

## Adaptive Remodeling Solutions, LLC



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### Winter 2017

Happy New Year! As I'm writing this, the temperature outside is -4... brrr! Guessing our grandson (now 8 months old) has to wear the furry snowsuit just to keep warm! Bundle up this winter and stay warm and safe!

Several of us make new year's resolutions - many of us do not. Things to keep in mind, however, are changes that we all could make to help stay independent and safe in our homes. That being said, here's one resolution for all of us: to resolve to stay living independently for as long as it is safe to do so! Adaptive remodeling solutions can help with that. One of the biggest areas that we work on is the bathroom. The majority of all falls for older adults occur in the bathroom - many result in serious injury. We all want our bathrooms to look nice - don't want them to look "institutional", so often we wait before installing a simple fall preventing piece of equipment: The Grab Bar. When a grab bar is placed in the appropriate place (which varies for each individual), it can be a tremendous help with getting on and off the toilet, or getting in and out of the shower. There are many grab bars on the market, and it does get confusing to know which one will be best for us. Please remember that a towel bar is not the same as a grab bar - a towel bar is meant only to hold towels, not to help support our weight while standing or transferring from one place to the other. The good news is, Adaptive remodeling solutions have become the "experts" in the area of bathroom modifications and really work hard to find the right grab bar to fit anyone's needs. We also know the proper installation techniques and ensure that it is a safe assistive device.

Now, there are obviously many other things that could be added to our bathrooms to make them safe: hand held shower system, eliminating the glass shower door, aiming for a safer shower unit with a seat, non-slip flooring... the list goes on. If you or someone you know could really use a bathroom update, we can help.

Of course, we've focused almost completely on the bathroom for this newsletter - please remember that Adaptive remodeling solutions is also able to assist with home modifications throughout the home.

Because it is a new year, we would also like to offer all of our readers something special. Mention this newsletter when you give us a call, and we'll give you a 15% discount on labor costs for any project that Adaptive remodeling solutions completes for you. This offer is good through March 15<sup>th</sup>! For all of our loyal customers, if you have a friend, neighbor or relative that you think could use some home modifications, please share this with them as well.

We wish you all the best for this new year, and we really do appreciate your loyalty! As always, if you want to run an idea past us or discuss any home modifications, we look forward to talking with you.

Thanks for reading,

Becky & Blaine

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