



# ADVANCE CARE PHARMACY COMMUNITY CONNECTION

**FOURTH QUARTER**

**OCTOBER 1, 2013**

**VOLUME III**

## Important Dates This Quarter

### October 2013

- 14 Columbus Day
- 22 Pharmacy Technician Day
- 31 Halloween



### November 2013

- 5 Election Day
- 11 Veteran's Day
- 27 Chanukah
- 28 Thanksgiving Day



### December 2013

- 25 Christmas Day
- 26 Kwanzaa
- 31 New Year's Eve



## Employee Spotlight

*Meet Cindi, One of Our Billing Department Specialists*

**How long have you been in Pharmacy:** Since 1981 - 32 Years

**Why did you choose Pharmacy:** It was a good opportunity

**If you hadn't chosen Pharmacy as a career, what would you be doing:** Fashion Design

**How do you relax away from work:** Enjoying time with my husband, Riding our Harley Davidson

**Do you have any hobbies:** Baking, Sewing, Church Activities

**Favorite food:** Italian

**What do you enjoy about being in the Accounts Receivable Dept:** Using my knowledge to be able to help customers with account and insurance situations.

## FREE CEU TRAINING

## PRESENTED BY ADVANCE CARE PHARMACY

*(In Cooperation with Avalon Hospice)*

### HURRY ONLY 20 SPACES AVAILABLE!!!!

Save The Date: SATURDAY NOVEMBER 16<sup>th</sup>, 2013  
9:45AM TO 12:00PM (2 HOUR CEU CREDIT)

*Training Location at Advance Care Pharmacy*

*528 N Broadway ~ Escondido 92025*

**COFFEE & DONUTS**

**HURRY**  
*Only 20 Spaces*

## HYDRATION (1hr)

## SKIN & WOUND CARE (1hr)

**R.S.V.P. By November 1<sup>st</sup>!**

Call Shelbie at (760) 489-7077 x322 or Email to [advancecarerx@yahoo.com](mailto:advancecarerx@yahoo.com)

### Calling the Pharmacy: (760) 489-7077

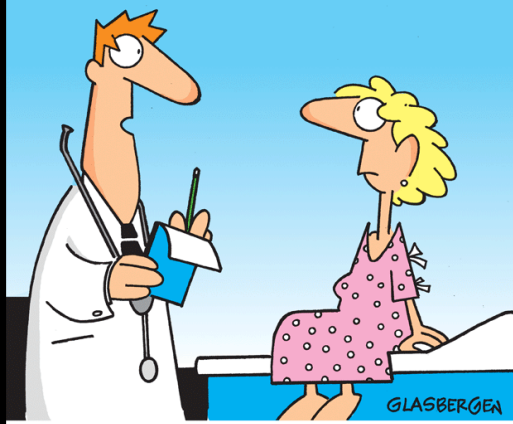
Hospice - Dial Option 1 ~ Long-Term Care - Dial Option 2

**\* After Hours Emergencies - Dial Option 2\***



Advance Care Pharmacy 528 N. Broadway, Escondido, CA 92025  
Phone: 760-489-7077 Fax: 760-489-7040 Website: [www.advancecarepharmacy.com](http://www.advancecarepharmacy.com)

*(Parking available street side or in the back alley parking lot)*



"You need strong medicine to relieve your stress. I'm prescribing a puppy."

## WORD SEARCH

- Chanukah
- Christmas
- Columbus Day
- Election Day
- Halloween
- Kwanzaa
- New Years Eve
- Thanksgiving
- Veterans Day

G	E	L	E	C	T	I	O	N	D	A	Y	T	Y	B
N	E	W	Y	E	A	R	S	E	V	E	N	A	N	C
I	K	N	H	A	K	U	N	A	H	C	D	R	H	Y
V	W	R	E	L	D	X	K	L	L	S	N	R	X	N
I	A	Q	Q	E	D	S	W	L	U	M	I	J	B	T
G	N	Y	D	W	W	M	N	B	L	S	R	N	G	M
S	Z	Y	W	N	Q	O	M	A	T	K	Y	N	M	Y
K	A	T	L	V	D	U	L	M	R	M	L	Z	Y	D
N	A	L	B	Y	L	W	A	L	L	E	M	Q	J	L
A	G	R	J	O	N	S	V	W	A	Z	T	N	L	T
H	N	L	C	X	N	K	M	V	R	H	N	E	T	W
T	R	M	V	P	B	R	G	K	Q	D	K	Y	V	T

## Flu Vaccine

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. During a regular flu season, about 90 percent of deaths occur in people 65 years and older.

An annual seasonal flu vaccine (either the flu shot or the nasal-spray flu vaccine) is the best way to reduce the chances that you will get seasonal flu and lessen the chance that you will spread it to others. When more people get vaccinated against the flu, less flu can spread through that community.

Flu vaccines (the flu shot and the nasal-spray flu vaccine (LAIV)) cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine. The seasonal flu vaccine protects against three influenza viruses that research indicates will be most common during the upcoming season.

CDC recommends that people get vaccinated against influenza as soon as flu season vaccine becomes available in their community. Influenza seasons are unpredictable, and can begin as early as October.

Customer gets a topical cream. Direction: Apply locally two times a day. Customer says to the pharmacist: I can't apply locally...

I'm going overseas!

**DID YOU SEE  
THE FREE CEU  
TRAINING  
ON THE FRONT?**

## Dry Skin Natural Remedies

Dry skin requires particular care and attention as it is prone to a variety of problems. Regular moisturizing and application of other protective lotions and treatments is necessary on a regular basis. This is done to avoid the common conditions that this skin type is susceptible to.

Unfortunately most skin care products that are of a good enough quality come with a huge price tag. Most of us fail to realize that nature offers us some of the best natural remedies for dry skin. These natural remedies are not only cost effective, but also quite efficient and are very easily available.

Try These Out: Drink lots of water - A warm glass of milk with a teaspoon of almond oil before bedtime - Baby lotion works wonders - Before bathing, rub honey all over your body and leave on for 5/10 minutes - Soak in a tub with milk and warm water - Banana peels help relieve dry and cracked heels - Sesame oil rubbed in before your shower - Include plenty of fruit in your diet - Get sufficient sleep, your body requires 8hours.



**How many pharmacists does it take to change a light bulb?  
Just one, but he has to do it ten days, three times a day.**