



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | JUNE 2021

6 Tips for Starting Your Caregiving Journey

At some point in our lives, we're called on to provide care for those we love. The caregiving can be short term — such as after a hospital stay — or long term, such as caring for an aging parent or someone with a chronic illness. Regardless of the time frame, if you're new to caregiving, you may not know where to start. Follow these six tips as you embark on your role as a caregiver.

Learn to be a caregiver

Caring for a loved one isn't as simple as taking them to doctor's appointments or moving them into your home. There are legal, financial, and emotional implications to consider — for you and for your loved one. You can use the following free resources to help you throughout your caregiving journey:

- AARP's Family Caregiving (www.aarp.org/caregiving or 1-877-333-5885)
- The National Alliance for Caregiving (caregiving.org/resources)
- The Family Caregiver Alliance (FCA) Learning Center (caregiver.org)

The FCA also offers classes, teleconferences, and tip sheets on caring for various medical conditions.

Start with a discussion

Some people, worried they'll lose control over their freedom or dignity, resist caregiving. Having key conversations with your loved one about their needs and wants helps them feel in control over what can be an overwhelming situation. It also means being honest about your caregiving abilities and physical and financial limitations. Needs can change as someone ages, or their medical condition worsens, so keep the lines of communication open. If your loved one has Alzheimer's disease or another form of dementia, have these caregiving discussions early and get their wishes in writing.

Get legal paperwork in order

Under health privacy laws (HIPAA), doctors and health plans may not be able to share information with you about your loved one. Therefore, it is recommended that you have a healthcare power of attorney. This legal document allows current and future healthcare providers to speak with you directly. It also allows you to make healthcare decisions on your loved one's behalf should they become physically or mentally incapacitated.

Set up your home for caregiving

Your home may need some modifications to allow you to care for someone who is older or has physical limitations. Make sure your home allows your loved one to be as independent as possible, while also helping them avoid falls. A doctor or pharmacist can recommend durable medical equipment, including toilet boosters, walkers, and scooters. Medicare covers 80% of the cost of such equipment if you have a doctor's prescription for it, so ask their doctor before buying anything.

Manage and review their medications

Fifty-four percent of adults age 65 and older take four or more prescription drugs, according to the Kaiser Family Foundation. Often, medication instructions can be confusing even to the patient. If you're helping them take their medication, you need to know the following:

- Why they're taking the medication
- Their dosing schedule and when/if they need refills
- Any special instructions, such as taking the medication with food or an empty stomach
- Common and rare side effects, and what should you do about them

Through the My GNP mobile app, available for Apple and Android devices, caregivers can manage and refill medications. The app also has an option to set medication reminders.

Accept help

Caregiving doesn't mean you have to do everything alone. Quality time with your loved one can get lost in the daily shuffle. Consider outsourcing caregiving tasks that don't add to quality time, such as housekeeping or grocery shopping. The U.S. Administration on Aging's Eldercare Locator provides local resources for older adults and their families. Your loved one may be eligible for a home health aide or free transportation to medical appointments. You can reach the service at eldercare.acl.gov or at 1-800-677-1116.

HEALTH & FITNESS

Dementia: Causes and Symptoms

Many people use the words Alzheimer's and dementia interchangeably. But dementia is actually a group of symptoms that includes a significant decrease in memory, reasoning, or other brain-related skills. There are many causes of dementia, including Alzheimer's disease, Parkinson's disease, and Huntington's disease.

Although the risk of dementia increases with age, it is not a normal part of aging. Rather, it's caused by physical changes in the brain, negatively impacting a person's cognitive skills and often, their behaviors and feelings.

Here are some of the most common causes of dementia — and the symptoms of each.

Alzheimer's disease is a disease of the brain that is believed to be caused when two abnormal structures, called plaques and tangles, damage and kill nerve cells in the brain. Early signs of Alzheimer's include memory loss (especially recently learned information), difficulty completing routine tasks, problems with speaking, misplacing things, and becoming less engaged socially. Roughly 5.4 million adults in the U.S. have Alzheimer's disease.

Vascular dementia is a form of dementia caused by a lack of blood flow to the brain, typically due to strokes or multiple mini-strokes, which leads to the death of some brain cells. Symptoms depend on which part of the brain is affected and may include memory loss, confusion, problems with attention, trouble speaking, poor balance, and difficulty walking. Vascular dementia is the second most common type of dementia in the U.S.

Lewy body dementia (LBD), which affects roughly one million people in the U.S., is a disease that occurs when abnormal deposits of the protein alpha-synuclein accumulate in the brain. Although dementia is the primary symptom of LBD, memory loss isn't typically the first sign. Instead, balance issues and difficulty moving tend to emerge early, followed by trouble focusing, planning, reasoning, multitasking, and problem-solving.



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JUNE RECIPE

Pulled Pork Sandwiches With Pickled Radishes

Prep Time	Cook Time	Total Time	Serves
30 minutes	7 hours	7 hours, 30 minutes	10-12

Pulled pork sandwiches are an easy and inexpensive way to feed the entire family, and leftovers are easy to reheat in a skillet or the microwave.

Ingredients

For the pork:

1 (5- to 6-pound) pork shoulder (preferably bone-in), trimmed of excess fat
Salt and pepper
1/4 cup apple cider vinegar
1/4 cup packed brown sugar
1/4 cup tomato paste

For the radishes:

10 Cherry Belle radishes
1 cup apple cider vinegar
1/4 cup brown sugar
2 tablespoons salt

For serving:

Potato rolls
Mayonnaise
Mustard

Tools

Slow cooker
Measuring cups
Measuring spoons
Small mixing bowl
Cutting board
Mandoline (or sharp knife)
Heatproof container (at least one pint)
Two forks

Instructions

1. Make the pork

Place the pork shoulder in a slow cooker. Season it on all sides with plenty of salt and pepper. Stir together the vinegar, brown sugar, and tomato paste in a small bowl. Spread the mixture over the pork. Cover and cook on the high setting for 7 hours. When the pork is finished, unplug the slow cooker and let it cool slightly. Then use two forks to shred the pork until the pieces are thin and stringy. Add more salt if needed.

2. Pickle the radishes

While the pork cooks, make pickled radishes. Cut off any stems left on the radishes. Then use a mandoline or a sharp knife to slice them very thin. Ideally, each slice should be thin enough that it's translucent, but it's fine if yours are a bit thicker. Put the sliced radishes in a heatproof container, such as a glass Pyrex bowl, big enough to hold them without overflow. In a small pot, bring the vinegar, brown sugar, and salt to a boil. Cool for 5 minutes; then pour the liquid over the radishes. Cover loosely with a towel or plastic wrap. Refrigerate for at least 1 hour.

3. Assemble the sandwiches

Toast the potato buns if you like. Spread each one with equal parts mayonnaise and yellow mustard, pile on some pulled pork, and top with a few pickled radishes.

ASK A PHARMACIST

What Is Your Top Advice for Caregivers?

Suzanne Davenport

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As pharmacists, we typically encounter more than 100 people daily. We see patients of every age with various responsibilities and roles. We can identify the caregivers through counseling and by simply developing relationships over time. Caregivers are a large group of our population who largely fly under the radar. They have one of the most difficult jobs. Here is some guidance for caregivers to make their jobs a bit easier.

1. Have patience with your family member or patient.
2. If you are caring for someone else's family member, treat the patient like you would treat your own family members. Your patient is someone else's mother/father, son/daughter, sister/brother and/or friend.
3. Take care of yourself! You cannot pour from an empty cup. Being a caregiver is incredibly stressful, and it is important to recognize that it may get difficult at times. Walk outside, take a deep breath, eat healthy and stay hydrated.
4. Remember that you are human. You may fail but do your absolute best every day.
5. Be sensitive to the needs of your patient.
6. If possible, take your family member or patient places to get them out of the home so they can feel like a "normal person."
7. Always have a smile on your face. Your smile may be the only one they see all day.
8. Open a window and let in fresh air, turn on upbeat music and do tasks that add joy to your life and your family member's or patient's life.
9. Join a caregiver support group in your local community or on Facebook.
10. If you are caring for someone else's family member, remember that their family members may be hurting emotionally due to the state of the patient's health. Comfort them, care for them and be dependable, so they can count on you to take care of their loved one.

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LOCAL LOVE

Chapman Drug Company Hapeville, Georgia



"We are local and we are loved. That really hasn't changed in 100 years. It's still working."

Derek Chapman, Pharmacist and Owner

How many years has your pharmacy been in business?

100 years! We are celebrating our 100th anniversary this month.

What has been the most significant change within your pharmacy over the past five years, and how has it helped you serve your patients better?

The biggest change within our pharmacy over the past five years is that we began giving vaccinations. Vaccinations provide us with another touchpoint for building relationships with patients. Some of our patients don't trust anyone else to give them vaccinations.

What is your favorite thing about being a pharmacist?

My favorite thing about being a pharmacist is being able to be as efficient as possible while simultaneously building relationships with patients.

What makes your pharmacy unique?

One of the unique parts of our pharmacy is our soda fountain, which is original to when the pharmacy first opened in 1921.

What do you think your patients love most about your pharmacy?

Our patients feel like we care about them and know we have their best interest at heart.

What are your favorite ways to get involved with your community?

My favorite way to get involved with my local community is to give to charities and being involved on various committees in the city.

What excites you most about the future of independent pharmacy?

I am most excited about the expansion of clinical services.

What does *Locally Loved* mean to you?

Locally loved means that we are local and we are loved. That really hasn't changed in 100 years. It's still working.