

Arkansas Medical Supply

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Summer is in Full Swing!



- Morgans Island is a 25 acre theme park in San Antino, TX that was build for disabled children but also enjoyable for the whole family!
- Admission for those who have a special need is FREE!
- Admission for family members, friends, caregivers or general public are \$11 for under 17 and \$17 for 18 and up!
- FUN for the whole family!!
- You can bring your own picnic into the park and there are fun activities surely to keep everyone occupied!
- For more information please visit <http://www.morganswonderland.com/>

AMS NEWSLETTER

August 2017

It is our mission to provide the highest quality of medical products and personal service to all customers!

We strive to help our customers live better! We take pride in working with our customers to meet their needs and in turn enhance their ability to live independently.

Calendar of Events

- Yoga on the River- Free! At the Pavilion on the River Market, Today thru Aug 30. 8:30-9:30am
- Farmers Market- Every Saturday at the River Market- 7am-3pm
- August 30- Razorbacks vs. Florida A&M at War Memorial
- Closed September 4th for Labor Day!

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It is HOT: Check on the Elderly!

It is hot and it is only going to get hotter this summer. With that in mind, we need to be looking out for our elderly. Even just slight increase of temperatures can put stress on elderly peoples bodies without them even knowing! We must be aware of the signs of failing health due to heat. Stroke is the leading cause of heat induced death among our senior citizens.

Some of the signs of stroke include:

- Face Drooping
- Arm Weakness
- And speech slurred

These signs can appear out of nowhere and caregivers need to act fast when even just one of these symptoms appear!

Some things to avoid our elderly getting too hot:

- Staying in touch! Call every day or drop by to make sure the temperature in their house is sustainable.
- Staying hydrated- Make sure water is available and they can get to it
- Staying active- even for just five minutes everyone including seniors should walk around and get those muscles moving.
- Dressing for the weather- Elderly people get cold very easily but make sure the clothes they are wearing are breathable and cool.

Little Rock provides a program called "***Beat the Heat***" is a program aimed at getting our elderly friends fans to stay cool. Residents who are interested in receiving a fan should contact The LRFD at 501-918-3704

Back to SCHOOL!

Don't forget that school will be starting soon! Some things to remember:

1. School Zone Speed Limits- If you drive through a school zone be sure to slow down! This is for our childrens safty! If you do not slow down you will get a pricy ticket
2. Schedule play dates for children to get reacquainted with each other
3. Create a morning routine checklist
4. SCHOOL SUPPLY SHOPPING!

August is National Children's Vision and Learning Month

With the school year upon us it is a perfect time to make sure our children's vision is clear! In order for our children to learn properly we need to be sure they are seeing as clearly as they possibly can! Summer time is perfect to schedule an eye appointment, children are out of school already so they don't have to miss any class time!