

# Cimarron Public Transit

## FALL 2024



### Mobility Scooters

User and safety manuals for mobility scooters and electric mobility aids generally warn against riding on the device while being transported in a vehicle.

These devices are top heavy and tip easily. Always ask if the passenger can transfer to a regular seat as this is the safest way to travel.



CPTS driver Jerry Lingnau of Ponca City provided transportation for Girl Power, a day camp under the direction of Ponca Works Program at the Development Authority. The 7th and 8th grade girls learned about local STEM careers and mastered basic STEM skills.

### PROPER STATE OF MIND

Daily frustrations are unavoidable—prepare to be a calm and prepared driver despite the frustrations of heavy traffic, road construction or aggressive drivers.

- Remain focused on driving
- Take deep breaths
- De-escalate a situation
- Don't engage with aggressive drivers; let them pass

Distraction and parking lots can be a deadly combination. 1 in 5 crashes occur in parking lots and garage structures annually. Parking lots are riskier than you think. □ According to The National Safety Council, as many as 66% of drivers may be pulling into and exiting out of parking spaces while distracted.

*Cimarron Public Transit is committed to an organizational culture that fosters safe practices, encourages effective employee safety reporting and communication and actively manages safety.*



Practice yoga for physical health, mental health, sleep, and stress management. Yoga helps build strength and flexibility as well as improves balance.

Yoga can help reduce anxiety and depression, boost confidence, improve quality of sleep and assist with relaxation techniques like deep breathing.

Check out 9 Basic Yoga Positions for Beginners.

**(July-Sept.)**

7 Years

Shelby Jewell

5 Years

Tom Hearn

Mark Taylor

4 Years

Glenn McDaniel

3 Years

Patricia Hayhurst

Willis Ledbetter

Lois Reinemann

2 Years

Brenda Conkling

Sheila Shibley

Keith Silies

1 Year

Kimber Hurst

Linda Morton

Sherri Olson

Stephanie Mosquito

George Noble

Bill Shelley

Mike Woodrow



CALL OR TEXT

**988**

**MENTAL HEALTH LIFELINE**

**NEED TO TALK?**

988 is here to help with:

Sadness	Grief
Loneliness	Dread
Hopelessness	Guilt
Anxiety	Thoughts of Suicide
Worry	Violence at Home
Stress	Over Use of Substances
Loss	Or other feelings

FREE | CONFIDENTIAL | 24/7

LEARN MORE AT [988OKLAHOMA.COM](http://988OKLAHOMA.COM)



This summer, ODOT program managers completed post delivery audit of the new Braun Wagon. Pictured above from left, Mason Brown, Justin Gregory work with Randy Heisler, CPTS operations mgr.

**CPTS is a division of United Community Action Program, Inc. of Pawnee.**

[www.ucapinc.org](http://www.ucapinc.org) Email: [lorff@ucapinc.org](mailto:lorff@ucapinc.org) 918-762-3041 Ext. 181