

Arkansas Medical Supply

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Something to do in July!

- Celebrate and cool off this 4th of July at Pinnacle Mountain State Park. Join park interpreters for a day full of old-fashioned games for the whole family. There will be water balloon volleyball, sprinkler tug-of-war, relay races, and more! Contact the park for a detailed schedule. FREE 9am-12pm
- Berry Picking at Wye Mountain Flowers and Berries. Open Monday to Saturday 7am to 12pm. Berry picking is fun and rewarding. Blueberries and blackberries are ripening mid-May through July. Pick a gallon and you will be ready to make a cobbler, muffins, jams or delicious healthy smoothies. When finished picking reward yourself with some fresh cut flowers and your children with a fun time in the funland that has a barnyard petting area and a ride on the "Berry" choo-choo. Berries are sold by volume (i.e. gallon bucket) Fun land admission \$5 per child. Berry Train is \$3 per ride. Address: 20309 Hwy 113 Wye, AR 72016



AMS NEWSLETTER



July 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.

Calendar of Events

July

- o July 4- Independence Day
- o July is National Berry Month. Get in the spirit and head to Wye Mountain to pick your own
- o July 7 - National Slurpee day
- o July 14 - Bastille Day
- o July 29 - National Lasagna Day!

SU	M	T	W	TR	F	S
1	2	3	4 CLOSED	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				

More information at Arkansas.com

Are you getting enough Calcium?

Calcium has many important jobs. The body stores more than 99% of calcium in the bones and teeth to help make and keep them strong. The rest is stored and used in blood, muscle and in the fluid between cells.

Your body needs calcium to build strong bones when you are young and to keep bones strong as you get older. Everyone needs calcium, but it's especially important for women and girls. Many people, including most women, don't get enough calcium.

How much calcium do I need every day?

WOMEN:

- If you are age 19 to 50, get 1,000 mg (milligrams) of calcium every day.
- If you are age 51 or older, get 1,200 mg of calcium every day.

MEN:

- If you are ages 19 to 70, get 1,000 mg of calcium every day.
- If you are age 71 or older, get 1,200 mg of calcium every day.

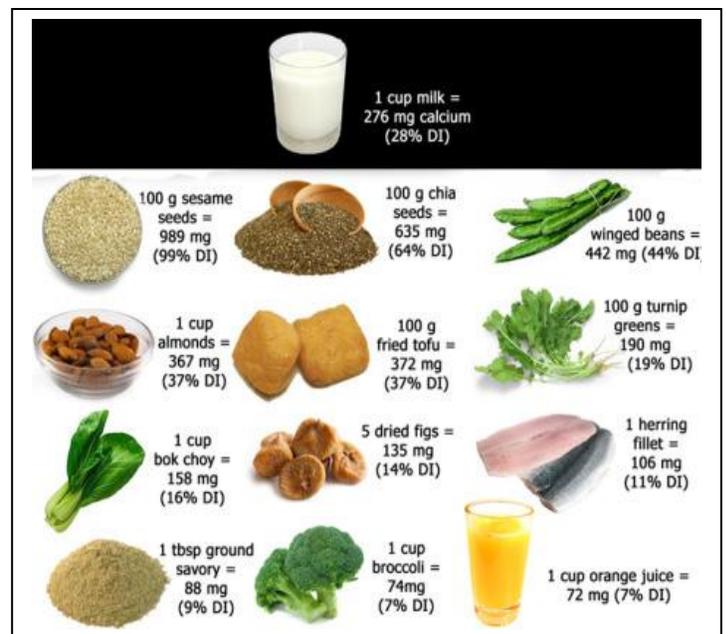
KIDS:

- Kids ages 1 to 3 need 700 mg of calcium every day.
- Kids ages 4 to 8 need 1,000 mg of calcium every day.
- Kids ages 9 to 18 need 1,300 mg of calcium every day.

Calcium can help prevent osteoporosis (weak bones).

Osteoporosis (“os-tee-oh-puh-ROH-sis”) is a disease that makes your bones weak and more likely to break. Some people don't know they have it until they break a bone. One in 3 women and 1 in 5 men over the age of 50 will break a bone because of osteoporosis. Calcium helps to keep your bones strong and less likely to break.

For more information visit healthfinder.gov



July is the Americans with Disabilities Act Month

President George Bush signed into law on July 26, 1990 the ADA. This act brought awareness and recognition to an issue that had previously been overlooked

The ADA enforces laws to ensure quality of life through equal opportunity for those who are disabled

For more information on ADA rights please visit

www.ada.gov