

Grab bars can save your life

This article is for the thousands of us in Brevard County who use grab bars. I picked the topic while attempting to activate one of our Long-Term Care Insurance policies. The required form was short but did not include the type of care necessary to perform simpler activities of daily living; instead, it was structured to address dementia or skilled nursing care. After reading the form, I decided that the insurance company needed a simple statement of our needs and am working on that now. The other reason for this article was my own need for a grab bar when generally one was not available.

Consider the number of times that we visit with others in their homes. Throughout the United States there are many (most likely millions) of homes that could benefit from the installation of strategically placed grab bars in their guest bathrooms. The two



**HELPING SENIORS
OF BREVARD**
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most likely places would be near the commode and in the shower. YOU may not need such an appurtenance, but visitors to your home might be thankful for your thoughtfulness. Not a lot of us are as agile or flexible as we were years ago and would certainly use these devices.

Grab bars have become more pleasing in appearance, but the burnished stainless-steel ones are still available and do the job. What matters most is where you place them. Sit on the commode and imagine where you would put a bar if you thought you needed one, and that is most likely

where it should go. Also consider the thickness of the grab bar as well as its slipperiness when wet for a shower grab bar. The bar can be placed in a vertical or parallel position. We started with the parallel but later had a vertical bar installed close to the shower exit. Remember that these bars are intended to prevent a fall and should be placed where you think they will best assist you.

I think you would be surprised if you went to a store offering such bars and saw for yourself the changes that have been made. You might be more inclined to install bars in strategic locations in your home. If you are contemplating installation of grab bars, I recommend that you use the ones that are bolted or screwed into the wall or placement location. You may have had a guest dislocate a toilet paper holder or tear a sink away from the wall when leveraging

themselves up from the toilet. Consider the person who is using the device for leverage, and their dismay when it was pulled from the wall. Also remember the size of the person you're trying to help and locate a safe sized device attached in a suitable location.

I am confident that you are aware that most of my articles are based on personal experience or associated with on-the-job training. Senior years are at times a challenge, but I am sure you know when something you read could prevent a fall or an embarrassing situation. Use of grab bars could save a life and prevent costly hospital stays and will prove a benefit many times over. Use them.

Contact *Helping Seniors* at 321-473-7770, at www.HelpingSeniorsofBrevard.org, or at P.O. Box 372936, Satellite Beach, FL 32937.

Calendar

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well as learning about nutrition. For more information and to RSVP, call 321-253-6324.

Mondays, Feb. 6

Seaside Quilt Show Group, quilting group that meets once a month. 1-5pm at Suntree/Viera Public Library on 902 Jordan

Blass Dr. in Melbourne. Call 321-255-4404.

Mondays, Feb. 6, 13, 20, and 27

Parrish Healthcare Mom's Support Group, a group for mothers with babies ages birth to six months. During this time, moms will be able to discuss topics such as infant feeding, sleeping, milestones, car seats, play, development, post-partum care, birth control, post-partum depression, dietary needs and much more. Space is limited. on.,

From 10-11 a.m. at The Children's Center, on 5650 S. Washington Ave., in Titusville. Register at parrishhealthcare.com/Moms

FREE Liver Scans, from 10 – 2pm. ClinCloud is offering FREE Fibroscans the FIRST Monday (unless it's a holiday) and THIRD Wednesday of each month at One Senior Place. Please call 321-751-6771 to schedule your half hour appointment.

Tuesday, February 7

Florida Department of Transportation is holding a public meeting for South Street (S.R. 405) improvements at 5:30 p.m. The project plans discuss S.R. 405 from south of Bobbi Lane to north of Swan Lake Drive in Titusville. Attend virtually: bit.ly/3FvpyY, over the phone: 1-877-568-4108, entering the passcode 925-028-847 when prompted, or in person: Elks Lodge #2113, 3450 Kilmarnoch Lane, Titusville.

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WE ARE HIRING!

Hometown News
Media Group

News leader needed for Managing Editor

The Hometown News, an award-winning group of weekly newspapers on the east Florida coast with 160K+ subscribers, is looking for a Managing Editor to lead its newsrooms for print and digital products.

The successful candidate will have a nose for community news in an area with a rapidly expanding population and business base. The Hometown News publishes local news, features, columns, calendars, and spotlights on events and businesses that our readers want covered.

Our Managing Editor must be proficient in AP Style and InDesign and is responsible for maintaining the work schedules of employees and freelancers in the editorial department. This includes weekly editorial/management meetings, story budgets, and leadership of the editorial direction of the newspapers, websites, and podcasts. This is the Managing Editor's opportunity to mold a newsroom and lead it into the future with a growing readership base.

A bachelor's degree in journalism or English is preferred, however relevant experience in the newspaper/media industry is necessary. The Managing Editor is responsible for lay out of the print products each week, including assignments for paginators, and have the ability to paginate newspapers in InDesign. Six special editions are produced annually on an every other month schedule. Social media presences, websites, and a headlines and highlights podcast are also a part of the editorial department responsibilities.

Challenge yourself and a dedicated newsroom team to continue producing award-winning local content! Reach out to the Hometown News today!

Hometown News is a group of 15 award-winning community newspapers and a digital marketing agency that serve the communities of eastern Florida from Volusia County south to Martin County. Our mission is to be the best local news, information, and marketing partner in the communities we serve. We distribute just over 160,000 copies of our newspapers each week to our subscribers as well as provide marketing services across Florida.

Please send resume to Kirk Dougal, Group Publisher, at opportunity@hometownnewsmediagroup.com.

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