

Arkansas Medical Supply

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AMS NEWSLETTER



November 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.

Diabetes Awareness

- 1 in 10, or 30 Million Americans currently have Diabetes.
- 84 Million Adults are at high risk for developing type 2 diabetes.
- In the United States Diabetes is one of the leading causes of disabilities and death.
- Diabetes can cause blindness, kidney disease, nerve damage and other major health problems if it is uncontrolled.
- People with diabetes are not able to properly absorb food to be used as energy. This results in high levels of sugar in the blood.
- To move sugars through the body, insulin is needed. Insulin is a hormone produced by the pancreas. People with diabetes do not produce enough insulin, or their body does not use insulin properly. Some people suffer from both. This makes the body unable to move sugar into the body's cells. It stays in the blood stream and results in high blood sugar levels.
- We can make small changes to reduce our risk of diabetes by eating healthier, losing weight, and increasing our daily exercise.

Calendar of Events

November

- Nov. 4-5 Pioneer Village Fall Fest in Searcy at the Pioneer Village White County Historic Museum- FREE
- Nov. 11- The 2nd Saturday Family FunDay- Pine Bluff arts & Science Center- FREE
- Lights of the Ozarks- Nov 17- Dec. 31. Free in Fayetteville Downtown Square

SU	M	T	W	TH	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23 Closed	24	25
26	27	28	29	30		

Info from healthfinder.gov and uaex.edu

National Family Caregivers Month

“Family members, friends, and neighbors devote countless hours to providing care to their relatives or loved ones. During National Family Caregivers Month, we recognize and thank the humble heroes who do so much to keep our families and communities strong.”

President Barack Obama, NFC Month Proclamation 2012

Top ten tips for family caregivers:

1. Be open to new technologies that can help you care for your loved one.
2. Seek support from other caregivers, you are not alone.
3. Take care of your own health so that you can be strong enough to take care of your loved one.
4. Accept offers of help and suggest specific things for people can do to help you.
5. Learn how to communicate effectively with physicians and staff.
6. Watch out for signs of depression and don't delay getting professional help when you need it.
7. Caregiving is hard work so take breaks often.
8. Organize medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!

For more information visit caregiveraction.org/

HOW TO CARVE A TURKEY!

What You Need: Carving board, chef's knife, paper towels, platter, cutting board, boning knife, and tongs.

Follow These Steps:

1. **Remove the string**-Place the turkey on a carving board. Remove the string tying the legs together, using the tip of your chef's knife.
2. **Remove the legs and thighs**-Cut through the skin that connects the breast and the drumstick. Slice down until you reach the joint. Using a paper towel, grab the leg and push down, separating the leg and thigh from the bird. Use your chef's knife to slice through the joint.
3. **Remove the drumsticks**-Separate the drumstick and the thigh by cutting through the joint that connects them. Transfer the drumstick to a platter; set aside the thigh meat on a cutting board to slice later. Repeat steps 2 and 3 with the other leg.
4. **Remove the wishbone**-Find the wishbone at the front end of the breast. Use your fingers to pull it out. **Tip:** Removing the wishbone makes it easier to carve off the breast meat.
5. **Remove turkey breasts**-Find the breastbone. Position a long, flexible knife (or a boning knife) on one side of it, and slice downward, as close to the bone as possible. As you slice, use your other hand to pull the meat away from the breastbone, until you've cut the breast off the carcass in one piece. Transfer to the cutting board.
6. **Remove the wings**-Using the chef's knife, slicing through the joint to remove a wing, and transfer to the platter. Repeat steps 5 and 6 on the other side.
7. **Slice the thigh meat**-Work on the cutting board. Holding the thigh bone with tongs or a paper towel, remove the meat from the bone with the edge of the chef's knife. Transfer meat to platter.
8. **Slice the breast meat**-Using the tongs to steady the breast, position the meat so you'll cut it at its shorter length. Slice against the grain, taking care to keep the skin attached. Transfer pieces neatly to a platter

Directions from: realsimple.com