



The Redline Review

Proudly Serving Arkansas and Oklahoma

801 Hwy 412 W, Suite D, Siloam Springs, AR 72761

Volume 4, Issue 7

redlinehealth

*Insuring Those Who
Matter Most!*

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Available Monday—Friday

Anytime by appointment

July is National Ice Cream Month

1st~ National Postal
Worker Day

4th~ **AMERICAN
INDEPENDENCE DAY**

6th ~ National Fried
Chicken Day

9th ~ Sugar Cookie Day

11th ~ Cheer up the
Lonley Day

13th ~ French Fries Day

18th ~ Cow Appreciation
Day

20th~ Ice Cream Soda Day

23rd~ Ice Cream Cone
Introduced

30th~ National Cheese
Cake Day

July 2010



Cleaning for a Reason

Helping women simplify their life every day. So being a part of the Cleaning For A Reason Foundation is a natural fit for our busy maid service. Committed to providing the gift of a clean home to women undergoing treatment for cancer through the Cleaning For A Reason Foundation.



For more information, call 877.337.3348 or visit

www.cleaningforareason.org. LOCAL Contact for Northwest AR is

Donna Schoby 479.236.6784

BlueCross BlueShield of Arkansas NEWS

AR BCBS has enacted early implementation of a health insurance reform law requirement to cover dependents to age 26 in order to help members who have dependents graduating from high school or college this spring who may be “aging off” their parent’s policy.

AR BCBS implemented this requirement for fully insured group plans and individual policies on June 1, 2010.

Food For Thought

Certain foods may keep aging brains health. Eating a Mediterranean diet may help keep your brain healthy as you age, findings from an ongoing study show. A “Mediterranean diet” encourages the following:

Vegetables, Fruits, More fish, less meat, olive oil, moderate wine, whole grains, nuts and seeds. The study included 4,000 adults aged 65 and older who were given series of tests to examine their mental abilities every three years during a 15-year period. Those who scored highest in following a Mediterranean diet were least likely to suffer cognitive decline, the study authors found.

Source: National Institutes of Health

When you come to the end of your rope, tie a knot and hang on.

(Franklin D. Roosevelt)