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TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life

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St. Patrick's Day – March 17

You've no doubt celebrated St. Patrick's Day. It's a fun and popular holiday celebrated worldwide by Irish people and increasingly by many of non-Irish descent.

You've likely seen celebrations that are generally themed around all things green and Irish; both Christians and non-Christians celebrate the secular version of the holiday by wearing green, eating Irish food and drink, and attending parades. Over 3.3 million US citizens claim Irish heritage.

The St. Patrick's Day Parade in Dublin, Ireland is part of a five-day festival, with over half a million people attending yearly.

The largest St. Patrick's Day parade is held in New York City and it is watched by 2-million spectators.

Here's a little trivia: the St. Patrick's Day parade was first held in New York City on March 17, 1766, when Irish soldiers marched through the city.

Parades also take place in other Irish towns and villages. Other large parades include those in Cleveland, Belfast, Manchester, Birmingham, London, Coatbridge, Montreal, Boston, Chicago, Kansas City, Savannah, Pittsburgh, Denver, Sacramento, Scranton and Toronto.

Large parades also take place in other places throughout Europe and the Americas, as well as Australia and Asia.

We wish you a wonderful St. Patrick's Day!

March



Website to visit this month:

agoodmovietowatch

One of life's persistent challenges is trying to think of a good movie to watch, right?

Now you can always know what to watch. *A good movie to watch* is a human-powered suggestion platform: it suggests highly-rated non-blockbuster movies and shows for both *Netflix* and *Amazon Prime*.

This website has quality suggestions that aren't exactly well known. If anything, a few clicks of a random suggestion will get you to something that will catch your interest.

www.agoodmovietowatch.com

Visit us on **Facebook** for more tips and interesting articles throughout the month. Give us a Like!

<https://www.facebook.com/ElktonFamilyPharmacy>

Also, check out our interesting posts and health tips!

Your Pharmacist Tip of the Month!



Angie Brittle, RPh.

How to Stay Young

Some people consider this list to be "The Fountain of Youth". Live by these tips (and others) and you'll stay young longer.

- Keep only cheerful friends. The grouches pull you down.
- Keep learning. Learn more about the computer, crafts, gardening, whatever...Never let the brain idle. "An idle mind is the devil's workshop."
- Enjoy the simple things. A walk in the woods, a cup of tea with a friend or a good book.
- Laugh often, long and loud. Laugh until you gasp for breath.
- The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.
- Surround yourself with what you love. Whether it's family, pets, keepsakes, music, plants, and hobbies, whatever. Your home is your refuge.
- Cherish your health. If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve get help.
- Don't take guilt trips. Take a trip to the mall, even to the next country; to a foreign country but NOT to where the guilt is.
- Tell the people that you love them, at every opportunity.

And always remember: Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Remember Apples for Memory

While medical researchers spend their lives making discoveries that will improve our health, sometimes they discover that good food can be great medicine. When it comes to apples, the good news gets better all the time. Apples can preserve memory and may help to prevent asthma, cancer, diabetes, and heart disease.



Researchers at the University of Massachusetts Lowell say the big news about apples right now is its possible ability to keep Alzheimer's disease away. Apples can increase production of the neurotransmitter acetylcholine, resulting in improved memory. Neurotransmitters are also vital

for good health throughout the body. The UMass study mostly used apple juice.

Apples are the best source of *quercetin*, an antioxidant that protects brain cells against oxidative stress. This is a tissue-damaging process associated with Alzheimer's disease. Drinking two cups of apple juice or eating three apples a day boosts production of quercetin. Be sure to eat the skin; it can have 6 times more antioxidants than the flesh. Apples are well-known cancer fighters and heart protectors, reducing risk of diabetes, asthma, and tooth loss.

Bananas Fight Heartburn, Depression

Most people know that bananas are an excellent resource for potassium (one ripe banana supplies more than 10% of an adult's daily requirement of the mineral). That's important because people with a low dietary intake of potassium are 28% more likely to suffer a stroke than those who consume higher levels, according to a study conducted at Tulane University.



Lesser-known medical uses of bananas:

- **Depression.** Bananas are a good source of *tryptophan* (a precursor to *serotonin*, a chemical in the brain that helps regulate mood).
- **Heartburn and ulcers.** Bananas neutralize acidity and soothe and coat esophageal tissue with *pectin* (a substance used as a thickener and stabilizer in jellies).

Important: In rare cases, bananas may trigger an allergic reaction.

Bananas with blackened skin can increase blood sugar levels. Because bananas have high levels of potassium, people with kidney problems should check with their doctors before eating this fruit.

March Quotes

"As we express our gratitude, we must never forget the highest form of appreciation is not to utter words, but to live by them." ~ John F. Kennedy

"It is during our darkest moments that we must focus to see the light." ~ Aristotle

"Nothing is as obnoxious as other people's luck." ~ F. Scott Fitzgerald

"I'm a great believer in luck, and I find the harder I work, the more I have of it." ~ Thomas Jefferson

International Earth Day

International Earth Day was initiated to make earth inhabitants aware of their responsibility to care for the planet. This care includes environmental and natural resources. International Earth Day was founded by John McConnell, of Davis City, Iowa. In September 1969, he proposed the establishment of Earth Day to the San Francisco, California Board of Supervisors. After approval, he gained support from many others, including then UN Secretary General, U Thant. In 1970, McConnell wrote an Earth Day Proclamation which was ultimately signed by UN Secretary General U Thant on March 21, 1971.

This day is also called Sun-Earth Day.

The original Earth Day is on the Spring Equinox March 20-21. Earth's global holiday drawing together peoples of all nations, cultures, and religions to advance Peace, Justice, and Earth Care.

The Earth Day Stamp is part of the "Celebrate the Century – 1970's" U.S. Stamp Collection.



The Ides of March

The Ides of March has a non-threatening origin. It was a marker for lunar phases, and once signified the first day of the Roman New Year. (Until Julius Caesar



Reverse side of a coin issued by Caesar's assassin Brutus in the autumn of 42 B.C., with the abbreviation EID MAR (Eidibus Martiis) – on the Ides of March).

moved the date to January two years before he was slain.) It was notable for the Romans as a deadline for settling debts. It has been branded with a dark and gloomy connotation that makes people uncomfortable.

On this day in history, Julius Caesar was warned by soothsayers to "beware of the Ides of March". Apparently, he did not heed the warning strongly enough as he was stabbed by Marcus Brutus on the Ides of March in 44 BC.



Fun Facts for March

- Although it may sound counterintuitive, your small intestine is actually the largest (internal) organ in your body.
- You may know that everyone's fingerprints are different, but did you know that the same is true of everyone's tongue print?
- Seven percent of American adults think chocolate milk comes from brown cows (spoiler: It does not).
- Blushing is caused by a rush of adrenaline. It's also genetic, so if you're prone to it, it's likely one of your parents is, too.
- SPAM actually stands for spiced ham. It's been around since 1937.
- Blushing is caused by a rush of adrenaline. It's also genetic, so if you're prone to it, it's likely one of your parents is, too.

LOOK FOR THE HOT PRICE TAGS ON DEEPLY DISCOUNTED ITEMS THROUGHOUT OUR STORE!

COME IN AND CHECK OUT OUR SALE ITEMS THIS MONTH

HERE ARE A FEW – MORE AVAILABLE IN OUR STORE

\$14²⁹

Delsym
12 Hour Cough Relief
Grape Flavored Liquid
5 oz



\$8⁹⁹

Claritin
Non-Drowsy
24 Hour, Indoor &
Outdoor Allergies
Tablets, 10 ct



\$13⁶⁹

Mucinex
Sinus-Max
Pressure, Pain & Cough
Liquid Gels, 16 ct



\$52⁷⁹

GNP
Deluxe Pulse Oximeter
Portable Spot-Check Monitoring
1 ct



\$11⁰⁹

GNP
Olopatadine Hydrochloride
Ophthalmic Solution, USP 0.1%
0.17 oz
Compare to Pataday Twice Daily Relief



\$7³⁹

GNP
Antacid Anti-Gas
Maximum Strength
12 oz
Compare to Maalox Maximum Strength



Offers valid from March 1-31, 2023

Offers may not be available in all locations

MyGNP.com



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MONTHLY NEWSLETTER

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Good Neighbor Ranks the Best Again

Good Neighbor Pharmacy has ranked "Highest in Customer Satisfaction with Chain Drug Store Pharmacies" in the J.D. Power 2022 U.S. Pharmacy Study. This is the 6th consecutive year earning this ranking and the 11th recognition in the last 13 years.



Year after year, our family of pharmacies continues to exhibit their dedication to providing their valued patients, with high-quality, personalized care regardless of the circumstances. When you step into a Good Neighbor Pharmacy, you can expect to be greeted by name by a pharmacy staff that truly cares and gets to know you personally. Our pharmacy staff goes beyond simply filling prescriptions; they are committed to your long-term health and will be a partner in your wellness journey. Whether you need a one-on-one consultation or a special product order, your local Good Neighbor Pharmacy will always go the extra mile to help. You're our neighbors but we'll treat you like family.

Thank you for your local support and for making Good Neighbor Pharmacy your #LocallyLoved pharmacy!

If you are not our customer – you should be!

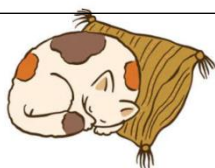
Take a Nap?

Are naps good for us? Not getting enough sleep at night can mess up your hormones, but can napping help to restore them to normal?

A small study from France suggests that a daytime nap or two seems to be good idea when you haven't had a full night's sleep. The French study showed that napping could be beneficial in countering the unhealthy hormonal effects of a poor night's sleep by helping the immune and neuroendocrine systems to recover.

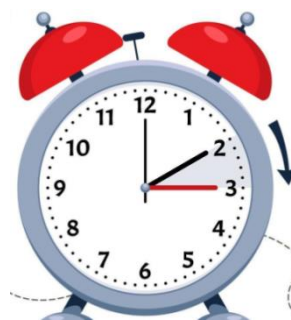
Surveys show that nearly three out of 10 adults in this country report sleeping six hours or less. According to the National Sleep Foundation, young people and adults between the ages of 18 and 64 need seven to nine hours of sleep, while seniors can make do with between seven and eight hours. School age kids need nine to eleven hours sleep while teenagers need eight to 10 hours.

We know napping can boost alertness and productivity. The National Sleep Foundation reports that dozing off for 20 to 30 minutes is the ideal amount of time to sharpen your alertness. Longer naps can leave you feeling groggy and can interfere with sleep at night, although sleep experts say that an hour-long nap can help your memory for facts, places and faces, and a 90-minute nap has been found to boost creativity.



Clock's Change

Daylight Saving time begins on **March 12th**. We "Spring Forward" and there will be more light in the evening.



**DAYLIGHT
SAVING TIME**

There will be more light in the evening

March 12, 2023

Who Wants To Win?

Take our Trivia Challenge and you could win too!

This is one of our favorite parts of the newsletter! Each month we will give you a new trivia question.

Each month we randomly select 3 people who e-mail or call us with the correct answer by the 20th

of the month. You win Two FREE movie tickets

Enjoy it with someone special in your life!

Take your best guess, and then call the store (540) 298-9090 or better yet e-mail us at:

elktonphcy@yahoo.com

Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

What fruit helps with depression?

- A) Blueberries B) Apples
- C) Pickles D) Bananas

Hint: You will find the answer in the newsletter.

Make sure to get your newsletter each month.

Register here for the color e-mail version.

Send your name and e-mail address to

elktonphcy@yahoo.com

Last Month's Winners and Answer

Shingrix, the shingle vaccine, requires 2 shots, is recommended for people 50 and older, and Medicare D plans have reduce the copay to \$0.00 in 2023!

B) True

Kathy S. – Allie C. – Lee E.

You could be the next winner, take your best shot at March Trivia Contest