

# Arkansas Medical Supply

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## AMS NEWSLETTER



December 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.

## National Special Education Day December 2. 2017

- December 2<sup>nd</sup> marks the anniversary of the FIRST federal special education law that was passed in 1975.
- The Individuals with Disabilities Education Act or IDEA was signed into law by then President Gerald Ford.
- This act was to ensure that disabled students were provided with Free Appropriate Public Education or FAPE and it is tailored to the students' individual needs.
- There are a variety of forms of special needs cases. These range from health conditions, developmental disabilities, learning disabilities and even giftedness.
- Infants and toddlers with disabilities (birth-2) and their families receive early intervention services. Children and youth (3-21) receive special education and related services under IDEA.
- For more information please visit [sites.ed.gov/idea/](http://sites.ed.gov/idea/)

## Calendar of Events

### December

- o Now to Dec 17- Caroling in the Caverns- Admission \$25- Blanchard Springs Caverns
- o Lights of the Ozarks- Now till Dec. 31. Free in Fayetteville Downtown Square
- o The Gift of the Magi at the Arkansas Rep Theatre- Nov. 29- Dec. 24<sup>th</sup>
- o Hanukkah starts December 12<sup>th</sup>
- o Kwanza- Starts December 26<sup>th</sup>

SU	M	T	W	TH	F	S
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 <b>Closed</b>	26	27	28	29	30
31						



## Is the holiday season stressing you out?



When it is cold, dark, and the holidays are stressing you out

Here are a few ways you can de-stress and try to relax.

1. Yes it is getting dark earlier but you need to get some light. On sunny days you must expose yourself to sunlight. Sunlight has been proven to boost your mood and help your sleep cycle.
2. Essential oils like chamomile, orange, and lavender are very calming to your nervous system. You can place a few drops on your wrist or blow your nose to promote relaxation. \*\*
3. Work your brain: your brain also needs exercise and it is a well-known mood regulation. Play a quick game of Sudoku and get those neurons in your brain firing and it will also promote mental health.
4. Move around. Exercise relieves tension in muscles, stabilizes mood and improves sleep all needed in relieving stress.
5. Try vitamin D: people in the winter lack vitamin D from the sun and foods. Vitamin C and B-complex supplements can also help. \*\*
6. Prioritize sleep. Lack of sleep does damage to your immune system causing risk during the cold and flu seasons.

\*\*please make sure it is ok with your doctor/caregiver before trying.

[More information on the weatherchannel.com](http://www.weatherchannel.com)

*Take a break from shopping and go see some Holiday lights!*



~If you are near the State Capitol this holiday season you will see the annual holiday display! After the Big Jingle Jubilee Holiday Parade (Dec. 2 at 3pm) the lights will be illuminated and Santa Claus will be there! This event includes music, fireworks, and children's activities. You will be able to walk into the capitol building's rotunda to take a look at the Rockefeller pine tree and capitol decorations. FREE

~Another great place to check out holiday lights are the Garvan Woodland Gardens in Hot Springs! There they have 17 acres of holiday display where more than 4 million bulbs light up the winter wonderland. From Dec.4-7, Dec 11-14 Santa will be available for pictures and complimentary hot cocoa is available. Holiday lights are on from 5-9 every night from November 18- Dec 31 (closed thanksgiving and Christmas) \$15 for adults, \$5 for ages 6-12, and 6 and under get in free!



Happy Holidays

\*\*clip art from google clipart