

Pharmacy *Newsletter*



Nostrand Ave Pharmacy

OCTOBER 2024

Healthier Holidays with Nostrand Ave!

Welcome to the fall edition of our Pharmacy Newsletter! With this newsletter we provide you with the latest updates, events, and information from the staff here at Nostrand Ave Pharmacy.

In this edition get healthy tips for the upcoming holiday season and more!

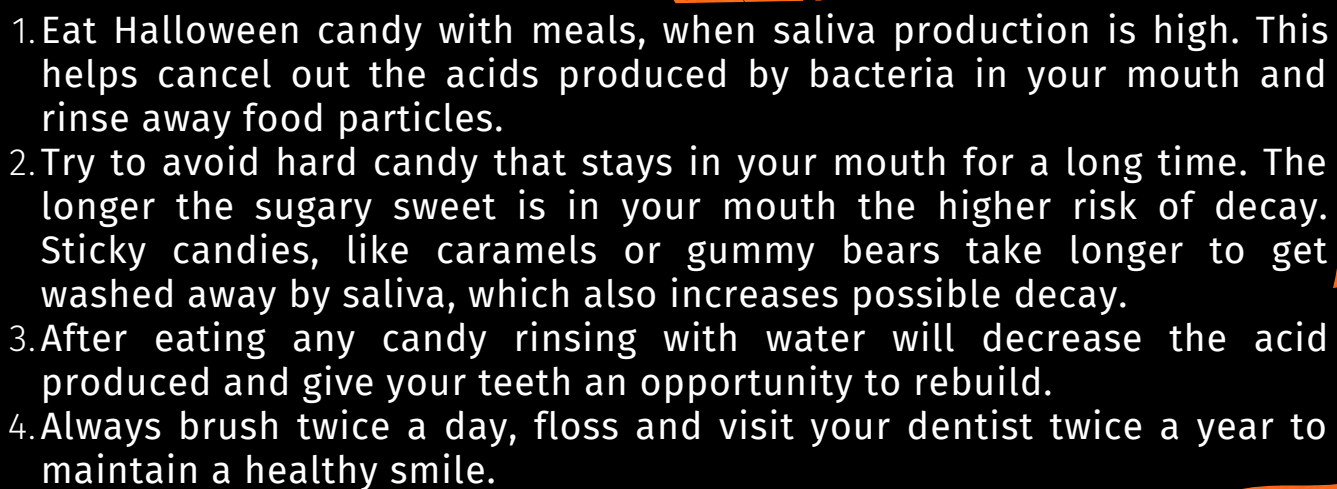
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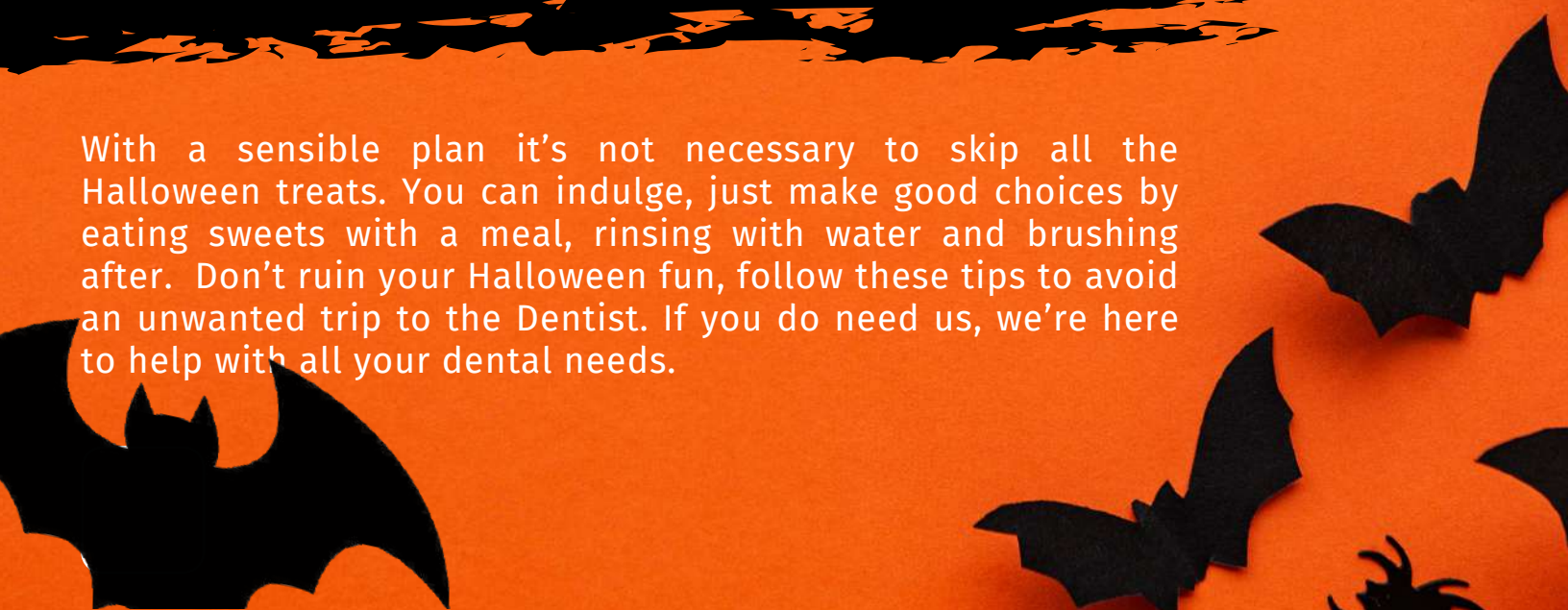
4 TIPS FOR A HEALTHY SMILE THIS HALLOWEEN



Halloween is just around the corner, which for most children means bags of free candy. Let's not kid ourselves, we adults eat it too, by sneaking from our little one's bags or eating the leftovers from Halloween night. It's ok to eat some candy at Halloween but it's important to choose wisely and have a plan to maintain your family's dental health. Here's our tips to keep a healthy smile this year:

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1. Eat Halloween candy with meals, when saliva production is high. This helps cancel out the acids produced by bacteria in your mouth and rinse away food particles.
 2. Try to avoid hard candy that stays in your mouth for a long time. The longer the sugary sweet is in your mouth the higher risk of decay. Sticky candies, like caramels or gummy bears take longer to get washed away by saliva, which also increases possible decay.
 3. After eating any candy rinsing with water will decrease the acid produced and give your teeth an opportunity to rebuild.
 4. Always brush twice a day, floss and visit your dentist twice a year to maintain a healthy smile.

With a sensible plan it's not necessary to skip all the Halloween treats. You can indulge, just make good choices by eating sweets with a meal, rinsing with water and brushing after. Don't ruin your Halloween fun, follow these tips to avoid an unwanted trip to the Dentist. If you do need us, we're here to help with all your dental needs.



Fall Fitness Tips

Enjoy the Fall Foliage

Take a walk or bike for 20 minutes and enjoy the falling leaves.

Go Apple Picking

Local orchards are a great way to combine getting healthy snacks and fitness.

Community Service

Volunteer to clean up local parks or historical grounds.

Fitness Apps

Set goals and work out from home using your mobile device.

Join a Pickleball League

Find out why everyone is raving about this team paddle sport on a court.



HAVE YOU SIGNED UP?

PHARMACY PATIENT PORTAL

The patient portal is a website for your personal health care. This online tool helps you to keep track of your upcoming new prescriptions, refills, billing and more! You can also talk with your pharmacist and ask questions through the portal.



Schedule an Appointment



Request Medication Refills



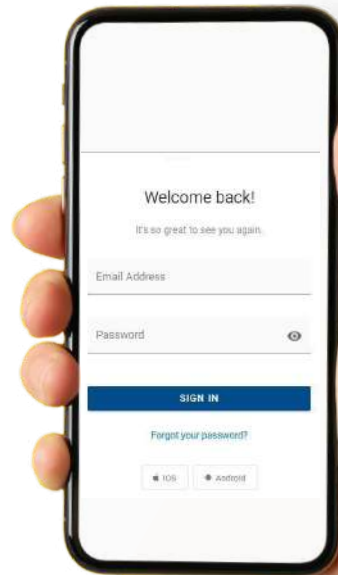
Talk with your Pharmacist



Health Information



Pay your Bill



Communication with your pharmacist is easier than ever!

[nostrandpharmacy.com/patient-portal](https://www.nostrandpharmacy.com/patient-portal)



MINIMIZE STRESS DURING THE HOLIDAYS

Behavioral Health Tips

As we head into the next few months, YES, it will be colder. YES, it will get darker earlier. And YES, it will inevitably bring weather we may not want to readily accept. Whether or not you consider yourself a “Winter Season Person” (and some of you do), it is a uniquely different time of year than our warmer months. Along with potential snow and frigid temperatures, these next few months also include some festive holidays. Holidays are certainly welcome, but they also tend to bring with them various other demands – such as (unwanted) house guests, cooking large meals, shopping and spending money, entertaining and cleaning. It is no wonder then, that along with the joy of celebrating holidays, we also tend to feel more stressed, depressed, uneasy, overwhelmed.

- Acknowledge your feelings – it’s OK to feel...and to express yourself.
- Reach Out – seek community or other social events.
- Be Realistic – the holidays don’t have to be perfect.
- Set Aside Differences – try to accept family members and friends as they are.
- Stick to a Budget – decide how much money you can afford to spend and stick to it.
- Plan Ahead – set aside specific days for shopping, baking, being with friends, etc.
- Learn to Say “No” – saying “yes” when you should say “no” can leave you feeling resentful and overwhelmed.
- Don’t Abandon Healthy Habits – don’t let the holidays become a free-for-all for eating and drinking.
- Take a Breather – make time for yourself. Find an activity you enjoy.
- Seek Professional Help – talk to your doctor or mental health professional.

The Mayo Clinic (www.mayoclinic.org)

Resources:

- In Kings County, St. John's Bread and Life (www.breadandlife.org) works with Care For the Homeless (718- 943-1341 or www.careforthehomeless.org) to help find emergency shelter, food, and health care to people in need.
- St. John's Bread and Life : 718-574-0058
- 988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. That could be thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. <https://www.samhsa.gov/find-help/988>

BACK TO SCHOOL- STILL NEED A BAG PACK?

**Stop by the Nostrand Ave Pharmacy to pick one out!
Many colors to choose from!**

Location:
Nostrand Ave Pharmacy
1148 Nostrand Ave
Brooklyn NY 11225

Pharmacy Hours
Monday-Friday 10:00 - 19:00
Saturday 10 AM: to 3:00 PM
Sunday CLOSED



Nostrand Ave Pharmacy hosted a Back to School Backpack Giveaway. We filled 100 backpacks with basic supplies to start the school year. We still have plenty of backpacks. You can stop by the Pharmacy for pick up during Pharmacy hours. To pick up a backpack, please stop by the Nostrand Ave Pharmacy 1148 Nostrand Ave Brooklyn NY 11225 No phone calls please. See you at Pharmacy!