MAY 2026

Tip of the Month

STAY IN THE LOOP WITH UPDATES AND ANNOUNCEMENTS!

AT A GLANCE

- This month's topic is **Transfer Safety!**
- Reach out to **Erika** for more information

Stay Strong, Stay Steady

Practice safe standing and sitting!

When standing up:

- Scoot to the edge of your chair before standing
- Place both feet flat on the floor
- Push up from the armrests (not the walker!)
- Take your time- no rushing!

When sitting down:

- Back up until you feel the chair behind your legs
- Reach back for the armrests
- Slowly lower yourself down- no plopping!

Why it matters:

Safe transfers help prevent falls and keep you independent longer!

Reach Out to Erika!

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For questions, feedback, newsletter ideas or story contributions, email **providenceplaceop@trinityrehab.net** and we'll be in touch.