

ELKTON FAMILY PHARMACY

Pharmacy - The way it should be – Easy!

Located in Downtown Elkton – Across from the Post Office

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Fast – Friendly – Hometown Service

Transferring Your Prescriptions is Easy – Just call us!



Flu Shots Available – Get Yours Today

Call us to set up an appointment - We bill your insurance – Provided Free by Most Insurance Plans!



Secrets For Living
A Healthy, Wealthy
& Happy Life

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September



Website to visit this month:

Dumb Little Man (Tips for Life)

Dumb Little Man is a popular online magazine on self-improvement and life hacks. Started back in 2006, Dumb Little Man has become the go-to place when you need inspiration, motivation and practical advice in life.

<https://www.dumblittleman.com>

Labor Day – Origin and History

Labor Day is a federal holiday in the United States celebrated on the first Monday in September in any given year to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements of the United States. Beginning in the late 19th century, as the trade union and labor movements grew, trade unionists proposed that a day be set aside to celebrate labor.



In 1887, Oregon became the first state of the United States to make Labor Day an official public holiday. By 1894, thirty U.S. states were already officially celebrating Labor Day. President Grover Cleveland signed the bill into law on June 28. In 1909, the American Federation of Labor convention designated the Sunday preceding Labor Day as "Labor Sunday", to be dedicated to the spiritual and educational aspects of the labor movement. This secondary date failed to gain significant traction in popular culture, although some churches continue to acknowledge it.

Canada's Labor Day is also celebrated on the first Monday of September. More than 80 countries celebrate International Workers' Day on May 1, the ancient European holiday of May Day. May Day was chosen by the Second International of socialist and communist parties to commemorate the Haymarket affair which occurred in Chicago on May 4, 1886.

Labor Day picnics and other public gatherings frequently featured speeches by prominent labor leaders and elected officials.

Buy-one-get-one-Free

Come check out our FALL SPECTACULAR Vitamin sale on select Windmill Products. Many are 2 for the price of one or Buy-one-get-one-Free



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.

Status of The New COVID Vaccine

On August 31st 2022, the FDA has authorized both Moderna and Pfizer-BioNTech bivalent boosters.

These "updated" COVID-19 boosters will be ready to administer if the Advisory Committee on Immunization Practices (ACIP) votes to recommend them (the ACIP meeting is scheduled for early September and after CDC endorses an ACIP recommendation. These "bivalent" boosters are expected to offer better protection against the Omicron subvariants, including BA.5.

For example, Moderna's "bivalent" booster includes the original virus strain plus elements of the Omicron BA.4 and BA.5 variants. According to the Centers for Disease Control and Prevention (CDC), BA.5 accounts for over 88 percent of new Covid cases in the country.

The boosters will be available from two vaccine suppliers: Moderna and Pfizer. Both suppliers have signed options to provide millions more boosters for the months ahead.

Currently the booster recommendations are:

Individuals 18 years of age and older are eligible for a single booster dose of the Moderna COVID-19 Vaccine, Bivalent if it has been at least two months since they have completed primary vaccination or have received the most recent booster dose with any authorized or approved monovalent COVID-19 vaccine.

Individuals 12 years of age and older are eligible for a single booster dose of the Pfizer-BioNTech COVID-19 Vaccine, Bivalent if it has been at least two months since they have completed primary vaccination or have received the most recent booster dose with any authorized or approved monovalent COVID-19 vaccine.

An important note: The current COVID-19 vaccines are NO LONGER authorized for use as boosters in people ages 12 years and older due the new vaccine having two strains and the 2 month limitation. As a result, booster appointments for current Pfizer-BioNTech or Moderna boosters in people 12 years of age and older are to be rescheduled to when locations have the new bivalent COVID-19 vaccines, which should be soon.

**Please speak with our pharmacy staff
if you have any questions.**

Time for Your Flu Shot.

Now more than ever, you should get a flu shot, but not before Sept. 1st. If given too early the vaccine may not last until the end of the flu season next year. The CDC always recommends an annual flu shot, and in addition, they are strongly recommending making sure; you have your pneumonia shot as well. We can help you stay up to date.

All 3 of these infections attack your lungs making it difficult for you to breathe. COVID-19 is unique in the way it attacks the small air sacs deep in your lungs preventing oxygen transfer into your blood stream. Many other respiratory ailments attack the bronchial tree or the tubes within your lungs. This sort of infection you feel earlier as you begin to wheeze as the tubes narrow and you know something is going on. With COVID-19 you just start to become short of breathe as oxygen can't effectively transfer and feed your body's needs.

Pneumonia can occur with either of these infections secondarily, thus the reason to make sure you're protected from pneumonia as well. Why the pharmacy?

We don't have a waiting room with ill or sick people, and if you like we can give you the vaccines at curbside to keep you safe and comfortable of your own car.

Bottom line, get vaccinated to prevent illness and keep those around you safe as well. Make sure you get your Flu Shot to protect yourself and those around you.

For questions about the process contact our store and or visit our website.

Be Well – Be Safe!



September Quotes

"September tries its best to have us forget summer." ~
Bernard Williams

"Age wrinkles the body. Quitting wrinkles the soul." ~
Douglas MacArthur

"It is a narrow mind which cannot look at a subject from various points of view." ~ *George Eliot*

"Rudeness is the weak man's imitation of strength." ~ Eric Hoffer

"Knowledge comes, but wisdom lingers." ~ *Alfred Lord Tennyson*,

"Age does not protect you from love. But love, to some extent, protects you from age." ~ *Jeanne Moreau*

5 Vegetables To Add To Your Diet

Beets. The deep red color of these root vegetables comes from anthocyanins, phytonutrients that protect against damage from carcinogens and may help prevent heart disease. Beets are versatile, inexpensive, and delicious hot or cold.

Squash. With a wide variety of types, flavors, shapes, and sizes, squash is readily adaptable to any occasion – it can even be used in pie! It provides beta-carotene, potassium, and fiber, nutrients that are necessary for good overall health.

Tomatoes. This red fruit (often considered a vegetable) contains lycopene, a powerful antioxidant that helps fight heart disease and possibly some types of cancer, particularly prostate cancer. Use tomatoes in everything from salads to sauces, but know that lycopene is most easily absorbed when the tomatoes are cooked and eaten with a little fat, such as extra virgin olive oil.

Broccoli. This vegetable-platter classic, along with other cruciferous vegetables, offer cancer-protective benefits. Broccoli is also a good source of vitamin K and calcium – both of which help keep bones strong. It is tasty both raw and cooked, and can be a stand out in soups, casseroles, and salads. Try roasting it in the oven with olive oil and a touch of sea salt, you may never go back.

Mushrooms. Prized for their tonic effects, mushrooms can help address a host of illnesses. Maitake mushrooms (known as “hen of the woods” for their resemblance to the fluffed tail feathers of a nesting hen) are particularly valued in Asian cooking, as they have anti-cancer, anti-viral and immune-enhancing properties, and may also reduce blood pressure and blood sugar. Shiitake, enoki and oyster mushrooms also have immune-boosting qualities, and are easily included in many main courses.

This tip is courtesy of Dr. Weil on Healthy Aging



Did You Know?

September Fun Facts History:

- September is the only month with the same number of letters in its name as the number of the month: it is the ninth month and has nine letters.
- September was the seventh month of the original Roman calendar. This is where it got its name which means seventh. Later, when January and February were added to the calendar it became the ninth month. Until Julius Caesar's calendar reform of 45BC, September had only 29 days.
- When the British changed from the Julian calendar to the Gregorian calendar in 1752, they needed to adjust some days to get the seasons aligned with the months. They took 11 days from the month of September jumping directly from September 3rd to the 14th. Now it's as if the days between September 3 and 13 during 1752 never happened in British history.
- The Anglo-Saxons called September Gerst Monath (Barley Month) or Haefest Monath (Harvest Month) celebrating the barley harvest.
- On an average September day more babies are born in the US than on a day in any other month.
- In the UK, September 26 is the most common birthday for people born in the last 20 years.

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

\$10⁴⁹

Allegra
Allergy, 12HR
60 mg
Tablets, 12 ct



\$10⁴⁹

Xyzal
Children's Allergy 24HR
2.5 mg, Liquid
5 oz



\$11⁸⁹

Salonpas
Lidocaine Plus
Pain Relieving Cream
3 oz



\$5⁹⁹

Doan's
Relieves Backache Pain
Caplets, 24 ct



\$5⁵⁹

GNP
Aspirin 81 mg
Enteric Coated Tablets
120 ct
Compare to Bayer Low Dose Aspirin



\$8⁵⁹

GNP
Terbinafine Hydrochloride Cream 1%
Antifungal Cream
1 oz
Compare to Lamisil AT



Offers valid from September 1-30, 2022
Offers may not be available in all locations

We Offer
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September Savings



ELKTON FAMILY PHARMACY'S

MONTHLY NEWSLETTER

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Free Local Delivery



Flu Shots are Available now! Who needs the flu vaccine?

The flu can be very uncomfortable and even life threatening in some cases. Consider getting an annual flu vaccine to help protect yourself, your family and friends. It's a safe and effective option for most people. With COVID still around, it's even more important. The symptoms for both are so similar and both can be deadly. Everyone 6 months and older should get a flu vaccine every season with rare exceptions. Vaccination is particularly important for people who are at high risk of serious complications from influenza.

A flu shot can make your life easier. A brief needle stick can protect you from this dangerous illness. It's particularly important for certain groups of people, such as older adults, healthcare workers, and pregnant women, to make sure they get their flu shot. Remember, it can take up to 2 weeks for vaccinations, including the flu shot to reach it's full potential so....

Contact us to schedule your flu shot today.



We offer
CURBSIDE PICKUP
WE OFFER FREE DELIVERY!

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 can 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:

Do the new bivalent (2 strains) of COVID-19
vaccines help better protect you against the newer
variants of the coronavirus?

A) True B) False

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

Can the chemicals in Cannabis, cannabinoids,
interfere with medications?

A) Yes

Diane K. – Darcy H. – Avarose

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

MedSync Rx Program

We Keep it Simple.

Simplify your life with our synchronized prescription refill service!

- ✓ Imagine... No more wasted time, stress, or confusion surrounding prescription refills. We help you leave all of that behind and relax... for free.
- ✓ When you take many medications, it gets messy trying to keep them all straight. Our MedSync program is a new way to have all your prescriptions filled on *the same day every month*.
- ✓ Fewer calls to the pharmacy because your medications are ready together once a month.
- ✓ Save time and gas, fewer trips to the pharmacy.
- ✓ Never run out of medication, because we plan ahead for you each month we'll give to a call to discuss your medications.
- ✓ Choose between regular medication bottles, or our special Dispill packaging (blister pack) that allows you to have all of your medications arranged by individual morning, noon, evening, and bedtime dosages. It's easy, it's convenient!

Just give us a call or come visit to discuss how this can work for you.