



Guiding patients home and helping them stay there safely.

Renica

Care Brief™

Guiding patients home
and helping them stay there safely.



JUNE 2026

ISSUE #2

MONTHLY
NEWSLETTER

SCAN TO VISIT
OUR WEBSITE



856-688-7201



www.renicahealth.com



THEME OF THE MONTH:

Fall Prevention: The One Step That Could Save a Life

A fall can happen in seconds, but its effects can last for months—or even permanently. Many falls are preventable.



A MESSAGE FROM BECKY

One of the biggest misconceptions I hear is, "Mom is doing fine because she hasn't fallen."

The truth is, many homes contain hidden hazards that families simply don't notice until after an accident happens.

Our goal isn't to wait for a fall.
Our goal is to prevent the first one.

Stay safe,

Becky 



MEDICATION INSIGHT

Could Your Medications Increase Your Fall Risk?

Some medications may cause:

- ✓ Dizziness
- ✓ Blurred vision
- ✓ Drowsiness
- ✓ Balance problems
- ✓ Low blood pressure

Common medications that may contribute include:



Renica Tip: Never stop medications on your own. Ask your physician or pharmacist for a medication review if you notice dizziness or unsteadiness.



FUN SECTION

Fall Prevention Trivia

True or False?
Most falls happen
outside the home.



Answer: False!

The majority of falls among older adults happen inside or around the home.



BECKY'S WAY MOMENT

Mrs. H insisted she didn't need help because she had "never fallen."

During a home visit, we noticed a throw rug near her bathroom, poor lighting in the hallway, and shoes with worn-out soles.

After making a few simple changes, she told us she felt much more confident walking through her home.

Sometimes preventing a fall isn't about doing something big. It's about noticing the little things before they become big problems.



EDUCATION CORNER

Warning Signs That Someone May Be At Risk for Falling

- Holding onto furniture while walking
- Difficulty standing from a chair
- New fear of falling
- Shuffling feet
- Frequent dizziness
- Recent medication changes
- Multiple trips to the bathroom at night

If you notice these signs, don't ignore them. Early intervention can help prevent serious injuries.



IMPORTANT HEALTHCARE UPDATE!

BE AWARE THIS SUMMER

Dehydration can increase fall risk by causing dizziness and weakness, especially in older adults.



Stay hydrated, stay cool, and check on your loved ones during hot weather. Small steps today can prevent big problems tomorrow.

If you notice increased confusion, extreme fatigue, or frequent dizziness, contact your healthcare provider.



SAFETY SPOTLIGHT

FIVE HIDDEN FALL HAZARDS

- ✓ Throw rugs without non-slip backing
- ✓ Electrical cords across walkways
- ✓ Poor lighting in hallways and bathrooms
- ✓ Clutter on stairs
- ✓ Wearing socks instead of supportive shoes on hardwood floors



Remember: Falls happen most often in familiar places—our own homes.



WHAT'S NEW IN CARE?

A comprehensive home safety assessment can identify risks that families often overlook.

Recommendations may include:

- ✓ Grab bar placement
- ✓ Improved lighting
- ✓ Furniture rearrangement
- ✓ Bathroom safety equipment
- ✓ Medication review recommendations
- ✓ Mobility aid education

Small changes today can help preserve independence tomorrow.



CALL TO ACTION

Schedule Your Renica Transitional Home Safety Assessment™

Don't wait for a fall to happen. Our RN-led assessment helps identify hidden hazards, provider-recommended recommendations, and supports aging safely at home.



Scan here to
schedule your
assessment or
learn more!



Home Safety
Evaluation



Fall Risk
Assessment



Medication
Review



Caregiver
Education



Personalized
Safety
Recommendations

Guiding patients home—and helping them stay there safely.

856-688-7201



www.renicahealth.com



BECKY'S WAY: COMPASSION IN ACTION

We treat every client like family—with respect, kindness, and personalized care. That's the Renica difference.



LOOKING AHEAD

Next month, we'll be focusing on Medication Safety: What You Need to Know to Protect Your Health. Stay tuned!

QUESTIONS?
WE'RE HERE
TO HELP!



ALL THE CARE YOU'LL EVER NEED. 