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*Valid until August 31, 2021, inventoried Cambridge Mask product only.

Cambridge Masks 

- Filters wildfire smoke
- Meets the N99 (one step up from N95)
- Fashion friendly
- This multi layered filter system performs better and lasts longer than other masks on the market
- Washable, can be used for up to 340 hours



*More Information on Cambridge Masks and wildfire smoke provided further in newsletter

What should I do to improve my bathroom safety?

Bathroom safety is not a one-size-fits-all solution, and deciding between various approaches can be overwhelming.



Answering these three questions will help you make the right choices:

1. How urgent is your need?
2. What areas or hazards in your bathroom are you trying to make safer?
3. What's your budget?

Why you need to think about bathroom safety...

Little known fact - according to The Centre for Disease Control and Prevention, bathrooms are the most dangerous rooms in the house. You might be thinking, "Really? The bathroom? What could go wrong?" A lot, actually. Though a lot of us might expect more danger in a kitchen, garage workshop, or a dark furnace room with low ceilings that's piled high with unknown boxes - in 2008, bathrooms were responsible for approximately 21.8 million nonfatal injuries in persons aged 15 or older. What's more, over 80% of these injuries were caused by falls.

Think about it! Bathrooms are full of hard, slippery surfaces, they can be small and hard to maneuver, and using them can put us in naturally vulnerable positions.



Whatever bathroom safety situation you're faced with, it can be hard to know where to start. Don't you worry! In the rest of this article, we'll outline the three considerations for better understanding your bathroom safety needs:

Bathroom safety timing or urgency...

The first thing that should influence your decisions around bathroom safety is timeliness. Ask

yourself - how fast do I need my bathroom to be safer? The answer will depend on your situation and influence your decisions.

As soon as possible - If someone you live with has been hospitalized for a fall and is being discharged tomorrow, you don't have time to plan a full-scale bathroom remodel. Instead, you need to consider products that you can quickly and easily install yourself, before or soon after your loved one's return home.

Soon - Maybe you've been thinking about improving your bathroom safety for some time, but you've held back for some reason. You could be concerned that safety products will make your bathroom look like a hospital (they don't have to). You may not have fallen yet, but there have been some close calls.

If this sounds like you, we'd urge you to start shopping around for safety products. Even if you feel like it's too soon for grab bars, they could save you a lot of trouble. Also, not being in as much of a rush means you'll be able to consider some more elegant options or products that require some construction or professional installation. *Just don't wait too long!*

In the future - You might be thinking proactively about an aging parent moving in with you, or about maintaining your independence at home as you get older. Either way, if you're thinking about bathroom safety for the long-term, you'll have a ton of flexibility in terms of design.

Not being in any rush means you can plan ahead and make decisions in anticipation of your changing needs that also fit with your tastes. In any situation, understanding the timing and urgency of your bathroom safety needs is the first step in clarifying your decisions.

Specific bathroom safety challenges, hazards, or needs.

As we've mentioned, bathrooms are full of hidden hazards and challenges. Some are fairly obvious at any life stage; wet, slippery, tiled surfaces can be dangerous for anyone. Some dangers are more subtle, like when you lift one leg to shave in the shower.

Others only present themselves when transfers become more difficult over time.

Some commonly challenging transfers include getting on or off the toilet, in or out of the shower or bathtub—or really—any change of height or position where there are slippery surfaces present.

There are all kinds of products and solutions to address these issues. Some are specific to certain areas (e.g. bathtub accessories, PT rails for toileting, tub cutouts), others can be applied more broadly (grab bars, floor-to-ceiling poles, 2-in-1 designer grab bars).

Cost and budgeting for bathroom safety

Although cost can be a limiting factor in your decision-making process, it shouldn't be the only consideration for bathroom safety (that's why it's number 3 in this list).

If your budget is very limited - then absolutely, buy what you can afford - but if you have some flexibility, take the time to understand the differences between similar products and the features and benefits that you're paying for.

[Check out Healthcraft Canada blog @ www.healthcraftgroup.com/blog/](http://www.healthcraftgroup.com/blog/)

For more information please call us at 250-868-3034 | [Email at wecare@coopermedical.ca](mailto:wecare@coopermedical.ca) | Visit us at [101 - 1953 Baron Road, Kelowna, BC](http://101-1953BaronRoadKelownaBC)



Did You Know?

drive

DeVilbiss
HEALTHCARE

Fall Protection

1 out of 3 adults age 65 and older will experience a fall every year—with most falls occurring in the bathroom. Almost 1/3 of those who recover from their fall will have to live with injuries that will affect their independence in the future - Stats provided by Drive Medical

If you are unsure on preventative fall protection measures, please visit us in-store at 101 - 1953 Baron Road, Kelowna, BC to review possible options.

What Makes Cooper Medical Supplies So Unique?



Our team is focused on compassion, respect and providing solutions for our customers. We know our stuff but are also happy to do research and step outside the box.

We have amazing supplier partners that provide expertise within their specific categories.

Our job is to help you find the freedom to live - it is what matters most to us.

We specialize in medical supplies, not medicine. Providing medical supplies is our first priority; it's a narrow niche, but we go very, very deep.

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PRODUCTS

Wildfire Smoke

Cambridge Masks™ filtration system incorporates particulate filtering layers and military grade carbon. The Cambridge Mask PRO meets the N99 (one step up from N95) standard and is built to filter out 99.6% of particles, bacteria & viruses in the air.

The **PRO** mask uses a unique triple filter system. The first layer of the filter system catches larger pollution particles such as dust and PM10. It's then backed up by the Three-Ply Micro Particulate which stops nearly 100% of smaller particulate matter such as PM2.5 and PM0.3.

The carbon filter is treated with silver to ensure 99% of harmful pathogens are removed and killed. This multi layered filter system means the Cambridge Mask performs better and lasts longer than other masks on the market.

This is the ultimate face mask for prevention against wildfire smoke, pollens, and air pollutants.



Order Online www.coopermedical.ca/product-category/personal-protection/

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Be Safe, Be Ready, Be Protected...

We carry a wide selection of first aid kits ranging from hiking, golfing, marine, home...you name it, we will have it...if not, we have all the contents so you can build whatever first aid kit you desire.

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101 - 1953 Baron Road in Kelowna, BC

email us: wecare@coopermedical.ca

The TENA® Advantage



Why do we call it the TENA Advantage? Because both female and male incontinence products are designed with your lifestyle in mind, and help you stay dry, secure and confident every day.

That's what we call Fearless Protection™ for the Unexpected Leak™.



Improved Quality of Life for All
Fewer accidents during the day, fewer interruptions at night—the effectiveness of TENA helps make life more enjoyable for you and the person you love.

.....

Comfort & Dignity are Maintained
TENA products are designed to manage all types of incontinence, helping your loved one stay dry and secure.

.....

Skin is Better Protected
Super-Absorbent Technology locks away 100 times its weight in liquid ensuring moisture is kept away from the skin for ultimate dryness and comfort.

.....

Faster Absorption Means Nothing Escapes
Even a little leak can be a big problem, soaking clothes in an instant, potentially creating an embarrassing moment. That's why TENA products are specially designed with high-speed surface inlets for fast absorption to give you and your loved one Peace of Mind.

.....

Advanced Odor Protection™ for Freshness
No need to worry about embarrassing odor. TENA's Advanced Odor Protection is pH-balanced and designed to reduce growth of bacteria, eliminating odors and keeping your loved one fresh and comfortable.

.....

Use Less, Save Money
We are continually evolving TENA Technology™ to bring you the absolute best quality products. By using fewer you're saving money.

OUR COMMUNITY



Aging Gracefully: Our Guide To Senior Health And Wellness

We all understand the importance of a healthy lifestyle, and the need for one doesn't change as we grow older. If anything, it's more vital than ever to **maintain a healthy lifestyle as a senior**. With a healthy diet, a robust exercise routine, and provisions made for mental health, seniors can live longer, manage emerging health conditions, and enjoy a happier old age.



As we age, it can become harder to keep up with the demands of a healthy lifestyle, but it's essential that seniors protect their wellbeing to lower the risk of diseases like dementia.

This contradiction - between the need for a healthy lifestyle and barriers to achieving one - can make things difficult for seniors, so it can help to have extra guidance to create a manageable health regimen.

While it may be a challenge to keep up a healthy lifestyle with age, it's far from impossible. In this guide, **we look at proactive ways to stay healthy**. We offer healthy eating and exercise tips along with some ways to look after both your mental and physical health.

Healthy eating is a complex topic that many people struggle to grasp. For seniors, it can be even more confusing because problems associated with old age can compound the difficulties of eating a balanced diet.

As we age, our metabolism begins to slow down. Studies show that seniors benefit from eating food with a lower calorie yet high nutritional content due to changes such as this. So while eating healthy is important, it's also vital to consider the specific needs of an aging metabolism.

Of course, no one eats healthy 100% of the time. We all need to indulge now and then! As with exercise, however, even small steps toward a healthier diet can make an impact.

Article provided by Family Living Today - For full article please visit Family Living Today @ familylivingtoday.com/senior-health-and-wellness-guide

Cooper Medical Supplies Favorite Family Recipes

We like to have a little fun and we do like to share. We will have a monthly **staff member's favorite recipe!**

You can share your favorite recipe...

So bring your recipes next time you are in the store, or drop us an email at wecare@coopermedical.ca

Check out one of Paul's favorites...

'My Mom's Fried Chicken'

Many of my best childhood memories involve cooking with my mother. From the moment I could stand beside her on a chair, I loved to help stir and spice as we went. We had a wood fired cookstove until I was in my teens, so I learned how to feed the fire to maintain just the right temperature, and then when we moved to an electric stove, I had to discover the hard way that even though the burner isn't red, it can still be hot.



As an adult, whenever I would call her for a recipe, I would get a list of ingredients. If I asked about proportions the answer was usually something like **"You'll want quite a lot of this and maybe not so much of that, smell and taste. Add what you want to make it taste good."** That's how she cooked. The only time I saw her use measuring cups was for baking, and often, not even then. She was magic. **One of my favorite things that Mom would make for family meals was her fried chicken with gravy.**

You can use a whole chicken cut down to its parts or if you just want to use a package of breasts, thighs, or whatever. Bone in or out, your choice.

- Start with enough flour for the chicken you will be cooking and spice it to your taste. I like to use just salt and pepper and maybe some garlic, onion, or celery powder.
- Dredge the chicken in the flour mix, give it an egg dip and dredge it again. Make sure you have a good coating. Save the left-over flour mix for the gravy.
- Use a large enough frying pan to accommodate all the chicken plus more. Now crank it up. You want your frying pan hot. Really hot. With about a ¼ inch of good oil. Add the chicken pieces carefully as the oil does tend to spatter. It will smoke. The joke in my house is that if the smoke detectors don't ring... it's not hot enough.
- Sear each piece to golden or beyond. I like it blackened. Once both sides of the chicken are seared, turn the heat down to medium low.
- Now add 2 to 3 tablespoons of the flour mix to a cup or so of water and whisk out any lumps. Carefully add the slurry and more water to cover the chicken pieces by about a quarter of an inch, add a lid and let simmer for about 20 minutes to allow the chicken to cook thoroughly. This will create a great gravy.
- You can use several substitutes for the water such as chicken or vegetable stock, wine, or make one cup of your liquid a good bourbon. Your choice.
- Once the cooking is done, taste the gravy and add whatever your tongue tells you to.

I like to serve it on a bed of rice or mashed potatoes with a nice medley of steamed vegetables on the side. Then top it with finely chopped chives or green onions along with a fine sprinkle of good paprika.

The great thing about this recipe is that you can make dinner for 2 to 20 or more. The only difference is the size of your frying pan. For me it's like having dinner with my Mom, one more time.

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