

LIFE
CARE
HME

Medical Supply

EL DORADO HILLS, CA

THE FOCUS

YOUR LOCAL COMMUNITY
MEDICAL SUPPLY STORE



PRODUCTS ◦ STORIES ◦ INDUSTRY PARTNERS ◦ TIPS & TRICKS
◦ INFORMATIVE ARTICLES ◦ COMMUNITY CONNECTIONS ◦
GAMES ◦ DEALS ◦ PRODUCT KNOWLEDGE AND EDUCATION

Word From The EDITOR/OWNER of



This profession chose me! After working in various fields, including customer service, human resources, marketing management, and wound care clinics, as well as roles such as ostomy fitter, compression fitter, ortho fitter, and pharmacy, I discovered that owning and operating a local medical supply store was the most rewarding path for me. I can apply all the skills I've gained from my previous experiences in this role. It's all about helping people in our community through product knowledge, understanding, compassion, and problem-solving. I often say, "We are not just selling a product; we are finding a solution to fit your needs."

Shop with confidence and support your local community. Transparency and trust are our priorities. Proudly a locally owned women's business!

And...Meet Lily, our Store Mascot. If you Find Me in The Publication or In Store, then you get 10% off one item



Life Care Medical Supply
HME
5145 Golden Foothill Pkwy
#140
El Dorado Hills, Ca95762
916-934-2272
Owner Nancy Rothman
EMAIL
nancy@lifecarehmes.com

www.lifecarehmes.com

Have a thought, Idea or
submission? Please email
us
nancy@lifecarehmes.com

Want to advertise with
us?

Email or Call for ad space
and pricing

Volume 1
Semi Annual
January 2025

"Product Spotlight: Education"

Do you understand the unique differences between a rollator walker/transport combo, a transport chair, and a wheelchair? Knowing the distinctions between these mobility aids will allow you to decide which one is right for you or your loved one. Let's explore the differences together!

Rollator Walker/Transport Combo - Allows you to use to walk about, but when you need to, you can sit and there are footrests that allow you to sit comfortably and let someone push you as an option.

Transport Chair - Allows a lightweight option for someone to just push you when needed, and is light enough to bring with you anywhere

Wheelchair - Allows someone to push you, and you can also self-propel yourself with the big wheels for a bit more freedom

Rollator/Transport Combo • Transport Chair • Wheelchair



Bath Safety



We Offer a Wide Range of Bath Safety Products; Bath Seats, Toilet Safety Arms, Commodes, Grab Bars, Urinals, Bath Steps, Transfer benches, Raised Toilet Seats and so much more

Recliner Lift Chairs



This a fully electric chair that can be adjusted for comfort and support. Additionally, it has a lift function if needed.



small & TALL
WE BUILD THEM ALL



Choose Your Size • Your Color • Your Fabric • Your Position Zones • Heat • Massage • It Is A Full Recliner That Happens To Have A Lift when Needed

•Pricing \$899-\$3100

• Come to Life Care Medical Supply For Your Recliner Lift Chair

Life Care HME Medical Supply El Dorado Hills, Ca 916-934-2272

WALKERS ROLLATORS ACCESSORIES



Essential Walker Accessory

Minimizes hand soreness,
irritation & fatigue



**Explore our range of mobility aids,
including Walkers, Rollators with Seat &
Brakes, Rollator/Transport Chair
Combo, Walker Bags, Walker trays, Cane
Holders, Seat and Back Covers, Glide
Skis, and More.....**

Bladder Control Incontinence Products



TRY
before you
BUY



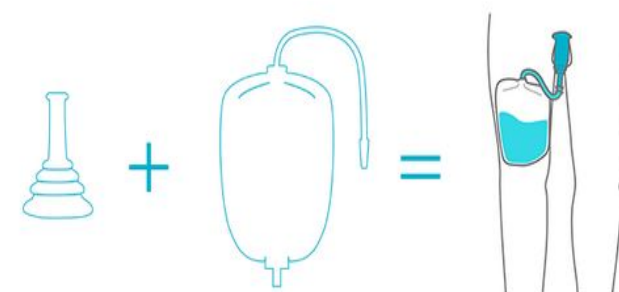
ADULT BRIEF HAS ADHESIVE TAPE ON THE SIDES FOR EASY CHANGE

ADULT PULL-UPS ARE JUST LIKE UNDERWEAR WITH A BUILT-IN PAD FOR ABSORBENCY

BRIEFS



PULL UPS



Pull Ups • Briefs • Pads • Wipes • Gloves • Bed Pads • Urinals • Condom Catheter Systems • Barrier Creams • Sitz Baths • Urinals • Adult Diaper Covers and More..

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AdInspiration Page

HEALTHY HABITS AND ROUTINES YOUR CHECKLIST TO A POSITIVE DAY

YOU ARE  **BOLD**
BRAVE
beautiful



FEELING LIKE YOU HAVE NO
MOTIVATION?
TRY
JUST A SMILE AT SOMEONE
OR IN THE MIRROR TO
YOURSELF

MOVE ONE PART OF YOUR
BODY TO GET THE BLOOD
FLOWING

SIT UP STRAIGHT FOR A
WHOLE MINUTE

***IT IS HARD TO REALIZE THAT YOU HAVE TO SHIFT AND MODIFY YOUR LIFE
SO DO ONE SMALL THING EACH DAY THAT BRINGS YOU JOY***

Work With The Body You Have Today

Important Phone Numbers & Information

(530)

Information & Assistance 621-6369

Legal Assistance 621-6154

Long Term Care Ombudsman 621-6271

Senior Nutrition Program 621-6160

Volunteer Opportunities 621-4546

Senior Trips & Activities 621-6255

Adult Day Services 621-6180

Senior Times 621-6333

Family Caregiver Support Program 621-6151

Senior Shuttle 621-6369

In Home Supportive Services 642-4800

HICAP/Medicare Counseling 621-6169

Senior Peer Counseling Program 903-3000

Senior Health Education Program 621-6151

Adult Protective Services (APS) 642-4800

Veteran Services 621-5892

El Dorado Transit/Dial-a-Ride 642-3696

Report Elder Abuse 24 Hours 642-4800

El Dorado Hills CSD Senior Center (990
Lassen Lane)

Weekly: Morning workouts (Mon-Fri), Bridge
(Mon/Wed), Bingo (Mon/Thu), Cribbage
(Tue/Wed), Pinochle (Wed), Memoir Writing
(Thu).

Monthly: Grief Support (1st Mon), Book Club
(1st Thu), Cornhole (1st & 3rd Fri), Karaoke
(2nd & 4th Fri).

Check their website (eldoradohillscsd.org)
for current schedules and holiday closures.

El Dorado County Senior Activities

Senior Resource Room: Open M-F (8:30 AM -
4:30 PM) for computer use (60+).

Senior Times Newsletter: Find details on
county-wide trips (like Portugal in 2027) and
events by this El Dorado County PDF.

SERVICES WE PROVIDE AT LIFE CARE HME MEDICAL SUPPLY EL DORADO HILLS, CA



We take gently used Home Medical Supplies, Equipment, Wound Care, and More. We work with a Nonprofit to donate to Low-Income Seniors and other Nonprofits. We also have a **FREE** section in our store of donated items and a **consignment section**, where we can consign your Items for up to 60 Days or get a consigned item for a good price.



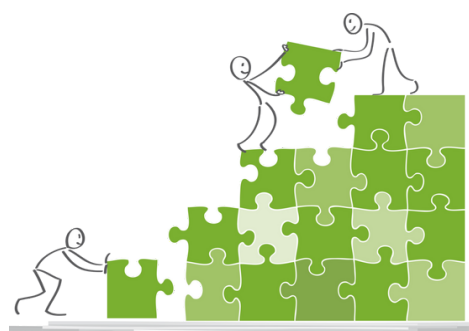
Being in the Medical Supply Industry, We know a lot of Like-Minded Resources in our area. Please call to help you find reliable resources such as Home Care Assistance, Low Income Senior Assistance, Senior Living, and More. We work with lots of groups and Non-Profits in the Area.



If you or a loved one requires Incontinence/Bladder control supplies, we can help! We have Pull-Ups, Briefs, Pads, Bed Pads, Wipes, Gloves, and more. We have samples to TRY BEFORE YOU BUY a whole package. We can also ship directly to you.



You must be measured for Compression Stockings/Socks or any other compression wear to get the proper fit. I AM A CERTIFIED FITTER. It's Free to get the fitting and advice you need to get the right fit. The right fit and compression strength are important.



I am dedicated to educating others about home medical supplies and how to properly use them to get the best fit for the situation. I teach Fall Prevention Tips to Assisted Living Communities and independent 55+ Communities. I teach Compression Wear 101 as I am a certified fitter for compression, I teach proper use and fit of walkers (Walker Talk), and Knowledge assures you or your loved one gets the appropriate product for their needs—all Free half-hour talks. Schedule a talk today. We have also added a "Walker Wash" email or call for details.



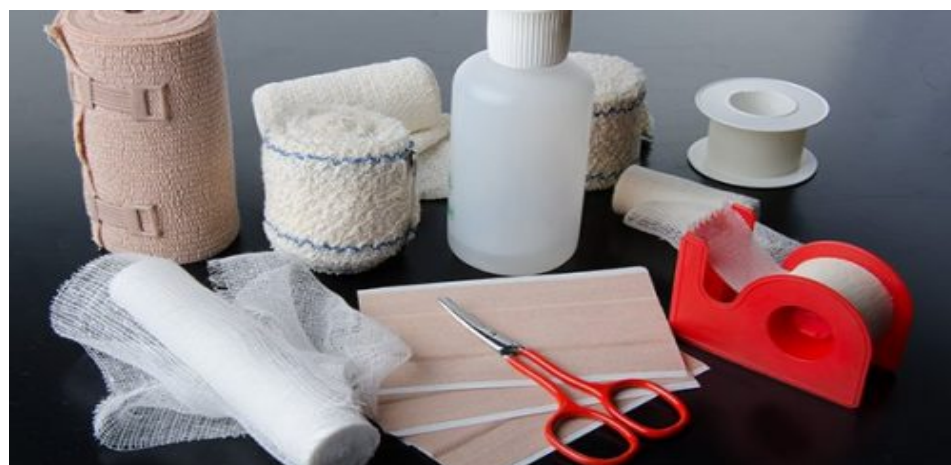
Free Delivery On Certain Items within 2 Miles, 3-10 Miles \$25.00, 11-15 Miles \$55.00. Call for any Delivery Needs (**prices subject to change**)

Diagnostic & Health Devices



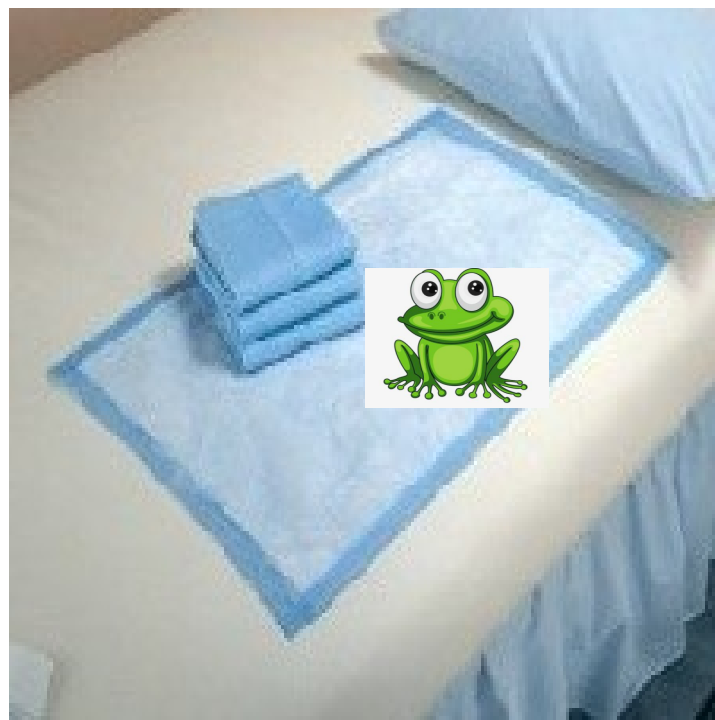
Diagnostic & Health Devices
Pulse Oximeter, Stethoscope, Thermometers, Blood Pressure Machine, Tens Units, and More.....

Wound Care



Life Care HME Medical Supply El Dorado Hills, Ca 916-934-2272

Bedroom Safety & Comfort



We offer a variety of important aids to enhance comfort and safety, including bed rails, over-bed tables, bed wedges, Hoyer lifts, mattress overlays, and much more.

We're here to support you in finding the right solutions to meet your needs

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Compression



Compression stockings are a specialized type of hosiery/Sock that helps improve leg blood flow. By applying pressure to the legs, the stockings prevent blood from pooling in the legs and encourage blood to flow freely to the heart. Compression stockings are most often used to relieve leg swelling, prevent blood clots, reduce pain and fatigue, and are used for travel.

**Certified
Compression Fitter
on site.**
**Proper sizing and
fit are essential for
compression to
work effectively.**
**Visit us for a free
fitting and expert
advice.**



8-15 mmHG	Light Compression
15-20 mmHG	Mild Compression
20-30 mmHG	Moderate Compression
30-40 mmHG	Firm Compression



Foot Care



PEDIFIX OTC

<p>OTC #P83, 2/pk Professional #8230, Page 4</p>	<p>OTC #P86, S, M, L, pr Professional #8184, Page 13</p>	<p>OTC #P88, 1/pk Professional #8188, Page 12</p>	<p>OTC #P90, pr</p>
<p>OTC #P229, S, M, L, pr Professional #8129, Page 8</p>	<p>OTC #P280, S, M, L, Mix, 6/pk Professional #8130, Page 4</p>	<p>OTC #P316, S, M, L, pr Professional #6589, Page 22</p>	<p>OTC #P337, S, M, L, Mix, 3/pk Professional #8137, Page 4</p>
<p>OTC #P338, Mix, 2/pk Professional #1027, Page 6</p>	<p>OTC #P805, 2/pk Professional #3075, Page 16</p>	<p>OTC #P806, 2/pk Professional #3076, Page 16</p>	<p>OTC #P810, S, L, 4/pk Professional #810, Page 17</p>

You Choose — Dispense, Prescribe or Patient Direct Order

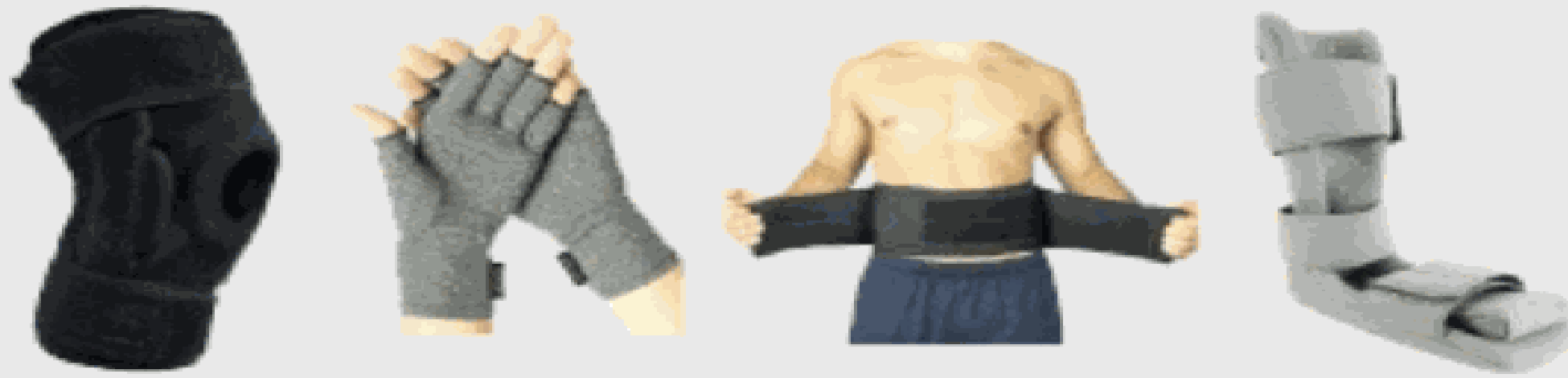
PediFix
Foot Specialists Since 1885 39



Life Care HME Medical Supply El Dorado Hills, Ca 916-934-2272

Bracing & Supports

Braces & Supports



**We have a large variety of
products to help with your
everyday needs.**



Tips & Tricks

Safely Move & Transfer

Easily assist with physical therapy, transfers and ambulation



Common lengths: 48, 54, 60, and 72 inches are widely available.



A gait belt is a safety device worn around a person's waist to help caregivers stabilize and guide individuals with limited strength or balance, such as those recovering from surgery or with mobility issues. It provides a secure hold for assistance during transfers between surfaces, such as a bed and a wheelchair, or during walking, significantly reducing the risk of falls for the patient and protecting the caregiver from back injuries.



Daily Needs



CANES AND ACCESSORIES



Cane Hand Pad Covers
Reduce Pressure & Relieve Pain
When using your cane



Reduces Pressure

Great for:

- Arthritis
- Carpal Tunnel
- Balance Issues
- Chronic Pain



CANES • CANE TIPS • QUAD CANES • CANE HOLDERS AND MORE.....

GAMES & FUN

SAY WHAT?



SEASONEDTIMES.COM

Look for the following words that describe different ways "to say" something. They may be spelled forward, backward, downward, upward, or diagonally.

- | | | |
|------------|-------------|------------|
| ■ ADD | ■ GUSH | ■ MENTION |
| ■ BABBLE | ■ INSIST | ■ OBSERVE |
| ■ CLAIM | ■ INTERJECT | ■ PROCLAIM |
| ■ DISCLOSE | ■ LAMENT | ■ REVEAL |
| ■ EXPLAIN | ■ MAINTAIN | |



RENTALS



Sara Steady, Overbed Table, Knee Scooter, Ice Therapy Machine, Ramps, Hoyer Lift, Standard Reclining Lift Chair, Transport Chair and Wheelchair, Trapeze Bar
Rentals are in the range of \$30-\$40 per Week



Add Scooters & Power Chairs

Stay independent with a scooter or a power chair



Come to Life Care Medical Supply For your Scooter or Power Chair

Life Care HME Medical Supply El Dorado Hills, Ca 916-934-2272

Cushions



Air cushions, thick easy-rise cushions, tailbone cutouts (to eliminate pressure), wheelchair cushions, leg wedges, arm cushions, bed wedges, lumbar support, heel cushions, and more.....



DAILY LIVING AIDS & REHAB

Bend spoon and fork to the angle that best suits your needs



vive Spill Proof Scoop Plate
Less mess, more confidence



Using daily living aids are essential for making your life easier! With items like flexible silverware, exercise balls, neck traction devices, pulley exercises, resistance bands, peddlers, bed ladders, car caddies, and car handles, you can add a little comfort and convenience to your day EASIER

BRIDGING THE GAP BETWEEN THE HOSPITAL AND AGING IN PLACE WITH DME/HME EQUIPMENT

For many patients, the journey doesn't end at hospital discharge. In fact, it often marks the beginning of a new challenge: transitioning from the structured, supportive environment of medical care back into the comfort—and sometimes uncertainty—of home. For older adults, especially, this transition can be daunting. That's where Durable Medical Equipment (DME) or HME Home Medical Equipment plays a vital role, bridging the gap between the hospital and successful aging in place.

The Growing Importance of Aging in Place

More seniors today are choosing to remain in their homes as they age, valuing independence, familiar surroundings, and quality of life. Yet, maintaining safety and well-being at home often requires additional support. Without the right tools and equipment, this transition can increase the risk of falls, hospital re-admissions, or loss of independence.

What Is Durable Medical Equipment (DME)(HME)?

DME/HME refers to medically necessary devices intended for long-term home use. These include:

Mobility aids like walkers, wheelchairs, and scooters

Bathroom safety equipment, such as grab bars, shower chairs, and raised toilet seats

Hospital beds and pressure-relief mattresses

Oxygen therapy devices and respiratory support

Daily living aids like lift chairs and transfer equipment

Canes, Ice Machines, Wound Care Items, etc..

Each piece of equipment serves a single purpose: to improve patients' safety, mobility, and independence after they leave the hospital.

Why the Transition Matters

Hospital discharge is often a turning point. Without proper support, patients may feel unprepared to manage daily activities, leading to a higher risk of falls and injuries. Medication or therapy non-compliance

Cont.....

Unnecessary readmissions, Loss of confidence in daily living
Providing the right DME can reduce these risks, ensuring a smooth recovery and helping older adults thrive in their own homes.

Bridging the Gap with DME

The “bridge” between hospital and home is built through three key elements:

Assessment – Identifying patient needs before discharge, whether mobility, respiratory, or daily living support.

Access – Ensuring families know where and how to obtain reliable equipment quickly and affordably.

Education – Teaching patients and caregivers how to use equipment safely and effectively.

With these steps in place, DME/HME becomes more than just equipment—it becomes a lifeline to independence.

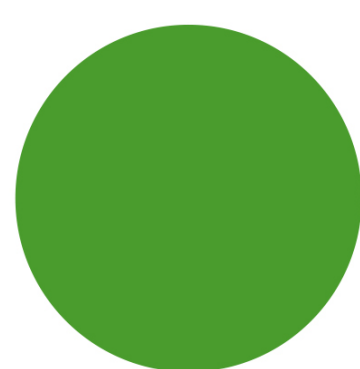
A Partner in Care

By equipping homes with the right tools, DME providers empower seniors and their families to focus less on limitations and more on living. The right support ensures patients aren’t simply surviving after an injury or surgery. Your Local Medical Supplies understands the challenges that come with transitioning from hospital care to home life.

That’s why we’re dedicated to bridging the gap with compassion, expertise, and high-quality Durable Medical Equipment (DME)/(HME).

Location: El Dorado Hills, CA

www.lifecarehmes.com



LIFE CARE
HME

Medical Supply

Trusted Industry Partners



Providing Quality Care & Peace of Mind **In-Home Care Services for Seniors by Seniors**

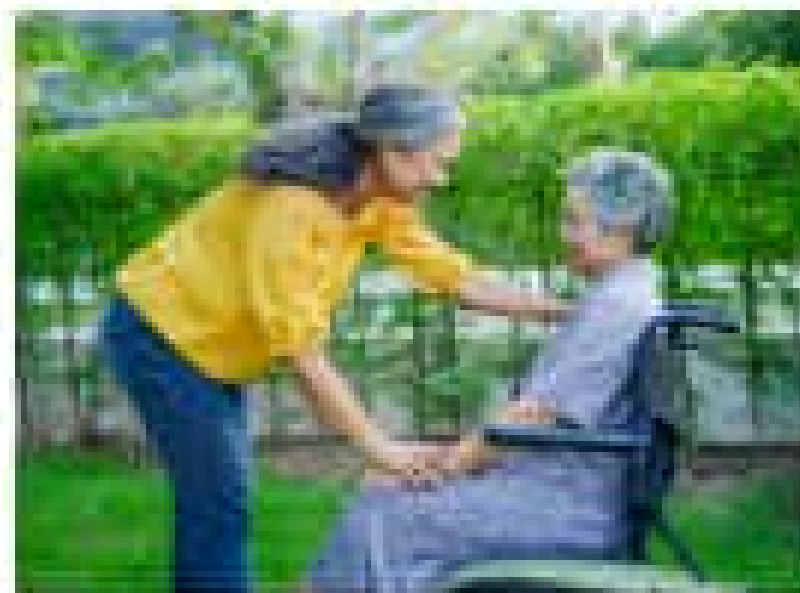
We match older adults with kind, caring seniors for visits, fun activities, and shared interests. Each match is based on personality, compatibility, and needs, offering consistent, compassionate support that helps seniors feel valued, joyful, socially connected, and confident living independently at home.

Let Us Help You Recover at Home



Most seniors want to recover at home after surgery, hospitalization, or rehab. Yet 27% are readmitted for preventable reasons like missed meals, medications, or doctor visits. Our experienced, compassionate caregivers help you heal safely and comfortably at home.

Stroke Home Recovery Support



Recovering from a stroke takes time, patience, and support. Seniors Helping Seniors® provides compassionate caregivers, offering personalized assistance, companionship, and guidance to help stroke survivors regain independence and recover safely at home.

Compassionate & Creative Memory Care



Supporting a senior with dementia takes skill, patience, creativity, and compassion. Seniors Helping Seniors® in-home care helps older adults build on their strengths, manage daily challenges, and enjoy the highest possible quality of life at home.

Our Care Services At A Glance



Companionship
& Socialization



Dementia,
Alzheimer's &
Memory Care



Safety & Fall
Prevention



Overnight
Stays &
24-Hour Care



Escort to
Appointments
& Events



Meal
Preparation



Proudly serving Folsom, EDH, Cameron Park, Shingle Springs, Placerville, and the greater El Dorado County area

 shseldorado.com

 info@shseldorado.com

 (916) 343-8477

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**Senior
Helpers**
(530) 556-4030
Townsquare.net
Seniorhelpers.com



Senior Helpers Expands with Town Square Adult Day Health Program

As the senior population grows, families need care options that are both compassionate and flexible.

Senior Helpers has long provided reliable in-home, non-medical care, helping seniors maintain independence with assistance in daily activities, mobility, meal preparation, and companionship—all in the comfort of home.

To further support local families, we are excited to introduce the Town Square Adult Day Health Program, a new drop-off option offering a safe, social, and engaging environment for seniors.

Participants enjoy structured activities, meals, exercise, and cognitive stimulation, while families gain peace of mind and valuable respite.

Together, our in-home care services and adult day health program create a comprehensive continuum of care that enhances independence, well-being, and community connection.

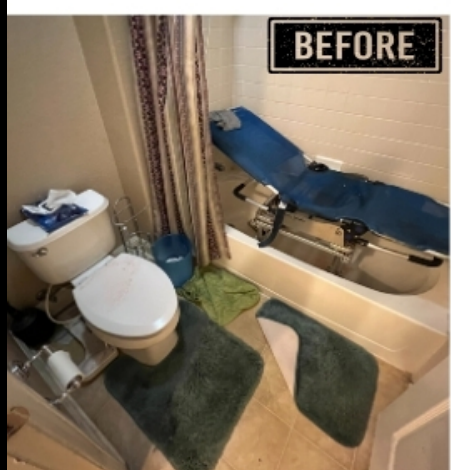
Senior Helpers — Your trusted partner in senior care.



INDEPENDENCE AND MOBILITY FOR LIFE!



McIlwain Mobility Solutions is a licensed General B and C61/D21 specialty contractor, specializing in accessibility solutions for your home, automobile, RV, and outdoor needs.



11305 Sunrise Gold Circle,
Ste. A
Rancho Cordova, CA 95742
CSLB: 979962
(916) 248-4029
 mcilwainmobility.com



Trusted Industry Partners

SAFE-D 

of El Dorado County Inc.

P.O. Box 1808, Shingle Springs, CA 95682
www.safe-d.net E-mail: staff@safe-d.net
(530) 394-3194

SAFE-D provides free, in-home fall prevention equipment installed for low-income (< \$2,700/month net, \$3,500 for 2) elder and/or disabled county residents who lack other resources, especially those at risk of falling.

If you would like to advertise with us, please call 916-934-2272 or email nancy@lifecarehmes.com

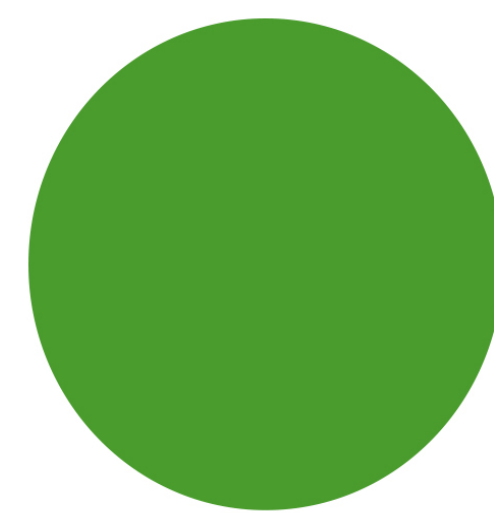


The best way for patients to get around safely

Non-Emergency Medical Transportation

Mobile: 916-889-9950

Office: 530-933-5800



**LIFE
CARE**
HME

Medical Supply

SuperNOVA
Certified



As a **Super Nova Dealer**, we truly believe that having a clear plan and a supportive place to help are the best options for a safe and positive healing experience, or just the assistance you need to make daily living easier.

Nova Products are truly the best!

We believe...

Most falls can be **prevented**.

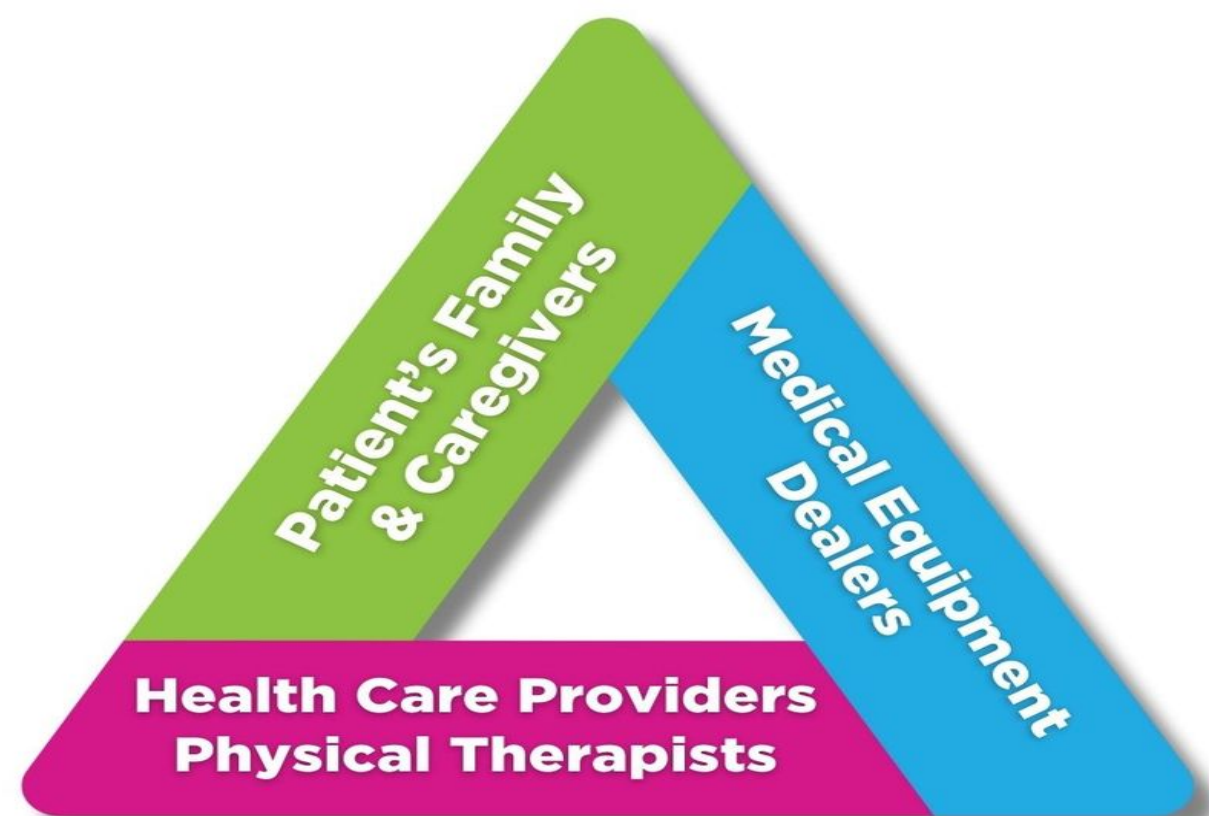
Most mobility struggles can be **improved**.

Most recoveries can be **easier**.

Most of life's challenges can be **overcome**.



The Patient Care Triad



HOME CARE SUPPLIES: A STARTER LIST



Mobility Options

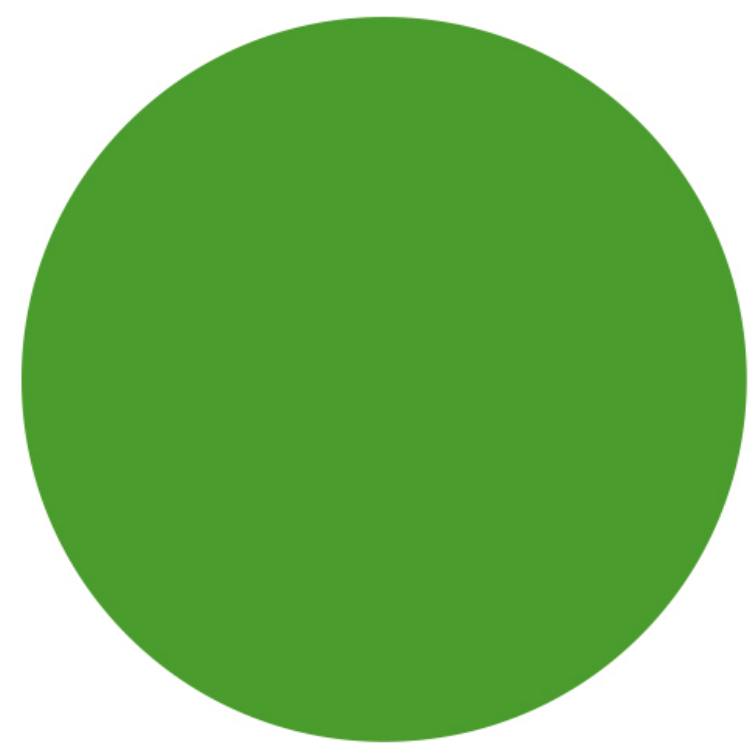


Bathroom Safety



Bedroom Safety & Comfort





**LIFE
CARE**
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