

# Arkansas Medical Supply

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## AMS NEWSLETTER

JANUARY  
2017

It is our mission to provide the highest quality of medical products and personal service to both present and future 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!

### Picking Your New Year Resolution and Sticking to It

First things first, you have to **pick** a resolution to **stick** with one. When picking your resolution, you should keep these tips in mind:

- **Be specific.** If your resolution is to "get fit", determine what fitness means to you and develop a step-by-step training plan to achieve this.
- **Be realistic.** Make sure that you have the resources needed to attain your goal. Time is a resource often overlooked yet essential to success.
- **Be sure.** Don't set yourself up for failure by choosing a resolution you aren't motivated toward. Choose something you feel passionate about.

Now that you have picked your resolution, it's time to **stick** with it. Here are some tips for success:

- **Break it down.** Divide your resolution into benchmarks that will help you stay motivated and track your progress.
- **The Buddy System.** Find a friend who is pursuing the same goal or another resolution and partner up. Celebrate your successes and hold each other accountable.
- **Forgive and forget.** If you do slip, don't beat yourself up over it. Instead use that anger to fuel your determination and discourage you from making the same mistake.

### Calendar of Events

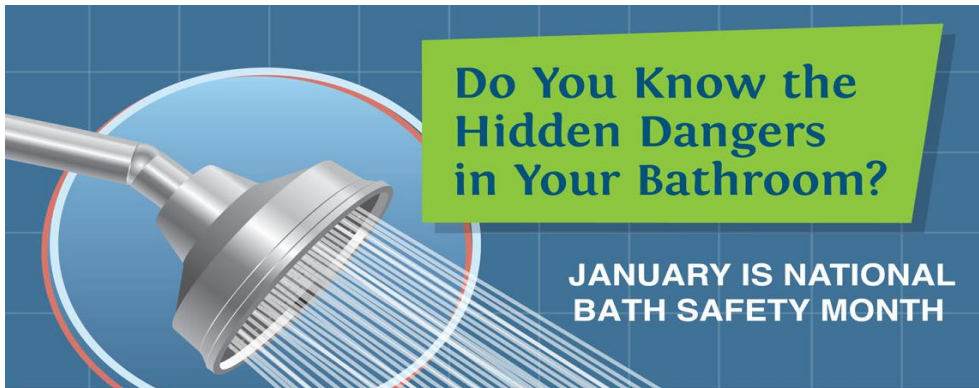
#### January

- o National Bath Safety Month
- o National Blood Donor Month
- o New Year's Day - Jan. 1<sup>st</sup>
- o National Joygerm Day - Jan. 8<sup>th</sup>
- o National Cut Your Energy Costs Day - Jan. 10<sup>th</sup>
- o Martin Luther King Jr. Day - Jan. 26<sup>th</sup> (3<sup>rd</sup> Monday in January)
- o National Inspire Your Heart with Art Day - Jan. 31<sup>st</sup>

#### January

SU	M	T	W	TR	F	S
1	CLOSED	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# BATH SAFETY MONTH



**1 OUT OF 3 PEOPLE OVER AGE 60 HAVE TROUBLE GETTING IN OR OUT OF THE BATHTUB OR SHOWER,** »

ACCORDING TO A UNIVERSITY OF MICHIGAN STUDY, TO HELP STEADY THEMSELVES, MANY OLDER ADULTS USE BATHROOM FEATURES LIKE COUNTERS AND TOWEL BARS. BUT IMPROPER USE OF THESE ITEMS CAN CAUSE FALLS, A DANGER NEARLY ONE IN THREE SENIORS EXPERIENCES EVERY YEAR. SOME OF THESE FALLS ARE MINOR, BUT MANY ARE SERIOUS, LEADING TO BROKEN BONES AND LONG-TERM MEDICAL CONDITIONS.

**THERE ARE NEARLY**  
**200,000**  
**BATHROOM ACCIDENTS PER YEAR, MANY OF THEM PREVENTABLE.**

**IN A STUDY OF PEOPLE AGE 72 AND OLDER, THE AVERAGE HEALTH CARE COST OF A FALL INJURY TOTALED**  
**\$19,440**

WHICH INCLUDED HOSPITAL, NURSING HOME, EMERGENCY ROOM AND HOME HEALTH CARE, BUT NOT DOCTORS' SERVICES, ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION.

**IN 2010, ACCORDING TO THE CDC, THE DIRECT MEDICAL COSTS OF FALLS, ADJUSTED FOR INFLATION, WAS**  
**\$30,000,000,000**

**WHICH IS THE SAME AMOUNT OF FEDERAL RELIEF THAT NEW YORK GOVERNOR CUOMO HAS REQUESTED FOR THE DAMAGE CAUSED BY HURRICANE SANDY** »

Bathroom accidents are most often caused by:

- Slippery surfaces
- Poorly-lit paths
- High bathtub sides
- Out-of-reach toiletries
- Low toilet seats

And can be prevented by installing assistive equipment such as:

- Grab bars
- Transfer benches
- Raised toilet seats

For more information regarding bathroom safety for elders, please visit:

<http://www.griswoldhomecare.com/blog/bath-safety-month/>

You can also visit our showroom or call the store to find out what assistive devices we offer!

**Arkansas Medical Supply**

**January Special**

**20% Off Bathroom Accessories** Expires: 1/31/17