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HEALTHY

December 2022 Vol 17 Issue 12



TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life

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12 Days Of Easy Prep So Your House Is Perfect For The Holiday Week...

Are you having guests over for the holidays? Whether you're entertaining a few family members or the whole block, you're going to want your house to look it's best. You've heard of the 12 days of Christmas? Well here is the 12 Days Of Cleaning broken down into super easy tasks so by the time the holiday arrives you're all ready....

#1 The First Day Of Cleaning - Bathroom Cabinets & Medicine Cabinet. You don't want your mother-in-law to peek into your medicine cabinet and see what a mess it is! So take a few minutes to clean it up, wipe it down, and throw out expired products.

#2. The Second Day Of Cleaning – Kitchen Cabinets & Pantry. Going through the kitchen cabinets and drawers with a damp sponge and straightening as you go will do wonders for your kitchen. Then tackle the pantry by straightening up and tossing expired food.

#3. The Third Day Of Cleaning – Refrigerator. Give the fridge and freezer a nice scrub down while tossing old food, this will make the fridge sparkle and create room for holiday goodies!

#4. The Fourth Day Of Cleaning – Carpet, Rugs, and Sofa. This is where we recommend having someone come in and do a nice deep steam cleaning. Clear out the dust, dander, and dust mites, and clean up all the spots and spills in time for the holidays and the New Year. A professional cleaner can get this done in one visit!

#5, 6 & 7. The Fifth, Sixth & Seventh Days Of Cleaning - Closets. This doesn't have to take all day, spread this chore over a few days, and you'll still have plenty of time in your day for other things. Tackle one closet at a time, don't make it a big deal, just straighten up, make room for guests to put their coats and bags.

#8 & 9. The Eighth & Ninth Days Of Cleaning – The Home Office. Again, spread this job over a couple days, so you don't have a huge task to accomplish. Start with the desk one day, move onto files and shelves the next. Wipe down the dust and straighten it all up, it will look great and be ready for a new year.

#10. The Tenth Day Of Cleaning – Straighten up shoes. Shoe storage can be a real pain, especially with guests and extra shoes in the house. You can find affordable shoe storage options at stores that specialize in organization.

#11 & 12. The Eleventh & Twelfth Days Of Cleaning – Under the Beds and Bedding. Take a couple of days to clear out the clutter from under the beds, and then get all the bedding clean and fresh for your overnight guests.

And be sure to get some help with your chores and regular cleaning duties, many hands

December



Website to visit this month:



If you haven't spent some quality time reading the online satirical newspaper The Onion, then you're seriously missing out on a good laugh. The publication started in 1988 and they have managed to successfully maintain a high standard for humor and writing ever since. Their headlines are laugh-out-loud funny in and of themselves.

<https://www.theonion.com>



From all of us to you and yours - Share Your Gifts With Others

Merry Christmas - Happy New Year

Your Pharmacist Tip of the Month!



Angie Brittle, RPh.

Get Your Flu Shot

Flu hospitalizations will increase nearly 30% as U.S. enters holiday season. Such headlines like this should concern you. Here are some key points to consider:

- More than 11,200 people were hospitalized with the flu during the week ending Nov. 19, compared to about 8,700 patients admitted the week prior, according to CDC data.
- Flu has hit unusually hard and early this season, putting pressure on emergency departments across the nation.
- Scientists and public health experts are worried flu hospitalizations will surge even more with the holiday season underway.
- The H3N2 flu variant that's more severe for the elderly is dominant right now, which means the U.S. could be in for a tough season.

Flu activity normally picks up after Thanksgiving, but hospitalizations were already at a decade high in early November. Scientists and public health experts are worried flu hospitalizations will surge even more after millions traveled to see family and friends for Thanksgiving and Christmas, giving the flu another opportunity to spread widely. More than 6.2 million people have fallen ill, 53,000 have been hospitalized, and 2,900 have died this season, according to data from the Centers for Disease Control and Prevention.

From what we can see, it looks like the vaccines are a good match to what's circulating, according to the flu experts. If there's ever a time to get vaccinated, this is the year to do it! Flu activity was highest in the Southeast in past weeks, but most of the country is now seeing high levels of illness, according to CDC.

Come see us to get your Flu Shot!

Healthy Talk: So What's the Deal with Bone Broth?



Our grandmothers knew what they were talking about when they told us to eat chicken soup when we were sick. But, we aren't talking about cracking open a can of Campbell's. A real, healing chicken soup is one that is created from a mineral rich bone broth.

You've probably heard about bone broth recently because it seems to be all the rage among Paleo dieters.

But, bone broth is not a fad; it's been around for centuries as a remedy for many ailments. In fact, according to an article entitled Bone Broth One of Your Most Healing Diet Staples, found at www.Mercola.com, a good bone broth can...

Help heal and seal your gut, promoting healthy digestion

Reduce joint pain and inflammation.

Promote strong healthy bones.

Inhibit infection.

Fight inflammation.

Promote healthy hair and nail growth.

So if you're ready to try making your own healing bone broth try this easy and delicious recipe.

How To Make Your Own Healing Bone Broth...

- One whole organic chicken**
- 10-12 cups purified water
- 2 TBS raw, organic apple cider vinegar
- 2-3 cloves garlic
- Salt and pepper to taste

Prepare your chicken with a simple rub of olive oil and salt and pepper, then roast your chicken in a 425-degree oven for 45 minutes covered and then remove the cover and roast another 45 min uncovered. (Internal temp of meat should be at least 160 degrees F when done) Enjoy the chicken for a meal and when it cools strip as much meat as you can from the bones.

Throw all the bones, drippings, and the carcass of the chicken into a large stockpot with 10-12 cups of pure water. Bring to a boil and immediately skim the foam off the top of the water. (Those are impurities.) Transfer all the contents of the stockpot (safely as not to burn yourself!) to a crockpot. Add the apple cider vinegar and garlic. Simmer for 12-24 hours. Then strain the broth and enjoy.

December Quotes

"To appreciate the beauty of a snowflake it is necessary to stand out in the cold." ~ Aristotle

"The color of springtime is in the flowers; the color of winter is in the imagination." ~ Terri Guillemets

"Kindness is like snow—it beautifies everything it covers." ~ Kahlil Gibran

"Maybe Christmas," he thought, "doesn't come from a store. Maybe Christmas... perhaps... means a little bit more." ~ *How the Grinch Stole Christmas!* Dr. Suess

"What the New Year brings to you will depend a great deal on what you bring to the New Year. ~ Vern McLellan

Healthy Talk – Healthy Snacks

What are the healthiest snacks for the holidays? We all know it's a tough time to eat healthy, but here are three snacks that you may find healthier than most. Try these – they're great!

1. Chocolate-dipped Fruit

Kids often love dipping whatever they can get into dark chocolate, so go ahead and choose some healthy fruits for this fun. Clementines, strawberries, dried pineapple and dried apricots are some favorite chocolate-dipped fruits. You can sprinkle with your favorite topping for a flavor boost: lime zest, crystallized ginger, cocoa nibs, chopped dehydrated bananas or raspberries. Chopped pistachios or macadamia nuts make a fun and tasty crunchy topping.

2. Snowflake Quesadillas

Martha Stewart shares "*The snowflake-shaped cheese quesadilla*" for a festive winter snack. It's simple to make: just fold a flour tortilla in half, then in thirds. Snip out shapes, unfold, and use as the top of a quesadilla.

3. Frozen Banana Penguins

Kids love to make and eat chocolate-dipped banana birds (photo from *FamilyFun* illustrates the tasty treat). Use dried apricots to make the feet and white chocolate chips for the eyes then freeze. The kids will think it's even more than frozen – it's "cool."



December Did You Know?

- A new name for December came into being after many Anglo-Saxons were converted to Christianity. In line with their newfound beliefs they called December "Heligh Monath", which translates into "Holy Month".
- December originally had just 30 days according to the ancient Roman calendar. When the calendar was changed for the Julian calendar December gained a day, making it the seventh and last month in the year with 31 days.
- If you live in the northern hemisphere then winter begins on either December 1st (if you follow the meteorological seasons), or after the winter solstice on the 20th or 21st of December (if you follow the astronomical seasons).
- The full moon in December has been traditionally referred to as the Full Cold Moon by a number of different Native American tribes. Unsurprisingly, it is named this way because the cold winter months follow it.

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Reliever Eye Drops
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Krill Oil, 350 mg
Softgels, 60 ct



\$13⁸⁹

Mucinex
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12 Hour, 1200 mg
Extended-Release
Bi-Layer Tablets, 14 ct



\$6⁶⁹

Coricidin HBP
Cough & Cold
Tablets, 16 ct



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Delsym
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Grape Flavored Liquid
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\$4¹⁹

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Secrets For Living
A Healthy, Wealthy
& Happy Life

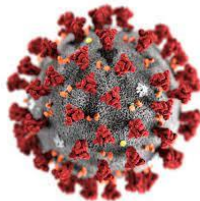
Visit us on **Facebook** for more tips and interesting articles throughout the month. Give us a Like!

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

Also, check out our interesting posts and health tips!

Model forecasts 80% jump in COVID-19

A Mayo Clinic model predicts the average daily number of new COVID-19 cases in the US will jump 80.3% to 75,166 by Dec. 7, from 41,685 on Nov. 23, while the nationwide case rate is projected to climb from 14.7 to 22.9 cases per 100,000 people during the same period.



Meanwhile, projections from the CDC predict new COVID-19-related deaths and daily hospitalizations will remain stable or see an uncertain trend in the next four weeks.

Whatever the prediction, your best protection against COVID-19 is to get the new booster, which targets the Omicron variants and has recorded a 9-fold increase in antibodies in some who have gotten the new booster. We have both Pfizer and Moderna available. Call the store for more details.

Get boosted today!

Want To Avoid Gaining Weight This Holiday Season? Try This!

Do you feel like you experience holiday weight gain every year? Instead of accepting it, why not try approaching your holiday meals as an exercise in making smart choices and enjoying your food by using a healthy eating meal plan? Chances are you will avoid the weight gain – and still enjoy your holiday meals and activities!



Even if you do not track your calories in a food journal or app, maybe it is worth doing during this classic time for overindulgence – allowing you to enjoy the season while staying on track nutritionally through moderation.

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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 a night out on us 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 are some things that will keep you healthy this winter?

(A) Get the new Booster for COVID-19 (B) Eat well

(C) Get enough Sleep (D) Get your Flu Shot

(E) All of the above

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

What are some ways to be more thankful?

(D) All of the above

Practice Gratitude; Be Present and Mindful; and Help Others

Richard B. – Cassie B. – Tanya H.

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