



Caring You Can Count On: Home Care Tips from Central Penn Nursing Care

GOING TO MARKET

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When it comes to food shopping, seniors can benefit from the services of home care aides. Be it for the lack of transportation, an issue maneuvering the aisles of the local grocery store, or problems bending and lifting, aides can provide the necessary assistance to get the grocery shopping done. Unlike shopping for a large family, the aides will be sure to select small, easy-to-lift containers. Rather than selecting economy sizes, they will look for individual serving-sized products that come in containers that are easy to open. Home care aides can scrutinize the labels and eliminate any options that may contain excessive sodium, sugar, or other ingredients that may not comply with the clients' dietary restrictions.

It's hard enough to manage shopping for your family. If you shop for your loved one as well, the grocery store can seem like a second home. Let us help. Central Penn Nursing Care caregivers can take care of things like shopping, as well as cooking, housekeeping, and helping your loved one get dressed. You deserve help.

We have two locations: (717) 569-0451, Lancaster, and (717) 361-9777, Elizabethtown, or you may contact us through our website at www.cpnc.com. *Home care you can count on!*

P.S. Aides can help seniors clip coupons to use when food shopping.