

Arkansas Medical Supply

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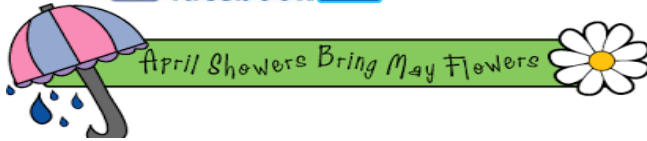
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April is National Occupational Therapy Month

oc·cu·pa·tion·al ther·a·py

A form of therapy for those recuperating from physical or mental illness that encourages rehabilitation through the performance of activities required in daily life. (Google Dictionary)

This year is the Centennial, or 100th year, of the American Occupational Therapy Association.

OT's are part of an important profession that helps people across the lifespan participate in everyday life activities and more! They can customize treatments to help a child with disabilities participate in school and social activities.

They can assist anyone with recovering from illnesses or injuries to regain skills. They also help older adults stay independent for as long as possible. (aota.org)

AMS NEWSLETTER



April 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

April

- April 1- Easter
- April 1- April Fools Day
- April 11th- Gardening for Birds Workshop- Garvan Woodland Gardens \$20 (reservations Required)
- Tulip Month 1-30th Salem, AR
- April 22- Earth Day
 - Free event at Pinnacle Mountain State Park. 10-3 April 21 and 22

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29	30					

“Mental health is a sickness just like diabetes, heart problems, eye problems, we all need help.”

~ Bettie Jordan.

Having a healthy mind is equal to having a healthy body. Take care of yourself. Don't be afraid to talk to someone and get the help you need.



- Earth Day is an annual reminder to slow down and appreciate the beauty and bounty the earth gives us every day.
- It is a fairly new holiday- it was established in 1970
- Earth Day is the largest Secular holiday- It is celebrated by more than 1 Billion People every year. It was founded in the United States but in 1990 it was reconized by the entire world.
- Every year on April 22, communities gather together to give back to Mother Earth by collecting garbage, planting trees and plants, and plan for a more ecofriendly environment.
- You can celebrate Earth Day at Pinnacle Mountain Park. This event is FREE! April 21st and 22nd from 10:00am to 3:00pm they will have programs on Featuring Eco-friendly ideas, tree planting ceremony and information on how to recycle responsibly.
- So we can do our part this earth day please recycle all Arkansas Medical Supplies' newsletters, or reuse the paper; as package stuffing, fragile item wrapping, or shelf paper.

Visitmontgomery.com



How to make a toilet paper bird feeder!

Materials:

1. Toilet Paper roll
2. Bird Seeds
3. Peanutbutter

Directions:

1. spread peanut butter around the outside of the toilet paper roll
2. roll the covered toilet paper roll in the bird seeds
3. Hand on a tree
4. enjoy the sights and sounds of the birds!
(pinterest.com)