

BE HEALTHY STAY HEALTHY

A monthly guide designed to help improve quality of life.



Re-Opening

We are excited to announce that we are going to re-open our store to foot traffic on Monday, June 1st. While we have missed you all and are excited to see you again, we want to ensure we are doing everything possible to protect each of you, our staff, and our families. We don't know how long all of this will be in place. Nor does any of us know how long this virus will be around. But for now, this is the plan:

1. Starting Monday, June 1st, the pharmacy will be open to foot traffic on weekdays. We will be open on Saturdays from 8am-1pm to serve you in the drive-thru or curbside only as WellSpan does not have either door to the building open on Saturdays. The door to the building closest to the pharmacy will remain locked through the week as well. This means you will need to enter the building through the main entrance Monday through Friday. WellSpan has set up a screening table at this door, and everyone will need to go through the screening process in order to enter the building.
2. We will follow the CDC guidelines for pharmacies (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/pharmacies.html>). These guidelines include all employees wearing masks.
3. We will limit the store front to 15 customers at a time which allows ample space for social distancing. Signs have been placed around the store to encourage keeping a safe distance, and we have installed plexiglass dividers at each register and window. The waiting room chairs and kids' table will be removed for the time being.
4. We will continue curbside deliveries and free shipping for purchases over \$50.
5. We are starting to give vaccinations on a limited, by appointment only, basis.
6. Our staff will be sanitizing touchpoints often and washing their hands at least hourly.

We are excited to be able to serve you again in the pharmacy. Looking forward to seeing you!

ATTENTION: ALL PATIENTS TAKING COMPOUNDED MEDICATIONS

Our compounding lab will be closed for renovations the week of July 20th. Please plan accordingly to have your compounded prescriptions filled, so you don't run out during this week. If you have any questions, please call us at (717) 217-6790. Thanks for your understanding.

A cluster of colorful ovals containing text. The ovals are arranged in a roughly circular pattern. The text inside the ovals includes: "CUSTOMER APPRECIATION" (blue oval), "SALE" (green oval), "20% Off" (orange oval), "VITAMINS" (yellow oval), "SUPPLEMENTS" (light green oval), "ESSENTIAL OILS" (purple oval), "GIFTS" (pink oval), and "JUNE 1-15" (teal oval).

We appreciate your support through this pandemic. Please enjoy 20% off all regularly priced vitamins, supplements, essential oils, and gifts from June 1st through the 15th.

“Love is the last thing we need to ration right now. Comparative suffering is dangerous. Empathy is not finite. When we practice empathy, we create more empathy. The exhausted ER doctor doesn’t benefit more if you reserve your empathy only for her and ignore your feelings or withhold empathy from someone lower on the ‘suffering scale.’ Hurt is hurt, and every time we honor our own struggle and the struggles of others by responding with empathy, the healing that results affects all of us.”

– Brene Brown

The Best Medicine

I used to spin the toilet paper like I was on Wheel of Fortune. Now I turn it like I’m cracking a safe.

I need to practice social distancing from the refrigerator.

My body has absorbed so much soap and disinfectant lately that when I pee it cleans the toilet.

Day 14 of homeschooling: my daughter just said she hopes she doesn’t get the same teacher again next year.

events

EQ Café & CBD Zoominars

We hope you are well and safe during this challenging time. Last October, we hosted an Emotional Intelligence (EQ) Café event on anxiety. We had no idea that within five months, our world would face a pandemic and unprecedented social distancing requirements. Unfortunately, anxiety is now more intense than ever, and many people are struggling to adjust to a new normal.

All this change leaves us asking: **Who do we want to be during this time of uncertainty?** Using the wisdom of our emotions, we can answer that question. Sharing the emotions that many of us are experiencing helps us gain clarity about how to create positive outcomes for ourselves and others. With a clear focus, we can concentrate our efforts on the things that are within our control.

As such, we are excited to invite you to the **EQ Café—Exploring Emotions in Uncertain Times**. We are offering two dates and time: **Monday, June 15th, from 7-9pm OR Thursday, June 18th, from 3-5pm**. This is a time to come together and share emotions to create energy for what matters most. Feeling connected to yourself and others at this time is very important for your mental and physical well being. These gatherings bring a sense of community, connection, and emotional awareness.

Due to social distancing, the EQ Cafés are now hosted on the Zoom platform, but the content and agenda provide several opportunities to have "break out" rooms and large group participation. The Café, hosted by Michaelle Plotner, will be limited to no more than 25 participants and will last approximately 120 minutes.

Michaelle shares, “I’ve learned to create energy for what matters most during this time of uncertainty. I’m practicing the EQ process to navigate the waves of emotions and the ever-changing circumstances that threaten to keep me submerged in pessimism and fear. Having a community of people who are also committed to creating positive change amid this pandemic sustains my motivation.”

Many people around the world and in our local area are looking for ways to navigate intense emotions. With anxiety at an all time high, we feel that it would be a good time to offer **The ABCs of CBD** in a Zoominar format. Join us on **Tuesday, June 16th, from 2-3pm** to see if CBD would be a good option for you. We have heard success story after success story of people taking hemp based products to help with anxiety and insomnia. Join Dr. Wayne Myers and specialist Sharon Smith as they share what we have learned about CBD, what you need to look for when buying CBD, and how you know how much to take.

For more information or to register for an EQ Café, visit <https://drive.google.com/file/d/1NKNm1ydlx8Xa9DaIgJtHx1libeIUbA2nw/view?usp=sharing>.

To register for The ABCs of CBD, visit <https://www.norlandrx.com/events.html> and fill out the form. You must provide your email address in the additional information field so that we can get you the Zoominar details.

Biblical Health Tip

Trust God with Your Life

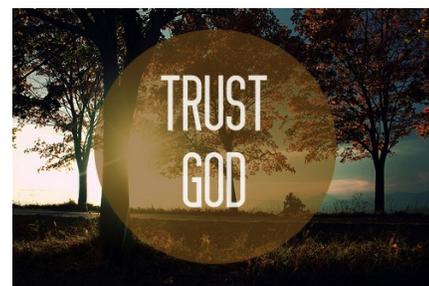
The Bible talks about something that science is slowly starting to acknowledge – the power of faith and prayer. God asks us to trust Him completely, and he will take care of all our needs including our health, finances, and career. Could this be the secret to a long and fruitful life?

But lest we be misunderstood, patients must also seek the benefits of modern science and consider their doctor’s advice. Doctors may be an extension of God’s healing hand.

As you can see, religion and science are not really at odds with each other. It is just that God’s thoughts are higher than our thoughts. Let those who have eyes, see. Over 2,000 years ago, God gave us the blueprint for a healthy life, written in the holy pages of the Bible.

Trust Him! Take your needs to Him in prayer. Trusting God and praying is a great way to reduce the stress in your life.

Philippians 4:6 – *Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.*



Featured Non-Profit

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

New Hope Shelter

The New Hope Shelter provides food and lodging to about 150 people a year. Every resident is provided the tools to find employment and permanent housing. Visit www.newhopeshelter.org.

Meet the Team: Daniel Carrillo

Daniel joined the pharmacy team in 2019 as a pharmacy technician. Since then, he has also trained in Customer Care and as a compounding technician. He is a graduate of Chambersburg Area Senior High School and has a passion for playing bass and electric guitar which he does on the worship team at his church. Daniel speaks fluent Spanish which is a great help in the store. He loves working in the pharmacy because he knows it's making an impact on someone's life. In fact, he loves it so much, he hopes to become a pharmacist.



Kid Safe Anxiety Inhaler Recipe

In a small glass dish, add the following essential oils and stir. Using tweezers, roll the wick of a pocket inhaler in the oils until they are absorbed. Place the wick inside of the inhaler.

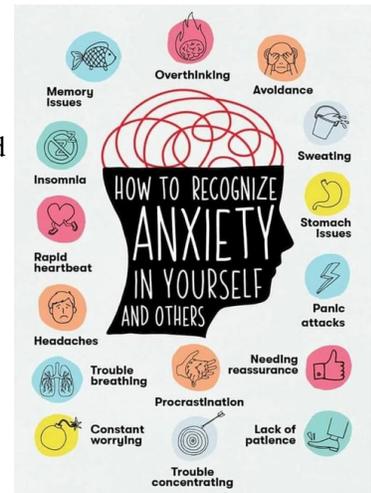
4 drops of Bergamot: helps soothe the nerves and reduce nervous tension, anxiety, and stress, all of which can help with ailments associated with stress such as high blood pressure, insomnia, and depression. They can also stimulate the activity of certain hormones in the body like dopamine and serotonin, which induce feelings of relaxation and sedation.

4 drops of Frankincense: known to help calm the mind while also boosting mental clarity. It's the perfect oil for both anxiety and sleep blends.

3 drops of Roman Chamomile: effective in calming down annoyance, anger, and irritation, particularly in small children.

2 drops of Ginger: stimulating and therefore helps relieve depression, mental stress, exhaustion, dizziness, restlessness, and anxiety.

Directions: Remove cap from inhaler and take three to four deep inhalations as needed. Scent should last for several months, depending on how often it's used. Not recommended for use with children under the age of two years.



Congratulations to Our Graduates

This pandemic has been a difficult time for graduates, so we are extra excited to give a shout out to our graduating team members: Bailey, Grant, and Ashli.

When the pandemic hit, we decided to split the pharmacy staff into two teams to ensure we would be able to stay open, even if someone on the staff was exposed. However, this left us quite short-staffed at times. Bailey Dockman was at home finishing her senior year at St. Maria Goretti High School and—at the request of her mom—agreed to join the team to help out.

She has been a spark to the staff each day she comes in. Bailey will be starting college in the fall at Mansfield University where she is majoring in criminal justice and playing on the women's soccer team. Congratulations, Bailey! We will miss you.

Grant Frey is graduating from Duquesne University School of Pharmacy. Grant joined our team as a pharmacy intern back in 2017 and has served as a

pharmacy technician, in customer care, and as a rapper extraordinaire! (If you missed that video, it's on our Facebook page). He will be spending the next few months studying to take his licensing exams. Grant hopes to do a one year residency and then practice locally as a hospital pharmacist. Congratulations, Grant! Best wishes in all you do.

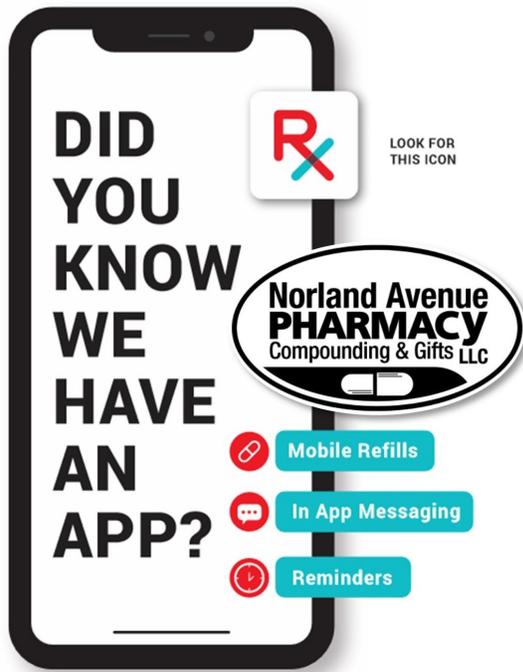
Our final graduate is Ashli Yoder. Ashli completed one of her mandatory rotations at Norland Avenue Pharmacy and was a great fit. She is graduating from the Bernard J. Dunn School of Pharmacy at Shenandoah University, and we are excited to announce that Ashli will be joining us as a full time pharmacist as soon as she passes her licensing exams!

Originally from the Altoona area, Ashli currently lives with her husband in Greencastle. She will be focusing her efforts at the pharmacy in leading our clinical services team which handles our RxSync program, medication therapy

management consultations, and vaccinations.



During this unprecedented time, we ask that you join us in celebrating the accomplishments of these three individuals. They have each made the pharmacy a better place, and we are excited to see what God has in store for them in the future. Congratulations graduates!



Mark Your Calendar

- June 1-15 Customer Appreciation Event: 20% Off Regularly Priced Gifts, Vitamins, Supplements, & Essential Oils
- June 15&18 EQ Café Zoominar (details on pg 2)
- June 16 The ABCs of CBD Zoominar (details on pg 2)
- June 21 Father's Day

We continue to pray for your health and safety.

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"Let your gentleness be evident to all."
 - Philippians 4:5



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