

BE HEALTHY, STAY HEALTHY

A monthly guide designed to help improve quality of life.

November 2022



Should You Get the Omicron (Bivalent) Booster?

Updated booster shots targeting the highly infectious omicron variant are the newest way to arm yourself against COVID-19. The U.S. Food and Drug Administration (FDA) authorized these reformulated boosters the week before Labor Day, with the Centers for Disease Control and Prevention (CDC) signing off. These agencies okayed the boosters from Pfizer-BioNTech for people ages 12 and older and those from Moderna for individuals 18 and up.

What makes these new boosters different from the previous kind?

They are “bivalent,” meaning they contain material from the original vaccines as well as material that will protect us better against subvariants of omicron that are accounting for the most cases today. These variants are better able to elude protections from current vaccines, which wane in effectiveness over time. Although current shots still offer significant protection against severe illness, the new boosters are expected to give recipients even better defenses against the latest variants.

Will we need to get an updated COVID-19 booster every year?

Although nobody has officially announced that, it appears that we are headed in that direction.

Who should get the new booster?

Everyone over the age of 12 (although Moderna is only approved for adults age 18 and up).

How long do people have to wait to get the booster if they've been vaccinated or already boosted?

You have to wait at least two months after you've received your last vaccine [or first or second booster] dose.

Does the new booster replace the previous boosters?

Yes. None of the previous boosters will now be offered.

What if you haven't gotten any COVID-19 vaccines? Will all shots be replaced by the new formula?

No. Only boosters will have the updated formula, and to get the boosters people must complete their primary series of the original vaccine [meaning two shots of a Pfizer or Moderna].

Why are these updated boosters thought to be effective?

The FDA evaluated immunogenicity [the immune response generated by a vaccine] and safety data of the updated boosters based on research involving about 1,400 individuals who received either a bivalent shot (with a component of an omicron strain related to BA.4 and BA.5) or a monovalent shot (with only a component of the original strain of the virus). For participants who received the bivalent shot, the immune response to the omicron strain was better than the immune response of those who had received the monovalent shot.

Can you get your flu shot at the same time as the updated booster?

Yes, you can get the two vaccines at the same time; however, our recommendation is to space them out by two weeks.

Shots are available on a walk-in basis

**Monday-Friday 9am-6pm and
Saturday 8:30am-12:30pm.
No appointment needed.**

A large red circle containing the text "Join our party" in white, stylized font. The circle is set against a background of snowflake patterns.

Christmas Open House

THURSDAY, DECEMBER 1ST, 8AM-7PM

20% OFF ALL ITEMS IN OUR STOREFRONT

GRAB BAG COUPONS UP TO 50% OFF

DOOR PRIZES & FREE GIFT BAGGING

We hope to see you there.

Signs of Menopause

Menopause begins at different times for different women, though it usually occurs around age 50. While a minority of women don't have any menopause symptoms other than the absence of a period, it's likely you'll have one or more.

The most obvious signal indicating you're officially in menopause is the absence of a period for 12 consecutive months. Once your period has officially stopped, the estrogen levels in your body will gradually decline; also, you will no longer produce another female hormone called progesterone. Such hormonal changes may intensify the hot flashes, mood swings, or other symptoms you may have been experiencing throughout perimenopause, or they may trigger symptoms you have yet to experience. In addition to no longer having a period, the following are the most common signs of menopause for the great majority of women:

Mood swings and irritability

Hot flashes

Night sweats

Poor sleep

Vaginal dryness

Vaginal/vulvar itching

Cognitive changes (trouble remembering)

Losing focus/train of thought

Weight gain

If you feel you are struggling with the symptoms of menopause, we may be able to help. We offer saliva kit tests to determine your unique hormone levels. With the test results in hand, we can recommend a compounded bio-identical hormone therapy solution that would provide your body with the hormones necessary to ease your symptoms. For more information stop by the pharmacy or call 717-217-6790 to schedule a consultation.



UNIQUE GIFTS, FREE GIFT BAGGING ↑

Shopping for that special someone? Plan a visit to our Gift Shop this Christmas! Quantities are limited, so stop by today!

Non-Profit of the Month

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

Maranatha Ministry, Inc.

The heart of this ministry is to share the love of Christ with those who are searching for something in their lives that is more than just the need for food, budgeting, or housing. They believe people need healing, and they give a hand up, not a hand out. For more information, visit maranathaministryinc.org.

Jolly Jelly Essential Oils Make & Take Workshop

Thursday, November 17, 2:30pm or 5:30pm

For just \$25 you will get to make four fantastic gel blends and take home a booklet with all four recipes:

1. Pain Gel
2. Decongestant Gel
3. Digestion Gel
4. Skin Soothing Gel

These make great stocking stuffers or gifts for friends, family, and coworkers.

To reserve your spot, please call 717-217-6790 or stop by the pharmacy and provide payment.



Proverbs to Live By

Learn to Accept Discipline

Proverbs 13:18 - *He who ignores discipline comes to poverty and shame, but whoever heeds correction is honored.*

Proverbs 25:12 - *Like an earring of gold or an ornament of fine gold is a wise man's rebuke to a listening ear.*

At times, all of us do things we should not do. We need to be corrected and it is wise to accept such discipline. While discipline is not pleasant it can be worth more than gold. To ignore correction is to invite shame and trouble into your life.



BLACK FRIDAY/SMALL BUSINESS SATURDAY GIVEAWAY

Receive a free gift with every \$35 Naked Bee purchase!

Starting Friday, November 25th. While supplies last. In store purchases only.



LOL: The Best Medicine

A man was getting married to a doctor's daughter.

At the wedding reception, the father of the bride stood to read his toast, which he had scribbled on a piece of scrap paper. Several times during his speech, he halted, overcome with what I assumed was a moment of deep emotion. But after a particularly long pause, he explained, "I'm sorry. I can't seem to make out what I've written down."

Looking out into the audience, he asked, "Is there a pharmacist in the house?"

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Mark Your Calendar

Nov 17	Essential Oils Workshop (pg 3)
Nov 24	Closed for Thanksgiving
Nov 25 & 26	Naked Bee Giveaway (pg 3)
Dec 1	Christmas Open House (pg 1)

Rapid COVID PCR Testing, COVID Vaccinations, COVID Bivalent Booster Shots, and Flu Shots (High Dose & Quadrivalent) Available Daily



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EXPIRES 11/30/22.



inquiry@NorlandRx.com.

We are hiring a full-time pharmacy technician. Please send resumes to

- Lamenterations 3:22-23

"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."

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