

# BE HEALTHY STAY HEALTHY

A monthly guide designed to help improve quality of life.

## COVID Vaccine Update



APR 2021

So much can change in a month! Since our last newsletter, we have received and administered second doses to all patients who had received their first dose from us and were due. Then, after going about a full month without receiving first doses, we received great news from the Pennsylvania Department of Health.

Norland Avenue Pharmacy has been chosen as one of only 300 providers in the state who have best demonstrated the ability to help achieve the goal of getting as many individuals the COVID vaccination as quickly and equitably as possible. We are honored to be provided this opportunity to serve our community, and we are excited to be getting regular deliveries of both Moderna and Pfizer vaccine.

We received our first big shipment of vaccine the week of March 15th. Since then, we have been scheduling and administering over 300 vaccinations each day. We were able to call all of the 4,000+ phone numbers on our vaccination notification list and no longer have the need to keep a list going forward.

***We are happy to report that we now have appointments available on a regular basis!***

We are trying to make scheduling as easy as possible for everyone. If you have internet access, visit our website, [www.NorlandRx.com](http://www.NorlandRx.com), and click on "Schedule Appointment" at the top of the home page. Follow the prompts to schedule your appointment time. Once you have an appointment, follow the link shown to complete and submit your consent form online. If you missed the link after scheduling your appointment, don't worry. You will receive another

link to the consent form in an email that confirms your appointment time.

If you do not have internet access, or just don't like the computer, please come visit us at the pharmacy. We will have you fill out the necessary consent form and schedule your appointment right in the store.

You will need your insurance information when filling out the consent form. If you have Medicare Part B, the information we need is the number off of your red, white, and blue Medicare Part B card. This is no longer your social security number. If the card you have still shows your social security number, you will need to call 1-800-MEDICARE to ask for your new number.

One more thing to keep in mind when scheduling your appointment: if you are getting the Pfizer vaccine, your second dose appointment will automatically be scheduled for three weeks (21 days) later, same day of the week, same time. If you are getting the Moderna vaccine, your second dose appointment will automatically be scheduled for four weeks later (28 days), same day of the week, same time. You will need to be available for both appointments to ensure you get both shots.

*This schedule does mean that we will be giving second doses from April 12th through May 1st. We will have limited first dose appointments available on those days. Please keep that in mind when looking for an appointment.*

On the day of your appointment, please arrive at the pharmacy no more than 10 minutes prior to your appointed time. We are administering three shots every five minutes,

so it is important that we not have extra people in the pharmacy. We are doing our best to adhere to social distancing guidelines for your safety and the safety of our staff.

When you get here, please check in at the table in the hallway. One of our greeters will ensure that your consent form is complete and accurate prior to directing you to one of our vaccinators. If you forgot to fill out your consent form, you will be asked to fill out the form and provide it to one of our technicians in the store. The technician will then process the vaccination through our computer system and send you back to the greeters in the hallway. You will then be directed to one of our vaccinators for your shot.



Once you have been vaccinated, you will receive a vaccination card that will have documented what vaccine you received and when your second dose appointment is scheduled for. You will want to keep this card and bring it with you to your second dose appointment. You will then be asked to wait at the pharmacy for about 15 minutes to ensure you don't have any negative reactions to the vaccine prior to leaving.

Our goal is to make this experience as easy and pleasurable as possible. If there's anything we can do to assist you, please don't hesitate to ask.

**“It’s always something to know you’ve done the most you could. But, don’t leave off hoping, or it’s of no use doing anything. Hope, hope to the last!”**

– Charles Dickens

## The Best Medicine

Just spent \$300 on a limousine and discovered that the fee doesn’t include a driver...

Can’t believe I’ve spent all that money and have nothing to chauffeur it!

Today I learned that if you are in a canoe and it flips over in the water you can safely wear it on your head...

Because it’s capsized!

I asked the surgeon if I could administer my own anesthetic. He said, “Sure, knock yourself out!”

## National Recognition for Norland

In recent years independent pharmacies have faced pressures from all angles. Low and slow reimbursement, DIR fees, chain and online competition, and more. As if that weren’t enough, 2020 brought a devastating global pandemic, forcing pharmacies to reimagine and adapt, often on the fly. With that in mind, the National Community Pharmacy Association (NCPA) Innovation Center Excellence Awards for 2021 took on extra meaning. They recognized pharmacies that have demonstrated excellence in their marketing and merchandising. We’re excited to announce that Norland Avenue Pharmacy was awarded the Best Marketing/Promotion NICE Award.

When the COVID-19 pandemic caused us to close the doors to the pharmacy and caused you to quarantine, we focused on finding ways to stay connected. We turned to social media, outdoor “yard sales” in our drive-thru, delivery, and curbside service. We tried to go the extra mile to serve you and provide the necessary items including hand sanitizer, masks, supplements to boost immunity, and toilet paper.

During quarantine, we tried to keep things fun. If you look through our videos on Facebook, you will find our Spice Girls parody and many other great clips, some educational and some just entertaining! If you haven’t already followed us on Facebook, please take a minute to do so. We post regularly and offer many free giveaways.

We are so thankful to each of you for supporting us through 20 years in business. It is our pleasure to help you to be healthy and stay healthy. We hope to serve you and your family for many years to come.



## Biblical Health Tip

### **WARNING: Being Foolish is Harmful to Your Health**

*Psalm 107:17—Some became fools through their rebellious ways and suffered affliction because of their iniquities.*

Some illnesses are the direct result of rebellious, foolish acts. Many people, without thinking of the consequences, indulge their passions with no restraint. As a result they may experience drunkenness, obesity, stress brought on by debt, broken homes, broken relationships, and even sexually transmitted diseases.

Here is a remedy for the foolish...

*Psalm 107:20-22—He set forth his word and healed them; he rescued them from the grave. Let them give thanks to the Lord for his unfailing love and his wonderful deeds for men. Let them sacrifice thank offerings and tell of his works with songs of joy.*



## 20% OFF NORDIC NATURALS

### SELECT PRODUCTS, APRIL 1st-17th

- Children’s DHA 8oz (reg \$25.95) **Sale \$20.76**
- Children’s DHA 180ct (reg \$24.95) **Sale \$19.96**
- Children’s DHA Gummies (reg \$21.95) **Sale \$17.56**
- Children’s Eye Health Gummies (reg \$26.95) **Sale \$21.56**
- Ultimate Omega Junior 90ct (reg \$29.95) **Sale \$23.96**
- Ultimate Omega 180ct (reg \$69.95) **Sale \$55.96**
- Ultimate Omega 120ct (reg \$49.95) **Sale \$39.96**
- Arctic Cod Liver Oil 180ct (reg \$43.95) **Sale \$35.16**
- Arctic Cod Liver Oil 90ct (reg \$22.95) **Sale \$18.36**
- Arctic Cod Liver Oil Orange 16oz (reg \$48.95) **Sale \$39.16**
- Arctic Cod Liver Oil Orange 8oz (reg \$27.95) **Sale \$22.36**
- Arctic Cod Liver Oil Strawberry 8oz (reg \$27.95) **Sale \$22.36**
- Arctic Cod Liver Oil Plain 8oz (reg \$26.95) **Sale \$21.56**

## Featured Non-Profit

A portion of our sales for the month of April will be donated to the...

### Children's Aid Society

Since 1884, they have been changing the lives of children and youth in Chambersburg. Established as an orphanage, the agency has grown in response to the growing needs. For more information visit [cas1884.org](http://cas1884.org).

## Meet the Team: Jen Tustin

Jen joined the pharmacy in December of 2018 after working at CVS for many years. She started out as a pharmacy technician and later moved into our inventory position. She has now also taken on the role of compliance officer. In her free time, Jen enjoys reading and spending time with family. Her favorite part of working at the pharmacy is helping patients find those hard to find medications. Be sure to say hi to Jen the next time you stop by the store.



## Relaxing Epsom Salt Soak

### What you'll need:

- 1 1/2 cup Epsom salt
- 1/4 cup baking soda
- 2 Tbsp Castile Soap or unscented body wash
- 16 drops of Plant Therapy Relax Blend

### What you'll do:

- Mix all dry ingredients together in a bowl
- Mix body wash and essential oils in a separate bowl
- Blend dry and wet ingredients together, mixing well
- Store in an airtight container

### Directions:

Add several tablespoons of soaking salts to a warm bath. Seal container between uses.



*May Christ's glory and the promise of this joyous time of year, bring peace and happiness to you and those you hold most dear.*

## Ashli Yoder, Norland's Rising Star

The Greater Chambersburg Chamber of Commerce honored eight health care workers for their outstanding care and service to the community during the virtual Health Care Heroes Awards Ceremony on March 23rd with 120 people in attendance. Our very own pharmacist and clinical services director, Ashli Yoder, was presented the Rising Star Award.

"The global pandemic has been challenging for everyone, but no one has borne the brunt of it more so than our health care workers," said Stephen Christian, president of the Chamber. "It is our honor to recognize these individuals and the industry as a whole for all they've done for us this past year."

The Rising Star Award was designed for a health care worker with less than three years of experience who had demonstrated ingenuity and dedication to the health care field. Ashli began working at Norland the day the U.S. began COVID-19 restrictions. She has been an invaluable asset to the pharmacy team over the past year.

Ashli oversees a team of three technicians that has helped grow our in-house medication synchronization program by 20% in the past six months. As part of her responsibilities she oversees our vaccination programs including the plan to distribute COVID-19 vaccines. Ashli has earned the Rising Star Award for her exceptional efforts at the pharmacy in such a short period of time.

**Join us in congratulating Ashli on all she has accomplished in her short amount of time with us. This is a well deserved award, and we are very proud of you. Keep up the great work!**



# 20% off e-cloth

Spring cleaning time is here. E-Cloth has made a smarter, healthier, and simpler way to clean. Drop the disposables. Cut the chemicals. E-Cloth will remove dust, dirt, and grime with the purest compound on earth: water. Find a hard surface in your home, and we'll show you the task-specific E-Cloth product to clean it. Best of all, the precision-engineered fibers are designed to work brilliantly with water for each task and surface—without risk of scratches or residue left behind.

**Sale runs April 19th-30th.**



## Mark Your Calendar

- Apr 2** Close at 3pm for Good Friday
- Apr 1-17** 20% Off Select Nordic Naturals Products (details on page 2)
- Apr 19-30** 20% Off E-Cloth Products

*COVID vaccination appointments can be made on our website: [www.NorlandRx.com](http://www.NorlandRx.com).*

## Norland Avenue Pharmacy LLC

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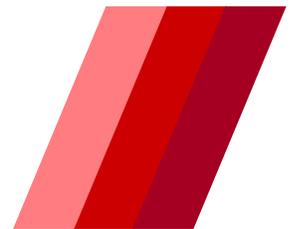


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- Colossians 4:5

*"Be wise in the way you act toward outsiders; make the most of every opportunity."*



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