FEEL BETTER, BE HEALTHIER, START NOW

NEWSLETTER

A JOINT PUBLICATION BROUGHT TO YOU BY...

November 2026

ALL IS CALM… OR IS IT? SLEEP, STRESS, & THE HOLIDAY SEASON

Your calendar is full, your to-do list is growing, and your brain has decided 2:00am is the perfect time to review everything you forgot to do. Sound familiar?

The holidays are meant to be joyful, but between shopping, cooking, family gatherings, and year-end responsibilities, stress can sneak in and steal your sleep. Unfortunately, poor sleep and stress often fuel each other: stress makes it harder to unwind, and a restless night leaves you less equipped to handle the next day's challenges.

Give Your Mind Permission to Unplug

A few simple habits can make a difference:

- Keep a consistent bedtime. Your body loves a routine, even when your holiday schedule doesn't.
- Put your worries on paper. Make tomorrow's to-do list before bed so your brain doesn't have to rehearse it all night.
- Set boundaries. You don't have to attend every event, bake every cookie, or make every holiday moment perfect.
- Create a wind-down ritual. Dim the lights, put away your phone, and spend a few minutes reading, stretching, or praying.
- Watch the caffeine. That afternoon coffee may still be working when you're ready for bed.

Meet L-Theanine: A Little Help With Unwinding

If your mind has trouble shifting out of high gear, L-theanine may be worth considering. This amino acid is naturally found in tea leaves and has been studied for its potential to support relaxation and healthy sleep.

Research suggests L-theanine may help reduce some measures of everyday stress and improve aspects of sleep quality. It isn't a sleeping pill, and the evidence is still developing, but it may offer support for some adults who struggle to relax. It won't replace healthy sleep habits or treatment for persistent insomnia.

We recommend Healthy Living Solutions L-Theanine 100mg.

For Daytime Stress

A common supplemental dose of L-theanine is 100–200 mg, taken during the day as directed by the product label or healthcare professional.

For Relaxation Before Bed

Some studies have used 200 mg or more in the evening, often about 30–60 minutes before bedtime. The ideal dose and timing are not firmly established.



L-theanine can generally be taken with or without food. Be sure to give it a fair trial. As with any supplement, you won't see the full effects after just a few days. We recommend at least a one-month trial. Pay attention to changes in relaxation and sleep quality, but don't increase the dose automatically if you don't notice a benefit.

As with any supplement, check with your healthcare provider or pharmacist before starting L-theanine, especially if you take medications or have an existing health condition.

This holiday season, give yourself permission to slow down. You don't have to do everything to make the season meaningful. Sometimes, the best gift you can give yourself—and the people you love—is a calmer mind and a good night's sleep.

Stop by and talk with our team about whether L-theanine may be right for you!

Feel better, be healthier, start now.



Cheryl Hade

Cheryl is a retired nurse, who joined Norland in 2024. A Chambersburg native and Penn State graduate, Cheryl previously worked in a primary care physician's office. She loves educating patients and helping them improve their health and quality of life. She especially enjoys supporting women dealing with perimenopause or menopause through bioidentical hormone replacement therapy (BHRT). Outside of work, Cheryl enjoys time with her children and grandchildren, caring for her pets, walking, and being outdoors. Her faith is central to her life, and she says spending time in nature reminds her of God's greatness and His presence.

PERSONALIZED CARE FOR INTIMATE COMFORT

Vaginal dryness, irritation, and painful intimacy are common, especially during perimenopause and menopause. Declining estrogen levels can cause vaginal tissues to become thinner and drier, affecting comfort, confidence, and quality of life. But you don't have to simply accept these symptoms as a normal part of aging!

When it comes to vaginal dryness, one approach doesn't work for everyone. That's where our compounding expertise can help. We work with your healthcare provider to prepare customized medications when a commercially available product isn't the right fit for your individual needs.

Depending on your symptoms and your prescriber's recommendations, we offer several compounded options:

- Hormone-based creams containing estradiol or estriol for appropriate patients experiencing hormone-related changes.
- DHEA cream as another option your provider may consider.
- Non-hormonal hydration support with ingredients such as hyaluronic acid and vitamin E.

Our goal is to help you and your healthcare provider explore an option that fits your needs, preferences, and treatment plan. Because compounded medications are individually prepared, they may offer an alternative when an available product doesn't meet a patient's specific medical needs.

You don't have to suffer in silence. Talk with your healthcare provider about your symptoms, then call Norland Avenue Pharmacy to learn more about our compounding services. We're here to answer your questions and help you take the next step toward greater comfort and confidence.



Q. If farmer A sells apples and farmer B sells bananas, what does farmer C sell?
A. Medicine

I asked the surgeon if I could administer my own anesthetic. He said, "Sure! Knock yourself out."

A surgeon was invited to Thanksgiving dinner at a friends house. The host deftly carved the turkey and said, "Don't you think I'd make a good surgeon?" The surgeon replied, "Anybody can take it apart. Let's see you put it back together."

INFLAMMATION, ENERGY, & WEIGHT



FREE SEMINAR

DATE: WED, NOV 18TH

TIME: 6:00PM

SPEAKER: HEATHER TILLMAN, MSN, CRNP, FNP-BC, BOARD CERTIFIED FAMILY NURSE PRACITIONER SPECIALIZED IN FUNCTIONAL MEDICINE

Why Feeling Tired or Stuck Isn't a Failure

In this session, you'll learn:

- What inflammation is and why it matters
- How inflammation affects energy, pain, and weight
- The role of blood sugar and stress in chronic fatigue
- Why "doing everything right" doesn't always work
- Small changes that help calm inflammation naturally

You'll walk away with a new way to think about fatigue, weight struggles, and chronic symptoms.

Seating is limited, call the pharmacy or visit the events page of our website to reserve your spot.



SEASON OF GIVING

When you come to the pharmacy this November or December, bring a non-perishable food item to donate to a local food pantry. In return, we will give you a 20% off coupon to be used on a regularly priced gift item in the store. If you don't have a food item, we will have baskets of personal care items that you can purchase at cost as your donation.

Thanks for helping us give back to the community.

FOCUS ON FOOT HEALTH

If you or a loved one has diabetes, protecting your feet is about more than comfort - it's a critical part of staying healthy. Dr. Comfort shoes are especially designed to reduce the risk of skin breakdown, pressure ulcers, and foot injuries that can lead to serious health complications.

Unlike standard footwear, Dr. Comfort shoes are crafted with extra depth, seamless interiors, and specialized insoles that cushion and support sensitive feet. They help prevent blisters, calluses, and pressure points that are dangerous for diabetics who may have reduced sensation/circulation.

Medicare and most supplemental plans cover one pair of diabetic shoes and three custom inserts per year with proper documentation. Medicare Advantage does NOT provide this coverage. Be sure to get a professional fitting to ensure the shoe will accommodate your foot shape and any bunions, hammertoes, etc. Ill-fitting shoes, even diabetic ones, can still cause harm.

It starts with getting fitted. Call Norland Avenue Pharmacy at 717-217-6790 to schedule your appointment with our fitter.

SCENTsational Seasonal Gifts Make & Take Workshop

Looking for a unique gift idea? Join specialist Sharon Smith to make six essential oil items that create a perfect set for gift giving:



- Ache Away Roller
- Chest Congestion Lotion
- Energy Booster Inhaler
- Relax Inhaler
- Soothing Bath Salts
- Tummy Aid Gel

Pick from two dates, times, and locations:

Wednesday, December 9th, 3:00pm, Norland Avenue Pharmacy, 12 St. Paul Drive, Chambersburg

Thursday, December 10th, 6:30pm, Biblical Education Center, 1542 Buchanan Trail East, Greencastle

Each set will include gift packaging. The cost to join Sharon and make one set is $30. Please call or stop by the pharmacy and make a payment to reserve your spot in the workshop.

For the first time ever, we are offering the option to make more than one set. Please let our team members know how many sets you would like to make when you are making payment to reserve your spot.

FREE SEMINAR: Move for Life

How exercise helps your heart, bones, muscles, and indpendence as you age.

DATE: **Tuesday, November 24th**
TIMES: **2:00pm OR 6:00pm**
LOCATION: **Norland Avenue Pharmacy**
GUEST SPEAKER: **Chris Zentz, PT, MPT, CSCS, CWCE**

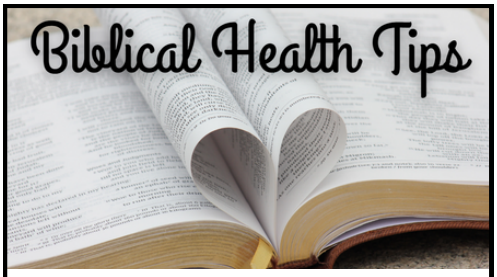
Did you know...



- Heart disease remains the leading cause of death in the United States.
- Over one third of Americans aren't getting the recommended daily activity.
- Strength declines speed up drastically in your 60s and 70s.
- One in four older adults will fall each year - 30% of those who are injured from the fall will never fully recover.

The good news? There are steps you can take today to protect your health, build strength, and stay active for years to come! Join Chris Zentz, co-owner of Chambersburg Physical Therapy & Sports Medicine, as he discusses practical ways to improve your health, maintain strength and balance, and take charge of your long-term wellness.

Seating is limited. Please reserve your spot by calling the pharmacy or vising our website.



Your Sleep will be Sweet

Another "must" for good health is to sleep right, but what can you do to make that happen? The Bible gives you the answer:

Proverbs 3:21 & 24 *"My son, preserve sound judgement and discernment, do not let them out of your sight; then when you lie down, you will not be afraid; when you lie down, your sleep will be sweet.*

If you use sound judgement and discernment in all you do during the day, your sleep will be sweet at night. In other words, obey God's Word and allow His Spirit to guide you through your waking hours.

May your sleep be sweet tonight.

Young Life

FranklinCountyPA30.YoungLife.org

A portion of this month's sales at Norland will be donated to this great organization.

Non-Profit of the Month

New Hope Shelter

NewHopeShelter.org

A portion of this month's sales at Carl's will be donated to this great organization.

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Coming Events

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Nov 18: FREE Inflammation Seminar (page 2)

Nov 20: Norland Avenue Pharmacy's Christmas Open House

Nov 24: FREE Move for Life Seminar (page 3)

Nov 26: CLOSED for Thanksgiving

Dec 9 & 10: Make & Take Workshop (page 3)

SAVE THE DATES

Christmas Open Houses

FRIDAY, NOVEMBER 13TH

FRIDAY, NOVEMBER 20TH



- **20% off** storefront items
- grab bag coupons up to **50% off**
- free gift bagging with purchase
- cookies & cocoa (11am)
- door prizes & more!

*These statements are culmination of the knowledge and experience of the team at Norland Avenue Pharmacy. The information provided here is for informational purposes only. Please consult your healthcare provider with questions concerning any medical condition or treatment. Compounded medications are not reviewed by the FDA for safety or efficacy. These statements have not been evaluated by the Food and Drug Administration, and these products are not intended to diagnose, treat, cure or prevent any disease.

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www.NorlandRx.com

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