

# BE HEALTHY STAY HEALTHY

A monthly guide designed to help improve quality of life.



## Ready to Serve

*While our storefront is closed to foot traffic at this time, we are open and ready to serve you!*

**Step 1:** Give us a call at (717) 217-6790, and let us know what you need. You can include prescriptions, over-the-counter items, vitamins, supplements, gifts, cards... anything we have in the store! We will gather it all for you.

**Step 2:** Decide whether you want to pick-up your purchase in the drive-thru, use our convenient curbside pick-up, or have us to ship or deliver your package for FREE.

### DRIVE-THRU

Come to our drive-thru window anytime during regular business hours. We will have your purchase ready for you to pay when you get here. If you are picking up prescriptions, we ask that you verify that your medications are ready before entering the drive-thru line. This will help us keep the line moving and will keep you from having to wait in the line more than once.



### CURBSIDE PICK-UP

If you would like to avoid the drive-thru line, provide your payment information over the phone. When you arrive at the store, park in one of the marked spaces next to the drive-thru, and call us. Tell us what space you parked in (A-E), and we will bring your purchase right to your car.



### FREE SHIPPING/DELIVERY

To take advantage of our offer for free shipping (\$50 minimum purchase) or delivery, provide your payment information over the phone when you order. We deliver to locations within eight miles of the pharmacy daily. For locations greater than eight miles away, we deliver to locations north of Route 30 on Mondays and Fridays and locations south of Route 30 on Tuesdays and Thursdays.



## ATTENTION! ANYONE ON EVERYDAY MEDICATIONS

For the safety of our patients and employees, we recommend that anyone taking multiple medications on a daily basis be synchronized to limit the number of store visits and deliveries necessary. With all that has come with COVID-19, we are also concerned about the drug supply chain and ensuring you get the medications you need when you need them. The best way to deal with this concern is to synchronize all of your prescriptions so that they fill at the same time. You can expect us to give you a call in the near future to get you set up for synchronization and to answer any questions you may have. Thanks for your understanding and cooperation.

**“I don’t know what the future may hold, but I know who holds the future.”**

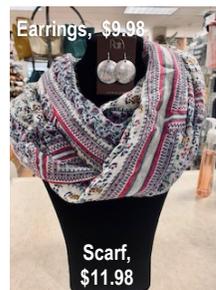
– Ralph Abernathy

## The Best Medicine

A man goes to the doctor with a swollen foot. After careful examination, the doctor gives the man a pill big enough to choke a horse. “I’ll be right back with some water,” the doctor tells him. The doctor has been gone a while and the man loses patience. He hobbles out to the drinking fountain, forces the pill down his throat, and gobbles down water. He hobbles back into the examining room. Just then the doctor comes back with a bucket of warm water, “Okay, after the tablet dissolves, soak that foot for 20 minutes.

**sale** **20% OFF ALL SCARVES & JEWELRY** MAY 1ST-15TH

Don’t be caught unprepared. Mother’s Day is May 10th! Give us a call, and let us know what you would like. We will gift bag for free and can even add a Mother’s Day card.



## Biblical Health Tip

### God’s Word is Good for Your Emotional Health

People who have good emotional health are aware of their thoughts, feelings, and behaviors. They have learned healthy ways to cope with the stress and problems that are a normal part of life. They feel good about themselves and have healthy relationships.

Your body responds to the way you think, feel, and act. This is often called the “mind/body connection.” When you are stressed, anxious, or upset, your body tries to tell you that something isn’t right. For example, high blood pressure or a stomach ulcer might develop after a particularly stressful event.

A good way to improve or maintain your emotional health is by loving God’s Word (the Bible). The Psalmist wrote...

*Great peace have they who love your law, and nothing can make them stumble. (Psalm 119:165)*



Reading and obeying God’s Word is a great help to your spiritual, emotional, and physical health.

## Featured Non-Profit

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

### House of Grace

They are Christ centered life skills education and mentoring ministry with a mission to help meet the practical and spiritual needs of women. For more information call (717) 709-0085.

## Meet the Team: Shelly Bowers

Shelly manages our gift shop and is responsible for checking in and displaying all of the gift items that we have in the store. If you are interested in making a special order for a gift item, Shelly is the one to see. She will also be able to help you order compression stockings and diabetic footwear and happily measures you for the perfect fit! If you catch Shelly in the store, you're sure to get a smile from her. In her free time, Shelly enjoys spending time with her kids and grandson.



## "Open Up Those Airways" Inhaler Recipe

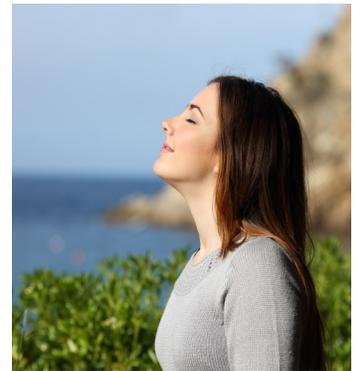
In a small glass dish, combine the following essential oils. Using tweezers, roll the wick of a pocket inhaler in the oils until they are absorbed. Place the wick inside of the inhaler.

**8 drops of Lemon:** helps to clear nasal passages and sinuses, so it's a good go-to oil in respiratory blends.

**4 drops of Eucalyptus:** effective for fighting against a number of respiratory tract infections including cold, cough, running nose, sore throat, nasal congestion, bronchitis, and sinusitis. Eucalyptus oil is an expectorant and helps decongest sinuses.

**4 drops of Thyme:** can help immensely during times when you are dealing with a cough or congestion since it is an expectorant.

**Directions:** Inhale as needed to help you breathe easier. Suggested shelf life varies depending on use. Not recommended for use with children under the age of six years old.



## SHOP FROM HOME

**Pocket Inhalers:** Multiple colors available, \$1.99 each

**NOW Lemon Essential Oil:** 1oz, \$7.99 each

**NOW Eucalyptus Essential Oil:** 1oz, \$5.99 each

**Plant Therapy Thyme Linalool:** 10ml, \$9.99 each

**Call (717) 217-6790!**

## Show Your Appreciation to Front Line Workers

Here at Norland Avenue Pharmacy we have been donating some much needed items to first responders and health care workers. We want to offer you a way to partner with us and show your appreciation to all those serving on the front lines during this pandemic.

Here is how you can help. For \$25 you can donate a "Gratitude Gift Bag" to a healthcare worker, delivery driver, first responder, or retail worker. These bags will include supplement items for immune support, hand sanitizer, a KN95 mask, lotion, a healthy snack item, and a small unique item from our gift shop.

We will also provide an encouraging card and sign it with whatever you request. (Please keep it simple). We guarantee that retail value of the bag will exceed your \$25.

If you would like to donate a bag, call the pharmacy to make payment over the phone. Tell us how many bags you would like to give and what group of workers mentioned previously you want the bag(s) given to. We will use our contacts in the community to be sure your bag is given to someone in that field.

You also have the option to purchase a bag and pick it up at our drive-thru



window or curbside delivery, so you can deliver it yourself. We will provide you with an unsigned card.

As always, we are thankful for your support and look forward to serving you.



Hand Sanitizers,  
8oz-\$12, 5oz-\$8



Paper Towels, 99¢ each  
KN95 Masks, \$5 each



Acetaminophen, \$4.59-6.99



Colloidal Silver  
Spray, \$21.59-22.99



Nitrile Gloves, 100ct. \$20.29  
Vinyl Gloves,  
100ct, \$12.49



Toilet Paper, \$2.43 each



Kooty Key, \$10 each  
"Go hands free!"



Cloth Masks, \$10 each



Alcohol Swabs, 100ct, \$2.99 each

**Available while  
supplies last!**

# Mark Your Calendar

May 1-15 20% Off Jewelry & Scarves  
May 10 Mother's Day  
May 25 Closed for Memorial Day

*Praying that you are staying safe! We are so grateful for your support and kind words of encouragement. Thanks for your continued understanding and patience as we work to serve you with minimal staff during this time.*

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



Return Service Requested

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Chambersburg, PA 17201



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