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AMS NEWSLETTER



January 2018

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.

New Year, New YOU

- With a New Year comes New Year Resolutions.
- Why should you make resolutions?
 - When you are engaged in the reach of a goal your brain activates its pleasure center giving you a jolt of happiness.
- Make Realistic Goals
- Make Goals for each month or seasonal goals
- New Years is the perfect time to quit a bad habit and pick up a new or healthy pattern of life
- If you have been using the same goal year after year write up an actual plan to achieve that goal
 - Example: if you have been telling yourself you are going to lose weight. Break that down and say you would like to lose 5-10 lbs. a month. Then write down a plan to achieve that goal. Make a nutrition guideline, and an exercise plan.
- Don't forget to reward yourself! When you do reach your goal weather it is monthly or a yearlong goal make a plan to maybe try out that new restaurant or go hiking that mountain you've wanted to hike. Having a reward is just as important as the goal itself.
- For more information on resolutions visit psychologytoday.com

Calendar of Events

January

- Ozark Mountain Music Festival- Jan 18- Jan 21st. Eureka Springs Ar. Admission \$55
- Martin Luther King Jr. Day Jan. 15
- Artists' Garage Sale- Mena Art Gallery. xFree Admission
- Arkansas Big Buck Classic- Jan 26- Jan. 28 Arkansas State Fairgrounds

SU	M	T	W	TH	F	S
	1 Closed	2	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			

Falling Gracefully



With winter comes ice and snow making the ground slippery. There are a few ways to make the impact of falling not so serious.

1. You have a few seconds between the moment you realize you've lost your balance and the actual falling down. You have time to bend your elbows and knees. You do not want to lock your arms and legs because you will be more likely to break a wrist or ankle. When you bend your joints it will soften the impact and will be less likely to break a bone.
2. Protect your Head: falling backwards- tuck your chin to your chest so your head doesn't bump the ground. Falling Forward- turn your face to the side or tilt your head back.
3. You want to land on cushiony parts of your body i.e. your butt, thighs, side back muscles.
4. While you cannot always prevent falling down you can try to prevent all slops by
 - A.) Boosting your balance: practice your balance by standing on one foot for 30 seconds and repeat with each leg for 10 reps.
 - B.) If you cannot see, you can't avoid tripping. Have your eyesight checked regularly
 - C.) be aware of your surroundings, hold on to ledges every moment you have a chance. If it is icy and snowy have shoes on that have grips and think about each step.

For More information visit aarp.org

 A graphic with a blue background. On the left, a showerhead is shown spraying water. In the center, a green box contains the text "Do You Know the Hidden Dangers in Your Bathroom?". Below this, it says "JANUARY IS NATIONAL BATH SAFETY MONTH". At the bottom, there is a grid of small icons representing bathroom fixtures. A red arrow points to a red icon of a person falling into a bathtub. To the left of this, text reads "1 OUT OF 3 PEOPLE OVER AGE 60 HAVE TROUBLE GETTING IN OR OUT OF THE BATHTUB OR SHOWER,".

Do You Know the Hidden Dangers in Your Bathroom?

JANUARY IS NATIONAL BATH SAFETY MONTH

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

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!