

GOOD NEIGHBOR SCRIPT™

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY



Working From Home? Here's How to Have Better Work/Life Balance

Working from home has a lot of perks, from skipping long commutes and forgoing work clothes to having the flexibility to juggle family responsibilities. Despite the benefits, it can also be challenging to balance work and personal life. Without the sharp contrast of being in and out of the office, work can easily bleed into the rest of life and sometimes vice versa. Here are some tips for finding a healthy work/life balance when working from home.

Have dedicated work hours.

One of the challenges people face when working from home is being as focused and "unavailable" as they were when working from an office. The trick is to set clear boundaries around your focused work time for both yourself and others living with you. Here is how:

Establish dedicated work times. Some work-from-home arrangements come with these hours built-in. However, other arrangements include flexibility, which can be invaluable for juggling parenting and other caregiving responsibilities. Whatever hours you work, be clear with yourself about what those hours are.

Set expectations with everyone who lives in your household. They should know when you are working and therefore unavailable. Unless it is an emergency, they should not interrupt you during your dedicated work hours.

Turn off the text notifications on your phone.

This will minimize interruptions so you can focus on your work. Are you worried about missing important work-related items? Ask coworkers to email or call you with work-related questions rather than text.

Silence the ringer on your phone if you can. This prevents you from being interrupted by non-work calls. If you have colleagues who need to reach you by phone or loved ones who may need to reach you during an emergency, add them to your emergency contact list so their calls will ring even when calls from others will not.

Make yourself unavailable.

Having dedicated non-work hours is as important as having dedicated work hours. If your work and non-work time begin to blend, you will feel like you are always "on." Here is how to set clear boundaries for your non-working life:

Establish dedicated non-work hours. This does not have to be every hour that you are not working, especially if you need some additional hours outside your dedicated work time to finish up deadline-driven projects or to schedule calls. But, you should have significant portions of the day when you are not working.

Keep your work and personal emails separate. It is tempting to answer emails the moment you see them. To resist that urge, keep your personal emails separate from your work emails, and do not check your work emails during your dedicated non-work hours. If you are worried about going too long without answering emails, schedule a half-hour of dedicated work time for responding to work emails.

Set an automated outgoing email that says when you will be answering emails again. Many workers put a lot of pressure on themselves to answer emails quickly, which can lead to compulsively checking and answering emails. Get clarity from your employer on what sort of turnaround time they expect when it comes to answering emails. Then, build a schedule that allows you to meet expectations while still taking a break from always being available.

Limit computer use for "fun."

Leisure time can be linked to things you do on your computer, smartphone, tablet, or another device. This can make it tricky to disengage from work when you are trying to relax. If possible, have a separate device for reading the news, listening to podcasts, emailing friends, engaging on social media, etc.

Take breaks to recharge throughout the day.

Just like office workers take breaks to chat at the water cooler, wander over to a coworker's cube or eat lunch in a communal dining area, people who work from home need pauses during the day to recharge as well.

Do something you find relaxing that does not involve staring at a screen. Ideally, it should be something where you are moving (as you are likely sitting for long stretches of time during the day). It could be cooking, walking in the neighborhood or taking a bike ride. If you have kids, break time is a great time to engage with them and get them up and moving too.

Health & Fitness Top Tips for Encouraging Kids to Take their Medicine

Trying to encourage your child to take medicine can be a daunting task. Between bitter liquids and chalky chewables, it's easy to see why medicine time can quickly become a stressful experience for both kids and adults.

These three tips can help make the process a little less painful though:

- 1. Talk about it.** Even adults can turn their nose up at taking medication. But, we understand why it is important to our health and well-being. Kids may need the same education. The Children's Hospital of Los Angeles suggests that you listen to your kids about their fears or dislikes – and then chat openly about how the medicine will help and why it's important to take it.
- 2. Give your child a choice.** Allowing your child some agency can help with the process. Whenever possible, let your kid pick liquid or chewable medicine, which flavoring to have added or even whether to take it before or after dinner. Offering these choices, small as they may be, gives your child a sense of control, which can help prevent medicine time from turning into an unnecessary battle between parent and child.
- 3. Improve the taste.** Masking the taste of a medicine can go a long way in helping with adherence, according to the Cleveland Clinic. Many pharmacies offer different flavor options for liquid medications to make them more palatable. And, while a spoonful of sugar won't work as well as Mary Poppins once suggested, giving your child their medicine with applesauce or orange juice can help improve the taste too. The Cleveland Clinic also recommends offering your child a popsicle. It's a sweet incentive that has the added benefit of numbing the tongue, which makes less-than-ideal-tasting medicines more palatable.



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Prep Time
5 minutes

Cook Time
45 minutes

Total Time
50 minutes

Serves
4

August Recipe

Grilled Pork Chops with Peach-Parsley Salsa and Smashed Potatoes

This grilled pork chop dish has three distinct components: brined and grilled pork chops, summery peach salsa and tangy smashed potatoes. You'll save time with some smart multitasking. As the meat brines, you can prep the peach salsa and cook the tangy smashed potatoes, which are essentially skin-on mashed potatoes that are heavy on texture and light on butter and cream. When it's time to light up the grill, you can give the tenderized pork chops your full attention.

Ingredients

- 6 cups cold water
- 1/3 cup kosher salt, plus more to season
- 4 smashed garlic cloves
- 4 bone-in pork chops (at least 1-inch thick)
- 1 teaspoon freshly ground black pepper or salt-free spice or dry rub
- 1 medium peach
- 2 medium beefsteak tomatoes, quartered, seeds removed
- 1/2 medium red onion
- 2 pounds Yukon gold potatoes, skin on, quartered
- 1/4 cup fresh parsley leaves
- 2 tablespoons butter
- 1/2 cup plain low-fat Greek yogurt
- 1 lime

Tools

- Large bowl
- Measuring cups and spoons
- Whisk
- Cutting board
- Chef's knife
- Small bowl
- Large pot
- Potato masher or two forks
- Grill
- Grill tongs or spatula

Instructions

1. Brine the pork chops.

In a large bowl, whisk water and salt until dissolved. Add garlic. Submerge pork chops in brine, and let them sit, refrigerated, for 30 minutes. Meanwhile, prepare the salsa and potatoes.

2. Prepare the salsa.

Finely chop the peach, tomato, onion, and parsley. Squeeze in the lime juice, and season with salt. Refrigerate the peach salsa until you're ready to eat.

3. Cook the smashed potatoes.

In a large pot, cover the skin-on potatoes with at least 4 inches of water. Bring everything to a boil, then boil for 15-20 minutes, until the potatoes are fork-tender. Drain the potatoes, and return them to the pot off the heat. Add butter and Greek yogurt, and use a potato masher to roughly smash the potatoes. Season with salt and pepper. Leave the finished potatoes in the pot so that you can reheat them.

4. Grill the pork chops.

Preheat a grill with the burners on high, until the inside of the grill is at least 450°F. Remove the chops from the brine, and dry them with paper towels. Grill the chops over high heat, about 3 minutes per side, until golden brown grill marks appear. Turn the burners down to medium heat, and continue to grill chops until a thermometer inserted into the thickest piece reads 145°. Let the chops rest for 5 minutes while you reheat the potatoes in the pot over medium heat, stirring often. To serve, garnish each pork chop with a heaping spoonful of peach salsa.

Kids Can!

- Mix brine.
- Stir salsa.
- Smash potatoes with butter and yogurt.

Ask a Pharmacist

What Are Some Ways I Can Help Prevent My Child From Getting Sick When They Go Back To School?

The timing of back to school coincides with the beginning of cold and flu season and ushers in a whole host of new ways for our children to be exposed to cold and flu viruses. Unfortunately, there are no guaranteed ways to prevent illnesses this time of year, but there are some strategies that we can use to reduce risk.



Matt Schwartz
Pharmacist
Hemmingsen Drug Store
Marshall, Michigan

The common cold is caused by a variety of different viruses that cause similar symptoms. There are no vaccines for the common cold and no medications or supplements to reliably prevent catching it (despite what many claim). Cold viruses can live on hands and other surfaces and can infect us when we touch our face, eyes, nose or mouth after encountering it. Therefore, the focus should be on preventing the spread of the cold by focusing on good hygiene. Teach and encourage your children to wash their hands often, to cover their mouth and nose with their elbow when they cough and to avoid touching and rubbing their face throughout the day.

Influenza is a very different illness. Its symptoms are much more severe than the cold, and complications from the flu are responsible for around 56,000 deaths in the US each year. It also spreads more easily from person to person than the common cold. Fortunately, there is a proven way to reduce your child's risk of contracting the flu in addition to practicing good hygiene: the annual flu vaccine. The flu shot has been shown to reduce your risk of catching the flu by 40-60% and will generally reduce the severity of the flu — and your chances of needing hospitalization — if you do happen to catch it. Remember that it takes about two weeks for your body to produce immunity after getting the shot, and always avoid people with known illness whenever possible.

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Local Love

Bright Plaza Pharmacy

WHITTIER, CALIFORNIA

"We are constantly evolving our patient care."



How many years has Bright Plaza Pharmacy been in business?

Bright Plaza Pharmacy was established in 1995. In 2002, the pharmacy moved in the same building to a much larger footprint of 2,500 square feet. The store added the Dr. Java Coffee Company to the front end as well as a Home Medical Section.

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

We love to sponsor local events, schools and fundraisers. We have also partnered with a local philanthropy, Shelter's Right Hand, to support donations that help women who need assistance from the Women and Children's Crisis Center. The pharmacy is a drop-off location for donations that Shelter's Right Hand sells in their thrift store. The thrift store sends all funds directly to the Women's and Children's Crisis Center which assists women and children in need within our community.

How do your patients and community shape your offerings? What keeps your patients coming back?

Our patients view our pharmacy as an extension of their family. Our staff knows patients by name, and we love our patients like they were our own family. We offer delivery, curbside service, bubble packaging, medication sync and almost anything else that will make our patients healthier and happy.

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

Our patients love the fact that they are not a number. Our staff wants to know about each patient and help them with their medication, OTC products, durable medical equipment, delivery and overall health needs. Patients have direct access to our pharmacists and their knowledge.

What does Locally Loved mean to you?

We are proud members of our community and love being an integral part of Whittier's healthcare system.