Health Journal and Appointment Book



with our compliments



making HEALTH a little easier

The Home Medical Shop® and lifestyle store

30 years

1070 Cliffe Avenue Courtenay, BC V9N 2J7

Call: 250.338.0903 Toll free: 800.661.8843

Fax: 250.338.8852

email: retail@thehomemedicalshop.com

www.theHomeMedicalShop.com

STORE HOURS

Monday - Friday: 9 AM - 5 PM

- 1. Don't use tobacco.
- 2. Excercise for 30 minutes daily.
- 3. Drink alcohol in moderation.
- 4. Control stress.
- 5. Read, read and read some more! Stay on top of the latest medical research.

2015

February

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- 1. Engage yourself in the complex and new. Learning new information and skills across your entire lifespan helps to keep your brain strong even in the later years of life
- 2. Focus on what you can control. Change what you can and accept what you cannot.
- 3. Have Positive Anticipation something in your life that you're looking forward to (e.g. a holiday, an event, a concert, big or small)
- 4. Take time out for yourself Make time to do what you like to do, something that brings you joy.
- 5. Have a good mate in your life, someone you can really talk to and share your thoughts, dreams and fears (e.g. spouse or friend)

notes:	





'Important 'Numbers					
Insurance Company Name:					
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Insurance Company Name:					
Policy No:					
Family Doctor Name:					
Phone:					
Dentist Name:					
Phone:					
Optometrist Name:					
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Personal Medical History		
Name:		
Birth Date:		
Medical History		
Allergies:		
	1.	Protect local character and prosperity. The Comox
Medications:		Valley is unlike any other city in the world. By
		choosing to support locally
		owned businesses, you help maintain the Valley's
Known Illnesses:		diversity and distinctive flavor.
	2.	Community Well-being. Locally owned businesses
		build strong neighborhoods
		by sustaining communities, linking neighbors, and by
		contributing more to local causes.
	3.	Keep Dollars in your town.
Surgeries Date		Your dollars spent with locally-owned businesses
		have three times the impact on your community as
		dollars spent at national chains.
	4.	Get better service: Local businesses often hire people
		with a better understanding of the products they are
		selling and take more time
Additional Notes	5.	to get to know customers. Sharing is Caring. Had a lot
Additional Notes	<i>J</i> .	of fun shopping local? Share your experience with your
		friends. Local businesses
In Case of Accident Please Notify:		will also appreciate you spreading the word.
		The
	(Home Medical Shop®
		and lifestyle store
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ut waiting for the storm to pass; it's about learning to dance in the rain!"

"Life isn't abou	~Vivian Gre
Home I Sh	Medical op *
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Notes:

Recommended for the post Hip & Knee Surgery patient

- long-handled aids
- hardpan cushions
- sock aids
- bath bench
- bath seat
- folding walker

Notes:	
	-

"The soul should always stand ajar, ready to welcome; the ecstatic experience."

~Emily Dickinson



To get up each morning with the resolve to be happy is to set our own conditions to the events of each day. To do this is to condition circumstances instead of being conditioned by them.

Recommended



At *The Home Medical Shop*® we understand how important it is to get the right wheelchair. Book an appointment with our Professional Custom Fitter in our private wheelchair assessment room and be matched with a suitable chair in a timely manner.



~Ralph Waldo Emerson

Reaching Far and Wide
The Home Medical Shop®
services the entire Vancouver
Island area from Mill Bay North
to Port Alberni to Port Hardy
and everything in between
includning Quadra, Hornby,
Denman and the Gulf Islands.

Over 30 Years of Caring We care about investing

in healthy communities.
Some of the events and organizations we support:

St Joseph's Hospital Charity Auction

Comox Valley Head Injury Association

Camp Hornby

MS Society

Vancouver Island Music Fest

Comox Valley Hospice Society

Better Products for a Better Life

Products such as walkers, wheelchairs, lift chairs and scooters are individually fit by our friendly and knowledgeable staff. All of our products are of the highest quality available.

We Value Your Time

Scheduled deliveries are an important part of our service plan. Service calls are scheduled in hour or half hour intervals so that you can know when our technician will be arriving at your door

Certifiable Skills

Our staff are highly trained to provide the best service and information available. Our certified orthopedic fitters and compression fitters are available for appointments from Monday to Friday 9am – 5pm.

Please call ahead.

250-338-0903 or 1-800-661-8843





Ideas for Living Well

GET ACTIVE! There are many tools available that make working out at home easy and effective. Your body will thank you!

STAND STRONG! In Canada, falls are the second leading cause of injury-related hospitalizations for all ages. Over 40% of nursing home admissions are the result of falls in older adults. Preventing falls can be as easy as implementing a few simple tools. Call for more information.

ITS' ALL ABOUT YOU! Find something you enjoy doing and then take the time to do it.

GET EDUCATED! Visit our website for downloadable resources to help you learn how to live well every area of your life.

www.TheHomeMedicalShop.com



NEW in our store! "health relief for your feet"



Porto-fino orthotic friendly shoes featuring:

- removable footbed
- arch support
- sizes 35-43



making COMFORT a little easier

The Home Medical Shop®

and lifestyle store



1070 Cliffe Avenue Courtenay, BC V9N 2J7

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