! Charge it prior to leaving; if possible, keep a backup quick-charge device with you.

If you are having trouble seeing through snow while driving, pull over and wait with your hazard lights on until visibility returns. You are safer on the side of the road parked than driving off of the side of the road at any speed. Pay attention to weather alerts that delay travel until it is safe.

Be Safe and Have a Wonderful New Year!

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Medicare Certified Home Health Agency since 2010

~ Serving all of the Allegheny-Kiski Valley. Please see reverse for zip codes in our service area ~