

# BE HEALTHY, STAY HEALTHY

A monthly guide designed to help improve quality of life.

May 2022



## Your Memory is Precious, Protect It

Your memories make up who you are, and your cognition impacts your ability to have a productive, social, and balanced life. Already nearly six million Americans are suffering from Alzheimer's disease. In response to this growing health issue, Norland Avenue Pharmacy is excited to announce that we now offer Cognivue Thrive™ assessments to our patients.

Cognivue Thrive is the only computerized assessment program based on the same FDA-cleared technology used to assess cognitive health by neurologists (physicians who specialize in the brain). While loss of cognitive abilities is the number one fear among people of all ages, very few have ever had a professional brain health assessment to understand and establish a baseline measure.

Cognivue Thrive uses advanced technology to compute a Brain Health Score for three important cognitive areas...

**Memory:** The ability to store and use information when needed.

**Visuospatial:** The ability to visualize yourself and your surroundings.

**Executive Function:** The ability to concentrate and problem solve.

In addition to two critical brain performance metrics...

**Reaction Time:** The time it takes to physically react to situations.

**Processing Speed:** The time it takes to mentally process a task.

People of all ages should know the health of their brain just as they know

the health of their body through blood pressure readings and/or blood sugar and cholesterol numbers. Many underlying factors could be negatively impacting your cognitive health, and you may not recognize it until it's too late. Memory loss and other cognitive issues may occur due to a variety of reasons that can be treated and managed, including, but not limited to...

- Diabetes
- Sleep Disorders
- Cardiovascular Issues
- Poor Lifestyle Choices
- Hearing or Vision Loss
- Medication Side Effects
- Vitamin B12 Deficiency
- Head Injuries / Concussions
- Stress / Depression / Anxiety

Getting older doesn't have to lead to memory loss or dementia. Early detection is key to reducing your risk of memory loss and permanent cognitive impairment. Understanding your Brain Health Score today and tracking your scores over time, with annual screenings, will help you take control of your memory and brain performance.

When you stop by the pharmacy and ask for a Cognivue Thrive assessment, you will be



taken to our consultation room where you will watch a brief introductory video then complete the com-

puterized screening. Thrive is not a question and answer type of test. It is a short, five-minute computerized assessment using only a simple spinning wheel.

At the completion of the assessment, one of our pharmacists will provide your personalized results along with a Cogniwell individualized action plan to help guide changes in lifestyle to optimize your brain memory and performance. Studies have shown taking proactive steps now may help reduce your risk of getting dementia.

If someone is already having memory loss or other cognitive issues, there are things they can do now, that could slow down their memory loss and even improve their brain performance. Establishing a baseline score and having annual assessments are recommended for older adults, adults, and even children who are concerned about their memory or who play sports that could result in a head injury.

No appointment is necessary for a Cognivue Thrive assessment, just stop by during regular business hours and talk to any of our team members. Each assessment costs just \$25.

Memory loss can impact many areas of life, including your ability to remember to take medications as prescribed. Knowing your Brain Health Score now will enable you to take charge of your cognitive health when and where it matters most.

***Brain Health is Essential to Optimal Health!***

# Rapid COVID Testing Available Now

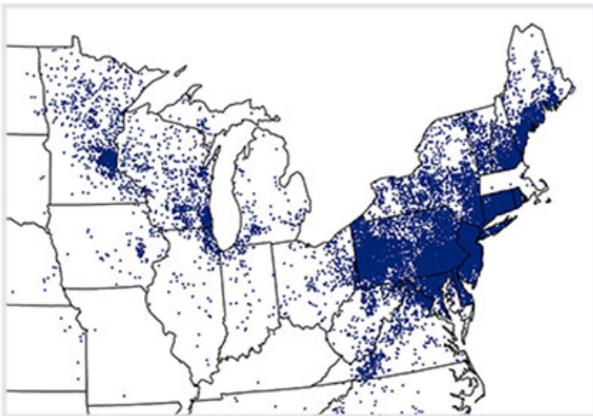
Norland Avenue Pharmacy is now offering Rapid PCR Accula COVID-19 tests:

- Accula tests are considered the gold standard for COVID testing and are accepted for international travel, surgeries, back-to-school and more!
- Positive Accula PCR test results are 100% accurate while negative tests are 99.8% accurate.
- Patients three years of age and older are eligible—no prescription, referral, or appointment required.
- Tests are conducted by a licensed pharmacist at your vehicle.
- The test consists of a gentle nasal swab with results in 30 minutes.
- The COVID test costs \$99, we do not bill insurance.



When you arrive at the pharmacy, park in one of the marked parking spaces at the end of the handicap parking section, and call the pharmacy on the phone number listed on the sign in front of you. Do not exit your vehicle. We will take your payment information over the phone and send a pharmacist straight to your vehicle to conduct the test.

**Call (717) 217-6790 with questions.**



**Reported Cases of Lyme Disease—US, 2018**

## FREE LYME DISEASE SEMINAR

**THURSDAY, MAY 26TH, 7:00PM**

**GRAND POINT CHURCH, CHAMBERSBURG**

**GUEST SPEAKER: DR. ROBERT MAUSS**

Pennsylvania and Vermont lead the country with the highest number of confirmed Lyme Disease cases. According to the Centers for Disease Control (CDC), Pennsylvania had 106,718 confirmed cases from 2000-2018. Dr. Mauss will join us to tell you everything you need to know in this informative seminar. You don't want to miss it.

**Seating is limited, please reserve your spot:  
(717) 217-6790 or [www.NorlandRx.com/events](http://www.NorlandRx.com/events).**

## Non-Profit of the Month

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

### House of Grace

The House of Grace is a non-residential, Christ-centered, life skills education, and mentoring program. The skilled staff and volunteers provide free services in a safe and nurturing environment to meet the practical and spiritual needs of their clients. For more information, call 717-709-0085.

# Essential Oils Make & Take Workshop

First Aid Lotion Sticks Kit  
Tuesday, May 24th  
11am, 2pm, OR 5pm

Essential oil specialist Sharon Smith has organized a great new workshop perfect for spring. Each attendee will make and take six lotion sticks:

1. Bug Balm
2. Skin Soother
3. Headache Helper
4. Tummy Soother
5. Decongestant Aid
6. Pain Tamer



Attendees will also receive a carrying case and a recipe book with all six blends. There is a \$30 fee per person to be paid at the time of registration. Space is limited in each class, so be sure to register early.

**To register, please stop by the store or call with payment over the phone: (717) 217-6790.**

## Delivery Update

We are happy to offer delivery service to our patients. For same day service, requests must be received by noon. Beginning May 1st, all deliveries will be made after 1pm as follows:

**Tier 1** (0-4 miles) - FREE, Monday-Friday

**Tier 2** (4.1-8 miles) - \$3, Monday-Friday

**Tier 3** (8.1-15 miles) - \$5

**Tier 4** (15.1-20 miles) - \$7

**Tier 5** (>20 miles) - fee determined by management



**For Tiers 3-5:**

North of Route 30: Mon & Fri

South of Route 30: Tues & Thur

**Call with questions.**

## Proverbs to Live By

### God Knows Everything You Do, Say, or Think

*Proverbs 15:3 – The eyes of the Lord are everywhere, keeping watch on the wicked and the good.*

*Proverbs 15:11 - Death and destruction lie open before the Lord—how much more the hearts of men!*

Nothing is hidden from God, including our thoughts. This knowledge can be comforting or fearful, depending on your relationship with Him. Let us join the psalmist who wrote...

*Psalms 139:23-24 - Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.*

## Drive-Thru Update

Since the COVID pandemic began, our drive-thru has been busier than ever. In an effort to provide top notch customer service to all of our patients, even those in the drive-thru, we are initiating some new regulations.

Drive-thru transactions are reserved for patients picking-up fewer than eight prescriptions, patients who have pre-paid for their prescriptions, and patients dropping off prescriptions.

If you have a return, exchange, or insurance issue, we ask that you come into the store for service.

If you are picking-up eight or more prescriptions, you have a few options. You can come into the store and allow us to serve you at the registers. Or, you can call and pay for your prescriptions ahead of time then pick them up at the drive-thru window.

Thanks for your understanding and cooperation. We look forward to serving you!

## LOL: The Best Medicine

Not a single person asked if I could run fast in my new shoes today. Being an adult is stupid.

A company owner was asked, "How do you motivate your employees to be so punctual?" He smiled and replied, "It's simple. I have 30 employees and 29 free parking spaces. One is paid parking."

I remember the first time I saw a universal remote control. I thought to myself, "This changes everything."

What do you call a hippie's wife? Mississippi.

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## Mark Your Calendar

May 1-14	20% Off All Jewelry
May 2-4	Tea Time Sampling (9am-3pm)
May 24	Essential Oils Make & Take (pg 3)
May 26	FREE Lyme Disease Seminar (pg 2)
May 30	Closed for Memorial Day

**Pfizer & Moderna vaccinations and boosters:  
Mon-Fri 9am-6pm and Sat 8:30am-12:30pm**

## 20% OFF ALL JEWELRY MAY 1ST-14TH

FREE GIFT BAGGING INCLUDED



## Join us for Tea Time

We are excited to be carrying True Honey Teas in our Gift Shop. True Honey Teas is a family-run business that strives to only use natural ingredients and makes their tea with a touch of honey. They feel that traditional tea bags have never been strong enough, so they double the amount of tea in each bag. We will be offering free samples, May 2nd-4th, from 9am-3pm. We hope you will stop by and join us for a spot o' tea!

**Monday-Wednesday  
May 2nd-4th  
9am-3pm**

*Stop by and  
taste for yourself!*



*"Because of the Lord's great love we are  
not consumed, for His compassions  
never fail. They are new every morning;  
great is Your faithfulness."  
- Lamentations 3:22-23*

Return Service Requested

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