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**SPRING/SUMMER
2017**

GET READY FOR HURRICANE SEASON

Hurricane Season, which lasts from June 1 through November 30, is almost here and now is the time to get ready. Preparing for Hurricane Matthew last October was a good practice run for us. Fortunately the worst of the storm stayed offshore, but it reminded us about how vulnerable we are. If the center of Hurricane Matthew would have tracked just 50 miles closer to South Florida, we surely would have sustained major damage and power outages.

If you or a loved one lives in Palm Beach County, we recommend that you visit www.pbcgov.com for emergency management information. You will find locations of various stores and gas stations with generators along with tons of other helpful tips on hurricane preparedness under the "Residents/Emergency Services" heading. We also urge you to check out the Hurricane Guide which covers a plethora of information including evacuation maps, tips on protecting your home, boat and pets as well as post-storm safety.



Martin County residents should visit www.martin.fl.us and type "Disaster Preparedness" in the search bar to find similar resources. If you live in Saint Lucie County, refer to "Living in St. Lucie County/Disaster Preparedness" at www.stlucieco.gov.

One of the most important aspects of hurricane planning is to determine whether or not you will have to evacuate. If you reside in a high-risk area or cannot safely remain in your home due to medical issues, you must have a plan in place now. Each county has Special Needs Shelters for those people who are not suitable for regular shelter placement due to certain medical conditions, but these locations should be used as a last resort since space is very limited. If you think that you may be qualified for one of these shelters, we can provide you with a registration form, which must be completed in advance.

If you are not sure about where to go in the event of an evacuation, Potter Nursing Service can assist you with finding a safe place to stay. Providing that you are willing to accept care from a personal aide referred by us for at least 48 hours, we can arrange for you to be placed in an appropriate facility for the duration of an evacuation. While each facility has different fees and conditions for accepting guests during an emergency, most require that you are accompanied by a caregiver.

All facilities and shelters ask that evacuees arrive prepared with personal needs such as toiletries, a radio, batteries, flashlights, bottled water, clothing, non-perishable foods and medications for at least one week. You should also have a list of your medications as well as a record of your emergency contact numbers, including your doctor's name and phone number.

With a little thought and preparation now, we can help to make the upcoming hurricane season safer and less worrisome for everyone. Please call us today for more information.

561-997-9300

www.potternursing.com

877-958-9300

Use Potter Nursing Service as a Resource for All of Your Healthcare Needs

Even though our specialty is arranging private duty home care, we have relationships with other reputable companies and organizations that provide a variety of services such as care management, elder law and in-home therapy. We can also let you know about how to take advantage of resources that require no out-of-pocket expenses. Some of these free services include placement into healthcare facilities, assistance with obtaining veteran benefits and nursing visits covered by Medicare. Two other great resources are "211" and Area Agency on Aging, both of which are non-profit organizations that provide information about a variety of health and human services – many of which cost little or nothing out of pocket. If you are interested in receiving more information about how to access these resources, please call our office and one of our staff members will be happy to assist you.

Potter Nursing Service is Now Offering Health and Wellness Coaching!



We are happy to announce that we are now offering Health and Wellness Coaching for our clients. Health and Wellness Coaching will support you with living a healthier and happier life. The process includes education, guidance, skill-building and motivation to support you with making lifestyle changes to better your health.

Health and Wellness Coaching provides support for:

- Healthy Weight
- High Cholesterol
- Achieving and Maintaining Optimal Health
- Diabetes
- Personal and Spiritual Growth
- And More!

The person who will be providing these services is Elissa Erman RN, BSN, CDE, CWC, CHC. She is a Registered Nurse, Certified Diabetes Educator, Certified Wellness Coach and Certified Health Coach. Before starting her company, Universal Coaching Services LLC, Elissa's experience includes working as a nurse in a neuroscience step-down unit and helping to create Walt Disney World's On-Site Primary Care Wellness Center called The Center for Living Well.

Call us today for more information and to schedule your appointment.