

The Home Medical Shop®
MEDICAL EQUIPMENT & SUPPLY & Pavia SHOES CO.



YOUR COMPLETE HEALTH CONNECTION



complimentary
HEALTH JOURNAL
& ORGANIZER

making HEALTH *a little easier*

1070 Cliffe Avenue, Courtenay, BC V9N 2J7

Call: 250.338.0903 Toll free: 800.661.8843 Fax: 250.338.8852
retail@thehomemedicalshop.com www.theHomeMedicalShop.com

STORE HOURS: Monday to Friday: 9 - 5 Saturday 10-4

Save THE DATE

2018

January

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Notes

2019

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Notes

5 Tips FOR A HEALTHY MIND

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 Create something in your life that you can look 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

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Notes

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

"Life isn't about waiting for the storm to pass; it's about learning to dance in the rain."
~Vivian Greene



Recommended for pre and post **Hip & Knee Surgery** patients

- long-handled aids
- hardpan cushions
- sock aids
- bath bench
- bath seat
- folding walker
- ask about additional items available for Rent

Personal Medical History

Name:

Birth Date:

Medical History

Allergies:

Medications:

Known Illnesses:

Surgeries

Date

Additional Notes

In Case of Accident Please Notify:

5 Tips FOR A Healthy Community

1 Protect local character.

The Comox Valley is unlike any other city in the world. By choosing to support locally owned businesses, you help maintain the Valley's diversity & distinctive flavor.

2 Community well-being.

Locally owned businesses build strong neighborhoods by sustaining communities, linking neighbors, and by contributing to local causes.

3 Keep dollars in your town.

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 to get to know customers.

5 Sharing is Caring.

Had a lot of fun shopping local? Share your experience with your friends. Local businesses appreciate you spreading a good word.

"Happiness is not something ready made. It comes from your own actions."

~Dalai Lama



and lifestyle store



and lifestyle store

Important Numbers

Insurance Company Name:

POLICY NO:

PHONE:

Insurance Company Name:

POLICY NO:

PHONE:

Family Doctor Name:

PHONE:

Dentist Name:

PHONE:

Optometrist Name:

PHONE:

Specialist Name:

Policy No:

Specialist Name:

PHONE:

Name:

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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

Notes

Horizontal lines for notes.



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 do it.
- GET EDUCATED! Visit our website and download resources to help you learn how to live well every area of your life.

www.TheHomeMedicalShop.com
Relax we're taking care of you.



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.
~Ralph Waldo Emerson

Recommended

Horizontal lines for recommended items.

Changing with the times of healthcare!

At **The Home Medical Shop**® we understand how important it is to get the right wheelchair. Book an appointment with our Professional Fitter for a custom fit in our private wheelchair assessment room. You'll be matched with a chair suited to your needs in a timely manner.

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



making FOOT COMFORT *a little easier*

Bring your orthotics and try on a pair of stylish and comfortable shoes.

We've added a line of high quality, non-ugly, orthotic-friendly shoes that accept your custom made orthotic or have special features to ease a painful bunion or plantar fasciitis. You're going to love wearing them and best of all, you won't be able to take your eyes off them!

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