COMMUNITY HOME MEDICAL INC. | FALL 2026

Stay safe, comfortable, and independent at home

A newsletter for our patients, families, and neighbors in Michigan's central Upper Peninsula

Veteran-owned & family-run since 2001

Dear friends and neighbors,

Thank you for trusting us with your home care. We serve central Upper Peninsula residents with oxygen, CPAP, and durable medical equipment - fitted, delivered, and supported by a local team you can call by name.

As the weather cools and cold and flu season picks up, this issue focuses on getting the most from your equipment, staying safe at home, and living well with COPD.

Fall Mobility Sale - 15% off rollators & walkers through November

If you have been thinking about a safer, more comfortable walker or rollator, now is a good time to stop in and try one. We will help with fitting, setup, and local delivery.

We are here to help with home medical equipment

We supply and support equipment that helps you stay comfortable and independent at home:

Breathing & sleep

- Oxygen concentrators and portable oxygen
- CPAP and BiPAP machines, masks, and supplies
- Nebulizers

Mobility & home safety

- Mobility aids, walkers, and wheelchairs
- Hospital beds and lift chairs
- Bathroom safety equipment

If your equipment is not fitting right, making a new noise, or just does not seem to be working like it used to, call us before it becomes a bigger problem. A quick check can often save a trip to the emergency room.

We offer local delivery and setup, insurance is accepted, and we have in-house service and repair.

FEATURED ARTICLE

Living well with COPD

COPD - chronic obstructive pulmonary disease - makes it harder to move air in and out of your lungs. It cannot be cured, but daily habits can make a real difference in how you feel and how often you have flare-ups.

> **Know your warning signs.** Call your clinician promptly if you notice more coughing or wheezing, mucus that changes color or amount, more shortness of breath than usual, unusual tiredness, or a fever. **Get emergency help right away** for severe trouble breathing, chest pain, or lips or face turning blue or gray.

Small daily steps that help

- **Quit smoking if you smoke.** It is the single most important step. Avoid secondhand smoke, strong fumes, dust, and perfumes when you can.
- **Watch the air.** Stay indoors when air quality is poor and consider using an air filter, since air pollution can worsen COPD symptoms and flare-ups.
- **Use medicines exactly as prescribed.** Bring your inhaler to appointments so your care team can check your technique. Trouble with inhaler placement or timing is common, so do not hesitate to ask for a re-check.
- **Ask about vaccines and activity.** Ask about vaccines for flu, COVID, RSV, and pneumonia, and about pulmonary rehabilitation or gentle, regular activity within your limits.
- **Pace yourself.** Rest before meals, eat smaller, more frequent meals if large meals leave you breathless, and keep everyday items within easy reach.
- **Try pursed-lip breathing** if your clinician has shown you how: breathe in through your nose, then breathe out slowly through pursed lips, like you are whistling.

Oxygen safety at home

Please read this part carefully. Oxygen helps you breathe, but it also makes fires burn faster and hotter.

- Never smoke, and never allow smoking, near oxygen. Keep oxygen at least six feet away from stoves, fireplaces, candles, and other open flames.
- Do not store oxygen in a closed closet or cover a concentrator with clothing or blankets. It needs airflow to work safely.
- Keep tanks upright in a stand or cart so they cannot tip or fall.
- Clean concentrator filters weekly with warm soapy water, and clean your nasal cannula weekly as directed. Replace cannulas regularly, and right away after a respiratory infection.

AT HOME THIS SEASON

Other things to be mindful of

Tripping hazards: Keep oxygen tubing, power cords, and walker paths clear, especially at night. Use night-lights in hallways and bathrooms.

Power outages: If you depend on powered equipment, have a backup plan. Know how long your battery lasts and keep phones charged.

Cleaning matters: Wash nebulizer parts and CPAP masks and tubing as directed. Dirty equipment can harbor germs and make breathing problems worse.

Reorder early: Check supplies now - filters, cannulas, masks, tubing, and batteries - so you do not run out over a holiday weekend.

Fall prevention: Wear sturdy, non-slip shoes, get up slowly, and ask us about grab bars, shower chairs, or raised toilet seats if bathing feels unsafe.

Paperwork: Keep your prescription, insurance information, and our phone number in one easy-to-find place. Tell us if your insurance or doctor changes.

A quick fall checklist

- Clean your equipment filters this week
- Check your backup battery and power plan
- Reorder supplies before you run low
- Schedule your flu shot if you have not yet
- Clear cords and clutter from walkways

When to call us, and when to call your doctor

Call Community Home Medical for equipment problems, supply refills, fitting issues, or questions about cleaning and use.

Call your doctor or clinician for changes in breathing, new symptoms, medication questions, or flare-ups.

Call 911 for severe breathing trouble, chest pain, confusion, or a medical emergency.

Also from our team: Our pharmacy partner, ExpressRx, offers a short online assessment for GLP-1 weight loss treatment. Treatment requires approval by a licensed provider.

Visit us

Manistique
215 S. Cedar Street
906-341-1116

Escanaba
1814 N. Lincoln Rd.
906-553-7601

Hours: Monday to Friday, 9 AM to 5 PM. Oxygen emergency? Call 24 hours a day to any location and you will be routed to someone who can help.

Thank you for being part of the Community Home Medical family. *Where community means family.*
Warmly, The Community Home Medical Team

This newsletter is general information only and is not medical advice. Please talk with your doctor or respiratory therapist about what is right for you.