

FEEL BETTER, BE HEALTHIER, START NOW NEWSLETTER



A JOINT PUBLICATION BROUGHT TO YOU BY...

October 2026



YOUR REWARDS AREN'T GOING AWAY, BUT THE POSTCARDS ARE

We have some exciting news about our Rewards Program—and some changes we want you to know about!

Our current rewards provider recently notified us that they are ending their direct mail services in September and their rewards services in October. (Yes, it was short notice!) Needless to say, we are transitioning to a new rewards program.

The good news? Your rewards are staying the same!

- You will NOT lose any of your existing points.
- You will still earn one point for every dollar spent and receive a \$5 reward for every 100 points earned.
- You will still receive a birthday coupon!
- You will still be able to see your rewards through the new Rewards website and/or app if you choose to use them.
- You will still be able to earn points and redeem rewards at both Norland Avenue Pharmacy and Carl's Drug Store.

The Biggest Change: With the new program, rewards and birthday coupons will no longer be mailed to you on postcards. Instead, rewards and program communications will be sent electronically via email and/or text message.

This makes it especially important that we have a current email address and cell phone number for you.

If you're not sure whether we have your current information, there's three ways to be sure:

1. Ask any of our team members the next time you visit either store.
2. Log in to your new rewards account at MyPatronRewards.com/CarlsNorlandRewards.
3. Download the new rewards app by searching for **Patron Loyalty** in the Apple App Store or Google Play Store to review your account.

We are working with the new rewards program vendor to potentially bring back postcards in the future. But we didn't want you to have to wait to get rewarded for shopping with us.

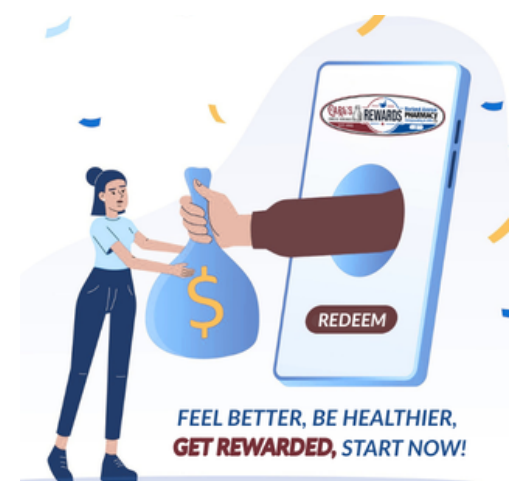
New Program Features: You will see a few new features with this rewards program.

- Rewards will no longer expire. No more worrying about missing out on a reward.
- You don't need to bring anything to the pharmacy with you or pull up anything on your phone. Our team members will be able to access your account to see if you have any rewards or offers available to use when you are in the store.
- We have the ability to add new offers and promotions including electronic punch cards (e.g. buy ten, get your eleventh free). We are excited to be able to offer new ways to reward you!

Special Offer for New Members: For those of you who aren't already a part of our FREE rewards program, now is a great time to sign-up. We are offering all new members 25 points just for signing up! There are three ways to get started:

1. Ask any of our team members the next time you visit either store.
2. Click on Join Our Reward Program at MyPatronRewards.com/CarlsNorlandRewards
3. Download the rewards app by searching for Patron Loyalty in the Apple App Store or Google Play Store to set up an account.

Thank you for being a loyal Norland Avenue Pharmacy and Carl's Drug Store customer. We appreciate the opportunity to reward you for shopping with us!



Penny Metzler

Penny joined the pharmacy family in August 2020 and brings a lifetime of experience in serving and caring for people. A Lancaster native and Penn Manor High School graduate, Penny has worked in Christian bookstores, wedding alterations, and more. What she loves most about the pharmacy is helping customers find whatever they need—from medications to gifts, an encouraging word, or even a hug! Outside of work, Penny enjoys biking with her husband and friends, gardening, reading, quilting, and spending time with her children and 14 grandchildren. She says she especially loves the people she works with and the community she serves!

LESS SUNSHINE? DON'T LET YOUR VITAMIN D TAKE A VACATION

We love Pennsylvania in the fall—crisp mornings, colorful leaves, football, and pumpkin everything. But there's one thing we get a lot less of as the days get shorter: sunshine.

And that matters because your body makes vitamin D when your skin is exposed to sunlight. As fall turns into winter, less sun exposure means we have fewer opportunities to make vitamin D naturally. Vitamin D is important for bone health, calcium absorption, and normal immune function.

So while you're putting away the patio furniture, it might be a good time to think about putting vitamin D on your daily health checklist.

Vitamin D & Your Immune System: Vitamin D gets a lot of attention during cold and flu season—and there's a reason for that. Vitamin D plays an important role in the immune system, and research has found an association between low vitamin D levels and a greater risk of respiratory infections.

In one large study of 25 randomized controlled trials involving more than 11,000 people, regular vitamin D supplementation was associated with a reduction in the risk of acute respiratory infections.

Now, we're not saying vitamin D is a magic force field against every cough, cold, and sneeze that comes your way. Wouldn't that be nice? But making sure you're getting enough is one small piece of supporting a healthy immune system.

And Here's Where Vitamin K Comes In: If you're shopping for vitamin D, you may notice we carry both Vitamin D3 and Vitamin D3 + K2. So what's the deal with adding K2? Think of D3 and K2 as a team.

Vitamin D helps your body absorb calcium from your digestive tract, while vitamin K is involved in activating proteins that help direct calcium into bone.

Our Vitamin D3 + K2 combines 5,000 IU of vitamin D3 with 100 mcg of vitamin K2 (MK-7) in one convenient supplement. If you're already taking vitamin D, it's worth asking your pharmacist whether a D3 + K2 combination makes sense for you.

A Little Vitamin D Can Be an Easy Addition: One of the things we like about vitamin D is that supplementation can be a simple and affordable addition to your routine. You don't need a complicated supplement cabinet or a dozen different bottles.

Before starting a high-dose vitamin D supplement, talk with your pharmacist or healthcare provider. Vitamin K can interact with certain medications, particularly warfarin. Not sure which one is right for you? Ask us! We'll be happy to look at your medications, supplements and health needs and help you decide what makes sense.

This fall, keep your Vitamin D out of the dark. The days may be getting shorter, but taking care of your health doesn't have to be complicated. Stop in and talk with our pharmacy team about vitamin D3 + K2.



The student asked the professor how many problems there would be on the final exam. The professor looked at the student and replied, "I think you will have lots of problems on the final."

The cop asked, "Whose car is this? Where are you headed? What do you do?"

The miner replied, "Mine."

Q. What branch of the military accepts newborns?
A. The infantry.

A DIFFERENT APPROACH TO NAUSEA & VOMITING



Have you ever given a sick child medicine, watched them throw-up shortly after, and then wondered if you should give them more medicine? Maybe it wasn't a child, maybe it was you.

When you are already feeling nauseous, getting a medication down can be a challenge—especially for children. And isn't it interesting that the go-to solutions for nausea are oral or rectal medications? That's the reason we compound promethazine creams in our lab at Norland Avenue Pharmacy. Promethazine is an antiemetic used for the prevention and control of mild-to-moderate nausea and vomiting. Our compounded solution provides a topical option for nausea and vomiting when an oral or rectal medication isn't the best fit.

Our formulation uses Lipoderm® cream, a transdermal base available through our membership with the Professional Compounding Centers of America (PCCA). Lipoderm contains a proprietary liposomal component that helps the medication cross into the bloodstream.

One Less Battle When Someone Is Already Feeling Miserable

Nobody wants to negotiate with a nauseated child over taking medicine. And nobody who is feeling sick wants to struggle with rectal medication either! Our compounding team can prepare promethazine

25mg/mL in Lipoderm cream specifically for your prescription. It is applied topically according to the directions provided by your prescriber.

A few important things to know: This compounded medication requires a prescription, dosing can vary, and the formulation is not recommended for children under two.

If you or your child frequently struggles with nausea and taking medication by mouth, ask your healthcare provider if compounded topical promethazine may be an appropriate option. Have questions? Give our compounding team a call at 717-217-6790. We're happy to talk with you and your prescriber about whether this dosage form is right for you.

And, as always, compounded medications can be delivered to Carl's Drug Store at no additional cost.

DON'T WAIT UNTIL FLU SEASON IS IN FULL SWING!

Fall is here, which means pumpkins, cooler temperatures...and the annual reminder that it's time to get your vaccinations! At Norland Avenue Pharmacy and Carl's Drug Store, we make getting vaccinated convenient. Walk-ins are still welcome, but you can now save yourself some time by scheduling your vaccination appointment online before you come in. Just visit our website to schedule: NorlandRx.com or CarlsDrug.com

What Vaccinations Do We Offer? Depending on your age, health history, and vaccination needs, we offer several vaccines, including:

- Flu vaccine
- High-dose flu vaccine
- Pneumonia (Pneumovax 23)
- RSV (Synflorix)
- COVID
- Shingles (Shingrix)
- Tdap
- Hepatitis B

Some insurance plans cover all or part of the cost of vaccines and administration fees. We will attempt to bill your insurance and let you know if there is a cost involved before administering the vaccine. Make note: Norland Avenue Pharmacy offers vaccinations Monday through Friday from 9am-6pm and Saturday from 10am-noon. Carl's Drug Store offers vaccination Monday through Friday from 10am-5pm and Saturday from 10am-noon.

Not sure which vaccines you need? Ask our pharmacy team.
We're happy to help you review your vaccination needs.



FREE SEMINAR ABCs & Part D of Medicare

DATE: Wednesday, October 21st
TIMES: 2:00pm OR 6:00pm
LOCATION: Norland Avenue Pharmacy
GUEST SPEAKER: Sharon Smith

Open enrollment is here again, now what? Mark your calendar to join Sharon Smith as she helps break down Medicare A, B, C, & D. Sharon had her insurance license for over ten years and specialized in Medicare supplement products. In more recent years, she has helped patients compare and choose Medicare prescription drug plans.



While Sharon is no longer offering one-on-one Medicare plan reviews, she is offering this seminar to help you navigate open enrollment. If you or your loved ones are on Medicare and find much of it confusing, this FREE educational seminar will be of value to you.

After attending this seminar, you will be equipped to review and choose from your Medicare prescription drug plan options.

Seating is limited, so please reserve your spot by calling the pharmacy or visiting our website.

Biblical Health Tips



The Pathway to Contentment

There is no doubt that stress and anxiety are damaging to your health. When you are content with life, it is good for both your body and mind. Here is what the Bible has to say about being content:

Proverbs 19:23 *"The fear of the Lord leads to life: Then one rests content, untouched by trouble."*

To be content, fear (respect) the Lord. The Apostle Paul learned the secret of contentment:

Philippians 4:12-13 *"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through Him who gives me strength."*

Do you want to be content? Put your trust and hope in Jesus.

Salvation Army

SalvationArmyUSA.org

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



Non-Profit
of the
Month

Shoebox Supply House

ShoeboxSupplyHouse.com

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



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***Feel better, be healthier,
start now.***

FREE HEARING CARE SEMINAR

DATE:

Thursday, October 29th

TIMES:

6:00pm

LOCATION:

Norland Avenue Pharmacy

GUEST SPEAKER:

Vincent Onomastico

We are proud to welcome back guest speaker Vincent Onomastico, the Outreach Manager for Beltone Hearing Centers in central Pennsylvania. He has been promoting better hearing solutions for the past ten years to the community through a non-clinical program to educate those with hearing loss. Vinny will cover...

- How hearing works and the links between hearing loss, dementia, and heart disease
- How hearing loss affects people
- Symptoms and causes of hearing loss
- Methods of treatment
- Next steps

**Seating is limited, please call
or visit our website to reserve
your spot.**



*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.

20% OFF

This coupon is good
for 20% off a
regularly priced
item in our
storefront.

Expires 10/31/26



www.CarlsDrug.com
(717) 597-2426



www.NorlandRx.com
(717) 217-6790



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Suite 105
Chambersburg, PA 17201

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U.S. Postage
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