

## Adaptive Remodeling Solutions, LLC



6200 Sylvan Lane, Monona, WI 53716

608-234-7440

[adaptiveremodelingsolutions@ymail.com](mailto:adaptiveremodelingsolutions@ymail.com)

[www.adaptiveremodelingsolutions.com](http://www.adaptiveremodelingsolutions.com)

### July-August 2016

Happy Summer!

While you're "strollin' through the shady lanes..." this summer, we realize that summertime is a great time for travels - to see family/friends or even travelling to a new destination. Here are a few tips on safe travelling.

1. Plan ahead: to get the most out of your vacation, take some time to search out vacation packages, see who offers senior discounts, other special events that may be fun, and the best days/times to enjoy them.
2. If you are flying, make sure to request and reserve your seats ahead of time. Most airlines have the front rows "on hold" for older adults and/or individuals with disabilities.
3. Have copies of all of your important papers: driver's license, passport, insurance cards. Also have a list of all necessary phone numbers of family/friends - who to contact in case of an emergency.
4. Pack light! Keeping baggage to a minimum helps to eliminate the stress of checking luggage or hauling around too much 'stuff'.
5. Always pay attention to your surroundings and keep your personal belongings in sight at all times. Unfortunately, there are folks that prey upon those who may move a bit slower or accidentally leave things behind. Always - stay safe! There are really helpful folks out there too - ask your travel agent, the hotel itself, business owners in the area where you will be travelling to or call ahead to the area to find out from their aging/disability resource centers if they have suggestions.

6. Plan ahead for prescriptions. If at all possible, have extra medications packed away just in case of delays. Keep a list of all medications/doses in your belongings.
7. Have fun! Try something new - perhaps consider hiring a travel companion who is an expert in finding the best vacation spots and is also able to assist you with mobility throughout your trip!

Even if you aren't planning a lengthy vacation, we hope you find these tips helpful for a day trip or even an overnight/weekend getaway. Take advantage of all of the travel tours that are out there for older adults - check with your local senior center for their suggestions.

Now, when you get back from those summer trips, please remember this: if there are projects that you'd like us to take a look at around your house, please don't hesitate to give us a call. We'd love to stop by to say hello!

Thanks for reading,

*Becky & Blaine*

Becky and Blaine Rogers

Adaptive Remodeling Solutions, LLC

608-234-7440 or [adaptiveremodelingsolutions@ymail.com](mailto:adaptiveremodelingsolutions@ymail.com)

Please feel free to check out our website to view past copies of our newsletters!

[www.adaptiveremodelingsolutions.com](http://www.adaptiveremodelingsolutions.com)