

# BE STAY HEALTHY

A monthly guide designed to help improve quality of life.

## Tidings of Comfort & Joy

You've somehow managed to make it to December, a month that should be full of all the comfort and joy of Christmas. But this year is different... unprecedented... uncertain.

For many of you, this is a time of fear and worry. Will you be healthy, in quarantine, out of work, out of patience? Will there be enough money to pay the bills, let alone buy the presents. Many of you are facing isolation or family members who are not able to be home due to COVID. Add on the stress of shopping, wrapping, baking, and decorating in the middle of a pandemic and it's all too overwhelming to leave time for enjoyment. Not to mention those who are suffering from pain or illness that has put a halt to the comfort and joy of Christmas.

Yet, Christmas should be a season of great joy, a season of healing and renewed strength. For no matter what your circumstances are, Christmas is a time to celebrate the birth of Jesus Christ. God showed His great love for you by sending His Son into the world. John 3:16-17 says:



"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him."

Why should this event that happened so many years ago bring you comfort and joy this pandemic-focused Christmas? Hundreds of years before Jesus was

born the prophet Isaiah wrote (Isaiah 53:4-5):

"Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed. We all, like sheep, have gone astray, each of us has turned to his own way; and the Lord has laid on him the iniquity of us all."

Jesus was born to pay the price for the things you have done wrong. The Bible says that all have sinned. Through the sins of Adam and Eve, you have inherited a sin nature. But Jesus came so that you could be forgiven. No matter what may be happening, you can experience the comfort and joy that Jesus came to give. Here's how:

**Focus on God's great presence.** Christmas is the celebration of God's incarnation. Matthew 1:23 reads, "Behold, a virgin shall be with child, and shall bring forth a son, and they shall call His name Emmanuel, which being interpreted is, God with us." It should cheer your heart that God is with you. You are never alone. You should never feel abandoned. Whatever you are facing, God is there with you in the midst of it. Like Mary, Joseph, and the shepherds, you must let your eyes rest upon Jesus and realize that God is with you and for you.

**Focus on God's great power.** God is mighty and powerful. Christmas involves a great demonstration of God's power. God sent his Son Jesus to accomplish something that is humanly impossible. Jesus is the warrior who triumphs over Satan and sin. Be encouraged this Christmas! With Jesus, you have a mighty conqueror in your life!

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DEC 2020

**Focus on  
God's great love.**

God takes delight and rejoices over you with joy and gladness. As God looks at you, His heart is not made sad, but glad. Never once does God regret the price He paid to redeem you. Can you imagine God taking joy in you? Can you imagine God being proud of you? Can you see God loving you, no matter what? The love that God has for you is love that never fails!

**Focus on God's great peace.** Luke 2:7a says, "And she (Mary) brought forth her firstborn son, and wrapped Him in swaddling clothes, and laid Him in a manger." There is tenderness in that scene. This Christmas, bring your cares and heavy heart to Him. You can cast all your cares upon Him, because He cares for you. If this Christmas finds your heart heavy and troubled, hear your Heavenly Father's voice, singing over you. Let Him speak peace to your soul.

This Christmas, be challenged to respond to God's great love in three ways. First, live confidently. Start each day knowing that nothing you can do will make God love you more, and nothing you can do will make God love you less. Then, assured of God's love, go into the world seeking to live the best life for God's glory! Second, live obediently. Jesus said in John 14:15, "If you love me, you will obey what I command." The best response to God's great love for us, is to obey His Word and will for your life! And third, live enthusiastically. The shepherds on the hills of Bethlehem were overjoyed to share the good news of the newborn King. Knowing the love God has for you, fresh joy, hope, and enthusiasm should spill out of your life.

I pray that the Lord will bring you comfort and joy as you celebrate this Christmas season. If you have questions or would like to discuss this article, please call us at (717) 217-6790.

**"What is Christmas? It is tenderness for the past, courage for the present, hope for the future."**

– Agnes M. Pahro

## Introducing the New NorlandRx.com

We are excited to introduce to you our new and improved website: [www.NorlandRx.com](http://www.NorlandRx.com). If you have never visited our site, please take a minute to check it out. The new site includes many great features that you may find helpful:

**FREE MONTHLY NEWSLETTER:** You can sign-up to receive our free, monthly newsletter via email or access an archive of our newsletters from the past two years.

**ONLINE REFILLS:** You can follow the Refill link to request a refill of your medication.

**MOBILE APP:** Click on the link to download our mobile app which gives you access to the status of your prescriptions and allows you to request refills from your mobile phone.

**SEMINARS & EVENTS:** See a listing of our upcoming seminars and events and reserve your spot using the online form!

**COMPOUNDING:** This page will help you understand what compounding is and how it might be able to help you or your favorite pet.

**PRODUCTS:** Currently you can search to see what products we carry in our store. Coming soon, you will be able to purchase products right from our website!

**SERVICES:** See a listing of the services we offer including delivery, essential oils, CBD/hemp products, vaccinations, diabetic footwear, and more!

**REWARDS:** Read an overview of our Norland Rewards program including our Prescription Savings Club and download the app to have access to your rewards at your fingertips.

**ABOUT:** Did you ever wonder how Norland Avenue Pharmacy came to be? Are there employees you love but aren't sure of their name? Check out this page to find out the answers to those questions.

**CONTACT US:** Drop us a line, get directions, or find out our hours or numbers on this page.

**SOCIAL MEDIA:** Our home page includes links to all of our social media accounts, so you don't miss out on any of the giveaways we do.

We love our new site and hope you do too. If you have any suggestions on how we can make it even better, please let us know!

## The Best Medicine

We've just played the Christmas edition of Clue... My wife murdered the Christmas turkey, in the kitchen, with the oven.

Knowing her young son was listening in the other room, Sue told her husband she had bought the boy a firetruck by spelling out the words. From the other side of the wall they heard their son yell, "I don't want letters for Christmas!"



## Biblical Health Tip

### You Don't Need to be Uptight

God's Word contains a simple formula for reducing stress and tension.

Philippians 4:4—*Rejoice in the Lord always. I will say it again: Rejoice!*

**Rejoice! (It is helpful to count your blessings.)**

Philippians 4:5—*Let your gentleness be evident to all. The Lord is near.*

**Be gentle to others.**

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

**Pray instead of worrying.**

Philippians 4:7—*And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

**Be at peace (which allows you to relax).**



## Featured Non-Profit

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

### NETwork Ministries

NETwork Ministries is an urban youth ministry in Chambersburg, PA. Their mission is to share in the love of Jesus and equip youth with skills for life. For more information visit [www.network-ministries.org](http://www.network-ministries.org).

## Meet the Team: Kelly Antonucci

Kelly grew up in Chambersburg and lives here with her husband, Pat, her son, Pasquale, and her daughter, Alyssa. She graduated from Wilson College with a BS in Biology and enjoys learning about new advancements in the medical field. Kelly wears many hats at the pharmacy including inventory, customer care, and compounding technician. When able, she vacations in CT to visit her Italian family. Kelly enjoys helping people on their journey to better health.



## DIY Gelatin Room Fresheners

These would make fun Christmas gifts for neighbors, friends, and delivery drivers!

### WHAT YOU'LL NEED:

1 ounce powdered gelatin  
1 cup of boiling water  
25-30 drops of your favorite essential oils  
1 cup of room temperature water  
1 tablespoon of salt  
Food coloring  
Small glass jars



### WHAT YOU'LL DO:

1. Add gelatin to the pan of one boiling cup of water, mixing as you pour slowly to help completely dissolve.
2. Stir in the salt and second cup of water.
3. Add oils and food coloring, then mix well.
4. Carefully pour the mixture into the jars.
5. Allow to cool and set up.



*During his holiday season, we thank God for your support, we pray for your health, and we hope for you to have peace in the new year!*

## Insurance Changes?

The new year is right around the corner. For many of you, this means new insurance. If you have a new insurance plan starting January 1<sup>st</sup>, 2021, we need to know.

When you get your new insurance card, please give us a call at the pharmacy (717-217-6790). Have your card in hand and provide the information regarding your updated information to our team.

We cannot bill your old insurance for your medications, so without your new information we will run your prescriptions through for cash. That will cause a delay when you come to pick-up your medications and wonder why they are so expensive. We will then have to re-run your prescriptions through your new insurance, taking time away from your busy schedule.

We thank you for your assistance in proactively providing your updated insurance information. We appreciate it and so will your fellow customers!

Happy New Year!



Thursday, December 24th:	8:00am - 1:00pm
Friday, December 25th:	Closed
Saturday, December 26th:	8:00am - 1:00pm
Thursday, December 31st:	8:00am - 3:00pm
Friday, January 1st:	Closed
Saturday, January 2nd:	8:00am - 1:00pm



## Christmas Gift Items on Sale Now!

- JEWELRY, LANTERNS, WREATHS, ORNAMENTS, SIGNS, SNOWMEN, CANDLES, TREES, & SO MUCH MORE!
- PRICES TO FIT ANY BUDGET.
- FREE GIFT BAGGING WITH EACH PURCHASE.
- LIMITED SELECTION, STOP IN SOON!
- CHECK OUT THE GIFT GUIDE ON OUR WEBSITE!

## Mark Your Calendar

Now-Dec 7	Medicare Open Enrollment: Call to schedule a free plan comparison via phone.
Dec 25	Closed for Christmas
Jan 1	Closed for New Year's Day

*Holiday Hours on Page 3*

## Norland Avenue Pharmacy LLC

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- Phillipians 4:5

"Let your gentleness be evident to all.  
The Lord is near."



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