

Newsletter

The latest news, views and announcements for the staff at Main Street Medical Supply.

In This Issue

Is Your Bathroom Safe?

Product Spotlights

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Is Your Bathroom Safe?

Everyone has a bathroom. It's used daily and most homes have more than one. According to the U.S. Centers for Disease Control and Prevention, one in four Americans 65 and older falls each year, and the National Institute of Aging found that 80% of these falls happen in the bathroom. There are many small ways you can help avoid falls in the bathroom. You can install automatic LED lights to help with visibility. You could store regularly used toiletries, like toothpaste, in one drawer or cabinet to prevent rummaging that can lead to falls. You can use rubber grip, low profile mats to prevent slipping or tripping. There are so many small ways to make your bathroom safer but to really be safe you need to target the biggest problem areas. The shower and bathtub are some of the easiest places for falls or other injuries to occur in the bathroom. Luckily, there is a wide range of products available that can help keep you or your loved one safe in the shower or bathtub. Bathtub safety rails clamp onto the side of the bathtub to provide extra stability when stepping into and out of the tub. They are easy to install with minimal to no tools necessary, and many are height adjustable to accommodate a range of users. Many people will grip onto a towel bar or soap dish to steady themselves in the shower, but that can be dangerous because they aren't designed to hold your weight. Grab bars can safely and securely provide balance when entering or exiting the shower or tub and when bathing. *(cont. pg 2)*



Many can even be installed near the toilet to help with standing and sitting. Some require drilling to install, but others are tool-free and can be easily secured to the wall with suction cups. Grab bars also come in a variety of diameters and lengths to fit your needs. Grab bars can be installed vertically, horizontally, or diagonally depending on your needs, and you may want to place them on the walls both inside the shower and at its entrance for assistance throughout the entire process of bathing.

If you are concerned about your bathroom's safety or the bathroom of a loved one, stop by the store today and talk with one of our expert staff members and find the right bathroom safety items for your home.

Product Spotlights

A raised toilet seat is a thick toilet seat that fits on top of a toilet bowl or a seat that's independently positioned higher than the regular seat. Since it places individuals at a greater height, the seat makes it both easier and safer to sit and stand from the toilet. Choices abound when it comes to raised seat designs. There are raised seats with and without handles, seats that are self-contained units with adjustable legs. They also come in Standard shape and Elongated. Come in today and check out our wide selection of toilet seat risers, raised toilet seats, and toilet rails. *(Affordable prices starting at \$45)*



The all-new Golden Cricket Power Wheelchair is stylish, agile, and extremely portable. Crafted with an incredibly strong yet lightweight 100% carbon fiber frame, the Cricket weighs as light as 33 lbs., making travel a breeze! The Cricket features a well-styled joystick designed to make everyday tasks easier such as driving up to a table or maneuvering through a doorway. It has an impressive 22" turning radius and offers a 300 lb. weight capacity, maximum speed of 3.7 mph, and an operating range of up to 9.3 miles on airline-approved 12 AH 24V lithium-ion batteries. The Cricket is \$2850.00.



**ONLY
33 lbs.*
to carry
but holds up to
300 lbs.!**

Sporty, strong and high-performing with a 100% carbon fiber frame!



Removable 1.25" Thick Padded Seat



Compact Joystick



Convenient USB Charging Port



Flip Up Arm Rests

**FOLD
&
STOW!**
Compact Dimensions
30.2" x 22.25"
x 14"

