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HEALTHY

November 2022 Vol 17 Issue 11



TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life

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Remembrance Day – November 11

Also named Armistice Day, this holiday was created to remember those that fell during World War I – which ended at 11 am on November 11, 1918. It became Veterans Day (US) in 1954 and expanded to honor and remember veterans of all wars.

The earliest memorial services honored unidentified soldiers killed in battle. The idea for the *Tomb of the Unknowns* originated with a British chaplain serving in France who came across a grave with a crude wooden cross inscribed with the following words: *An unknown British soldier of the Black Watch.*

The clergyman arranged for the remains to be returned to England, where on Armistice Day in 1920 they were laid to rest in Westminster Abbey. The French honored their unknown dead at the *Arc de Triumphe* in Paris.

A similar practice was proposed by an American general for unidentified American soldiers. In 1921, the body of an unknown soldier was interred in a tomb built in Arlington National Cemetery in Virginia. Today, the *Tomb of the Unknown Soldier* is one of Arlington's most popular sites. It bears the words:

Here Rests In Honored Glory an American Soldier Known But To God.

The nation honors its war dead with special services at the *Tomb of the Unknown Soldier*. Those in attendance observe two minutes of silence, followed by the playing of taps. A wreath is then placed at the tomb, which houses the graves of three unknown Americans who fought in War World I, World War II, and the Korean War. A wreath is also placed at the Vietnam Veterans Memorial in Washington, D.C.

November



Website to visit this month:

How Stuff Works

HowStuffWorks got its start in 1998 at a college professor's kitchen table. From there, it quickly grew into an award-winning source of unbiased, reliable, easy-to-understand answers and explanations of how the world actually works. It is a neat website that helps to explain things in our world.

www.howstuffworks.com

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

<http://www.facebook.com/YourGordonsvillePharmacy>

Also, check out our interesting posts and health tips!



Your Pharmacist Tip of the Month!



Brooks Tune, PharmD

COVID-19 BOOSTERS

The new bivalent booster shots were rolled out in September, designed to better match the current phase of the pandemic by incorporating components from the original version of the virus and the omicron sub variants. The bivalent booster produces an antibody boost similar to that triggered by other boosters of the original shot.

There are benefits to being boosted — particularly for people at high risk of severe illness because of age or underlying health conditions.

Still we need to take precautions when in crowded public spaces or places with poor ventilation. Don't drop your guard just because you've been boosted.

Who is eligible to get a booster?

The Centers for Disease Control and Prevention (CDC) recommended the use of the Pfizer-BioNTech and Moderna updated bivalent COVID-19 booster vaccines as follows:

- The Moderna COVID-19 Vaccine, Bivalent is authorized for use as single booster dose in individuals 6 years of age and older.
- The Pfizer-BioNTech COVID-19 Vaccine, Bivalent is authorized for use as a single booster dose in individuals 5 years of age and older.
- For everyone you should wait at least 2 months after you 2nd dose or last booster.
- If you recently had COVID-19, you may consider delaying your next vaccine dose by 3 months from when your symptoms started or, if you had no symptoms, when you first received a positive test.

Due to the demand for both the new boosters and flu shots, we are making appointments to provide you with these vaccines. Please either go to our website or call the store for assistance with scheduling your vaccine.



8 Fun Facts About Thanksgiving

Here are eight fun facts about Thanksgiving to share around the dinner table.

1. The first Thanksgiving was celebrated in 1621 over a three-day harvest festival. It included 50 Pilgrims, 90 Wampanoag Indians, and lasted three days. It is believed by historians that only five women were present.
2. Turkey wasn't on the menu at the first Thanksgiving. Venison, duck, goose, oysters, lobster, eel, and fish were likely served, alongside pumpkins and cranberries (but not pumpkin pie or cranberry sauce!).
3. Abraham Lincoln proclaimed Thanksgiving a national holiday on October 3, 1863. Sarah Josepha Hale, the woman who wrote "Mary Had A Little Lamb," convinced Lincoln to make Thanksgiving a national holiday after writing letters of support for 17 years.
4. The history of U.S. presidents pardoning turkeys is patchy. Harry Truman is often credited with being the first president to pardon a turkey, but that's not quite true. He was the first to receive a ceremonial turkey from the National Turkey Federation – and he had it for dinner. John F. Kennedy was the first to let a Thanksgiving turkey go, followed by Richard Nixon who sent his turkey to a petting zoo. George H.W. Bush is the president who formalized the turkey pardoning tradition in 1989.
5. There are four towns in the United States named "Turkey." They can be found in Arizona, Texas, Louisiana, and North Carolina.
6. The average number of calories consumed on Thanksgiving is 4,500.
7. Butterball answers more than 100,000 turkey-cooking questions via their Butterball Turkey Hotline each November and December.
8. The tradition of football on Thanksgiving began in 1876 with a game between Yale and Princeton. The first NFL games were played on Thanksgiving in 1920.

Happy Thanksgiving!

Daylight Saving Time Ends

Daylight Saving Time Ends Sunday November 6th this year

"Spring forward, Fall back". The first Sunday of November marks the time when Daylight Saving Time ends in the United States, and the clocks go backward one hour at 2 a.m. This means that the days become shorter and it becomes dark earlier.



Is daylight savings time becoming permanent?

Per the Senate's bill, permanent daylight saving time would take effect on Nov. 5, 2023, if the legislation passes the House and receives the president's signature. As of today, the U.S. House has yet to start discussion on it.

November Quotes

"Opportunities are like sunrises. If you wait too long, you miss them." ~ William Arthur Ward

"It's easy to make a buck. It's a lot tougher to make a difference." ~ Tom Brokaw

"We make a living by what we get, but we make a life by what we give." ~ Winston Churchill

"A wind has blown the rain away and blown the sky away and all the leaves away, and the trees stand. I think, I too, have known Autumn too long." – E. E. Cummings

Health Corner ~ Good News

Having corn on the cob with dinner? Adding a little butter will increase the level of nutrients your body will absorb. Having a salad for lunch? Adding full-fat salad dressing will have the same effect.

Some people avoid fat at all costs. But is this the best thing to do? Many of the healthful compounds in vegetables are fat-soluble. That means your body can't absorb them very well unless fat is present at the same time.

Researchers at *Ohio State University Comprehensive Cancer Center* in Columbus checked for nutrients that were especially important for cancer prevention. Some of the affected nutrients:

Lutein and zeaxanthin found in spinach and kale are important for eye and heart health. *Lycopene*, the red carotenoid found in tomatoes and watermelon, is a potential cancer fighter. **Alpha and beta carotene**, the orange pigment in carrots and cantaloupe, help to reduce cancer rates. **Vitamin E** found in mango, broccoli, and spinach is a powerful antioxidant that neutralizes free radicals in the body that cause tissue and cellular damage.

When some avocado was added to salads, blood tests showed the absorption of *lutein* was 18 times greater than without the fatty avocado. Absorption of *lycopene* increased by 4.4 times, and the increase in beta carotene absorption was 2.6 times.

Fortunately, the amount of fat in the entire meal can aid nutrient absorption. Nutritionists say you should choose at least one food per meal with a high fat content. Try to make sure it's a source of healthy fat.

The Idea Corner

How to Be Truly Thankful

November is a month that focuses on Thanksgiving, so it's an appropriate time to talk about gratitude.



People who are grateful have a sense of contentment to their spirit you just don't find in someone with a less than thankful outlook on life.

Try these tips for being more thankful:

1: Practice gratitude. Whether it's a gratitude journal, a mantra that you recite every day, or just reading inspirational quotes -- gratitude, like any skill, requires practice.

2: Help others. It's an age-old adage; helping other people, helps us. And it's true! Just try it for a day and see how you feel. Whether you're paying it forward in the drive through at Starbucks by buying coffee for the person behind you, you're helping an elderly neighbor clear the snow from their drive, or helping a young child in your life to bake a cake from scratch. Helping others will help ourselves, and will build a life of gratitude.

3: Be present and mindful. Staying present and mindful helps us be thankful for what we have. It also helps us to control our thoughts and can keep us from comparing ourselves to others.

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Similasan
Earache Relief
Ear Drops
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Drops, 25 ct



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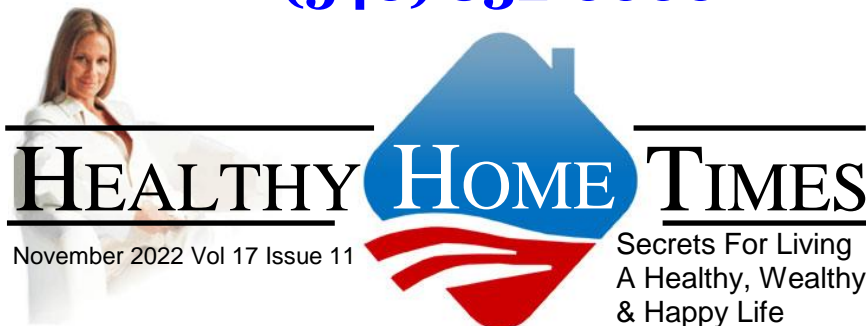
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Medicare Open Enrollment Continues

Plans change coverage each year and your medications may change too. It could make sense for you to change insurance. Did you know that most folks could save around \$800 per year just by making sure that they are on a Medicare Part D plan that fits their medications properly? That's huge!

As a free service, we are here to help you find those savings.

Others may be paid to steer you to a plan that pays them – be careful. While choosing the right Medicare Part D plan can save you money, it can be a confusing process. From **October 15th to December 7th**, you have the opportunity to either continue with your current Medicare Part D plan or switch to a new plan that will take effect on **January 1st, 2023**. As your neighborhood pharmacy, we'd love the chance to make finding the perfect plan a little easier. We're happy to provide you with a free consultation using our resources which allows us to easily pull your drug list right from our database and create a personalized plan comparison report for you. **Not a customer of our pharmacy?** No problem, come in and we can help you with your choice and hope you will become a new customer. This is just another way we serve our community.

FREE

Medicare Plan
Consultation

Flu Shots – Now is the time!

A flu shot can make your life easier. Having the flu can be very uncomfortable and even life threatening. Consider getting an annual flu vaccine to help protect yourself, your family and friends. It's safe and effective.

A brief needle stick can protect you from this dangerous illness. The flu can catch you by surprise with its intensity and leave you feeling sick for many days. A seasonal flu shot is the single best way to protect against the flu. Remember, it can take up to 2 weeks for vaccinations, including the flu shot to reach its full potential.

Call or check out our website for availability.



- What are some ways to be more thankful?**
- (A) Practice Gratitude
 - (B) Be Present and Mindful
 - (C) Help Others
 - (D) All of the above

Happy Thanksgiving

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

gvillepharmacy@yahoo.com

Last Month's Winners and Answer

When does Medicare open enrollment start?

This is also when we can begin to help you choose a different plan than Humana.

A) October 15th

Alice C. – June H. – Judy. B

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

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