

Arkansas Medical Supply

300 South Rodney Parham, Suite 18
Little Rock, AR 72205

501-227-8220 or 1-800-467-7446

Fax: 501-227-6260

info@arkansasmedicalsupply.com

www.arkansasmedicalsupply.com

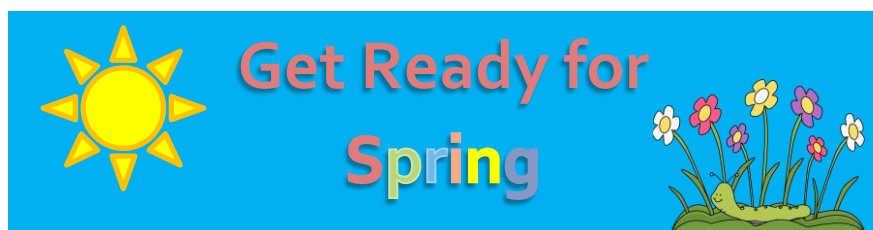


AMS NEWSLETTER

March
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!



It's almost Spring! That means it's time for sunny weather, blooming flowers, and the dreaded spring cleaning. Don't let the season decluttering get you down; follow these tips to get your cleaning done painlessly:

- **Transition closet.** Wash winter clothes then pack them up for next year. Donate any clothes you don't have space to store – especially gloves, boots, jackets, and coats – to your local shelter or Goodwill.
- **Inspect for Safety.**
 - 1) Change batteries in smoke and carbon monoxide detectors.
 - 2) Check expiration date on fire extinguisher and replace if necessary.
 - 3) Examine areas with exposed plumbing for wetness and mildew.
- **Get the kids involved!** Make it fun: blast their favorite band while slam-dunking trash and dirty clothes into bins. Reward hard work with stickers on the chore chart.
- **Make a checklist.** Detail each task you need to complete and divvy it up by rooms. Work from room to room, completing all small tasks before tackling the bigger ones.
- **Get organized.** Gather three boxes and designate one for "garage sale", one for "donation", and one for "throwaway". Pick up all clutter and sort into appropriate box before starting your checklist.

Calendar of Events

March

- o Women's History Month
- o Kidney Disease Awareness Month
- o Daylight Savings - March 12th
- o Good Samaritan Day - March 13th
- o St Patrick's Day - March 17th
- o 1st Day of Spring - March 20th
- o Single Parent Day - March 21st
- o Epilepsy Awareness Day - March 26th
- o Doctors Day - March 30th

MARCH

SU	M	T	W	TR	F	S
			1	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	

St. Patrick's Day History and Traditions

This holiday is celebrated every year on March 17th, honoring the Irish patron saint, St. Patrick. The celebrations are largely Irish culture themed and typically consist of wearing green, parades, and drinking. Some churches may hold religious services and many schools and offices close in Suffolk County, the area containing Boston and its suburbs.

People all over the world celebrate St. Patrick's Day, especially places with large Irish-American communities. Feasting on the day features traditional Irish food, including corned beef, corned cabbage, coffee, soda bread, potatoes, and shepherd's pie. Many celebrations also hold an Irish breakfast of sausage, black and white pudding, fried eggs, and fried tomatoes. Common traditions include:

Parades – This event is most often associated with the holiday. Cities that hold large parades include Boston, New York, Philadelphia, New Orleans, Savannah, and other cities worldwide.

Dying water or beer green – Chicago dyes its river green for the festivities, and many bars serve green-dyed beer. The White House fountain is also dyed green.

Other incorporations of green – In Seattle, the parade routes are painted in green. Observers are supposed to wear green or else risk being pinched. Parade floats and decorations will feature the color green.

For more history on St. Patrick's Day, visit:
<http://wilstar.com/holidays/patrick.htm>

WHERE TO DONATE

- **The Van**
 - Provides mobile homeless services to unsheltered homeless in Little Rock. Accepts clothing, toiletries, and other day-to-day necessities.
 - Visit their website at www.theoneinc.org or call (501) 955-3444
- **From Our House to Yours**
 - Resale store assists clients leaving Our House. Accepts clothes, used toys, furniture, and appliances.
 - Will pick up items. Just call (501) 904-5440 to schedule a pick up time.
- **Watershed**
 - Provides free clothing and household items when available. Accepts food, clothing, and other daily necessities.
 - Call (501) 378-0176 for details.

**Arkansas
Medical Supply**

March Special

20% Off Diagnostics 3/31/17