

# Arkansas Medical Supply

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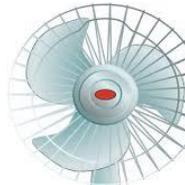


## It is HOT: Check on the Elderly!

It is hot and it is only going to get hotter this summer. With that in mind, we need to be looking out for our elderly. Even just slight increase of temperatures can put stress on elderly peoples bodies without them even knowing! We must be aware of the signs of failing health due to heat. Stroke is the leading cause of heat induced death among our senior citizens.

Some of the signs of stroke include:

- Face Drooping
- Arm Weakness
- And speech slurred



These signs can appear out of nowhere and caregivers need to act fast when even just one of these symptoms appear!

Some things to avoid our elderly getting too hot:

- Staying in touch! Call every day or drop by to make sure the temperature in their house is sustainable.
- Staying hydrated- Make sure water is available and they can get to it
- Staying active- even for just five minutes everyone including seniors should walk around and get those muscles moving.
- Dressing for the weather- Elderly people get cold very easily but make sure the clothes they are wearing are breathable and cool.

## AMS NEWSLETTER



### August 2017

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

### August

- 42<sup>nd</sup> Annual Hope Watermelon Festival!- 9am-6pm August 9-11, Admission FREE- Address: 800 Mockingbird Lane, Hope, AR
- BACK TO SCHOOL- Most Arkansas schools start mid-august!  
\*\*Watch out for the school speed zones\*\*
- National Immunization awareness Month

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Immunizations (also called shots or vaccines) help prevent dangerous and sometimes deadly diseases. Immunization isn't just for kids – to stay protected against serious illnesses like the flu, measles, and pneumonia, adults need to get vaccinated, too.

National Immunization Awareness Month is a great time to promote vaccines and remind family, friends, and coworkers to stay up to date on their shots.

We all need shots (vaccines) to help protect us from serious diseases. This protection is called immunization. To help keep our community safe, We are proudly participating in National Immunization Awareness Month.

Shots can prevent serious diseases like the flu, measles, and pneumonia. It's important to know which shots you need and when to get them.

Everyone age 6 months and older needs to get a flu vaccine every year. Other types of shots work best at specific ages or life stages.

- To find out what shots you need as an adult check out- <https://www2.cdc.gov/nip/adultImmSched/>
- To find out what shots your child needs check out- [https://www2a.cdc.gov/nip/kidstuff/newscheduler\\_le/](https://www2a.cdc.gov/nip/kidstuff/newscheduler_le/)

Talk to your doctor or nurse to make sure that everyone in your family gets the shots they need.

We can all use this month to raise awareness about vaccines and share strategies to increase immunization rates in our community. Here are a few ideas:

- Talk to friends and family members about how vaccines aren't just for kids. Shots can protect people of all ages from serious diseases.
- Encourage people in your community to get the flu vaccine every year.
- Invite a doctor or nurse to speak to parents about why it's important for all kids to get vaccinated.

