

## SEPTEMBER



*Carpe Diem! Rejoice while you are alive; enjoy the day; live life to the fullest; make the most of what you have. It is later than you think.—Horace*



### Swine Flu

The Centers for Disease control has created a resource site to help people prepare for the expected resurgence of the H1N1 virus a.k.a Swine Flu. The list includes guides for clinicians, patients, businesses and schools. Some tips:

**WASH YOUR HANDS.** The CDC recommends using a hand sanitizer with more than 60% alcohol if soap and water is not available.

**DISINFECT SURFACES.** The EPA recommends disinfecting surfaces with products that kill influenza A.

For more information visit the CDC online @ [www.cdc.gov/h1n1flu/guidance](http://www.cdc.gov/h1n1flu/guidance)



### One in three adults 65 and older fall each year.

Moisture and the sometimes awkward positions required to maneuver around the bathroom make it one of the most dangerous rooms in the home. Thankfully, we have products that can help make the bathroom safer. Shower chairs, elevated toilet seats, transfer benches and hand-held showers are some items that can give you, your loved one, or your patient peace of mind. Our staff will be more than happy to assist in finding the best choices for your environment.

\*Medicare does not cover bathroom safety equipment.



### Need help with everyday tasks?

Limited mobility can make everyday activities—reaching a shelf, getting dressed—difficult and even painful. A variety of products, generally referred to as Aids to Daily Living (ADLs) exist to help individuals *perform daily tasks* more *comfortably* and *independently*.

Dressing sticks, button hooks, shoe horns, and a sock aid all help with dressing. There are a wide variety of ADLs available. All are designed to help individuals function independently. Let us know how we can help you, your loved one, or your patient become more independent.



Visit us online at [www.RussellMedical.com](http://www.RussellMedical.com)



## Look no further...

We offer a complete line of Home Medical Equipment:

Power chairs and scooters • Lift chairs • Hospital Beds • Aids to daily living • Air mattresses and overlays • Walkers and rollators • Patient and Vehicle Lifts • Bath safety and much more.

Offering peace of mind, where you need it most—at home.

Equipment purchases and rentals available. Give us a call or stop by the office.

Phone: 361-808-7382



## Squiggles Early Activity System

The Early Activity System (EAS) is designed to be used by parents and therapists allowing babies with special needs the opportunity to learn and develop throughout this vital stage of their lives. The Squiggles EAS consists of a series of flexible and versatile positional supports, which can be secured onto a Velcro mat and used to deliver an effective early intervention program either in the home or pre-school environment. The System comes with an easy to follow illustrated guide that can be used by the therapist to help develop key physical, sensory, cognitive and transitional developmental goals such as; trunk control, head control, eye-hand coordination, spatial awareness, balance and strength. For questions or to request a demonstration please call our office at 361-808-7382.



You asked for it, so here is our Banana Nut Bread Recipe again. Enjoy!

### **Banana Nut Bread Recipe**

#### **Ingredients:**

3 ripe bananas, mashed  
1 egg, well beaten  
4 oz butter, melted, cooled  
1 1/2 cups all-purpose flour  
1 cup granulated sugar  
1 teaspoon salt  
1 teaspoon baking soda  
1/2 cup chopped nuts



#### **Directions:**

In a large mixing bowl, mix together the mashed bananas, beaten egg, and melted butter. Sift together flour, sugar, salt, and baking soda and stir into banana mixture until well blended. Stir in nuts.

Pour banana nut bread batter into a 9x5-inch loaf pan and bake at 350 degrees for 55 to 60 minutes, until a wooden pick can be inserted in the center and come out clean.

Fax your recipes to 361-808-7367 ATTN: Crystal or  
Email them to [russellmedicalrep@sbcglobal.net](mailto:russellmedicalrep@sbcglobal.net)



"WE'RE NOT THE OLDEST OR THE LARGEST, JUST THE BEST"

