



A Grandparents Newsletter

will be mailed separately



Upcoming Wellness Programs

Chronic Pain Self-Management in SCIOTO COUNTY

*Tuesdays from May 7th - June 11th • 1:00 pm - 3:30 pm
Kings Daughters, Portsmouth*

Matter of Balance Falls Management in GALLIA COUNTY

*Tuesdays and Thursdays from May 14th - June 6th • 9:00 am - 11:00 am
Holzer Wellness Center, Gallipolis*

Tools for Caregivers of Children with Special Needs in ROSS COUNTY

*Thursdays from May 16th - June 20th • 10:00 am - 12 Noon
Synergy Family Foster Care, Chillicothe*

Matter of Balance Falls Management in JACKSON COUNTY

*Tuesdays and Thursdays from May 14th - June 6th • 12:30 pm - 2:30 pm
Jackson Senior Citizens Center, Jackson*

Chronic Pain Self-Management in JACKSON COUNTY

*Tuesdays from June 4th - July 9th • 5:00 pm - 7:30 pm
Jackson City Library, Jackson*

Diabetes Empowerment in PIKE COUNTY

*Wednesdays from June 5th - July 10th • 1:00 pm - 3:00 pm
Pike County Senior Center, Waverly*

Diabetes Empowerment in HIGHLAND COUNTY

*Fridays from June 7th - July 12th • 9:30 am - 11:30 am
Highland County Senior Center, Hillsboro*

Chronic Pain Self-Management in GALLIA COUNTY

*Thursdays from June 13th - July 25th • 9:00 am - 11:30 am
Bossard Memorial Library, Gallipolis*

Classes are free, but pre-registration is required. Call 1-800-582-7277 to register or to learn more information.

The back—especially the lower back—bears much of the body’s weight during walking, lifting and other activities. It makes sense, then, that injuries to the lower back—such as strains and sprains—are common. But by using correct body mechanics during the caregiving day, you will prevent needless injuries. Check your knowledge of body mechanics by answering True or False to the questions below.

1. *When lifting, use your arms and back rather than your legs. T F*
2. *Body mechanics is using your body properly to perform tasks. T F*
3. *Never tell someone when you are going to move them, to help them avoid being tense. T F*
4. *You have no control over building strength in your muscles. T F*
5. *A little attention to the safest way to move your body—and the person in your care will keep you from unnecessary injury. T F*
6. *When transferring someone from bed to chair, twist at the waist to set them down safely. T F*
7. *Do a stretching routine before you lift. It gets blood flowing to the muscles as well as to the discs between the vertebrae in the spine. T F*
8. *If the person in your care falls and you suspect a broken bone, keep them warm with a blanket, make them as comfortable as possible, and call 911. T F*
9. *A transfer belt can help you set a person into a chair more easily. T F*
10. *Feet together is the best base for lifting someone. T F*

KEY: 1. F 2. T 3. F 4. F 5. T 6. F 7. T 8. T 9. T 10. F