



May 2018 Vol 14 Issue 5



TIMES
Secrets For Living
A Healthy, Wealthy
& Happy Life

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Mother's Day Around The World

May 12th is Mother's Day, and what a great opportunity to celebrate Mothers. Here are some Mothers' Day facts you may not have known.

In most countries Mother's Day is celebrated on the second Sunday in May, among them the USA, Canada, most European countries, Australia, New Zealand, India, China, Japan, the Philippines and South Africa.

One notable exception to this rule are the UK and Ireland, which celebrate Mother's Day on the fourth Sunday in Lent. Most Arab countries celebrate Mother's Day on March 21st (vernal equinox). Most East European countries celebrate Mother's Day on March 8th.

In most countries, Mother's Day is a recent observance derived from the holiday as it has evolved in America. When it was adopted by other countries and cultures, it was given different meanings, associated to different events (religious, historical or legendary), and celebrated on a different date or dates.

Some countries already had existing celebrations honoring motherhood, and their celebrations have adopted several external characteristics from the US holiday, like giving carnations and other presents to your own mother.

Mother's Day accounts for one-fourth of the flower and plant purchases made for holidays, according to the Society of American Florists. Fresh flowers accounted for 63% of the purchases. In their survey, about one-third (32%) of adults (37% of men; 27% of women) bought flowers or plants as gifts for Mother's Day.

An AT&T survey estimated that 122.5 million phone calls to Mom are made on Mother's Day.



May



Website to visit this month:

Mint

Mint is a FREE and easy personal finance website and mobile app that helps you keep track of all your bank accounts, investments, savings and transactions.

You can set personal budgets each month to stay up to date on your spending.

Mint brings together everything from balances and bills to your credit score and more. Again, it's free and easy to get started, and Mint connects to almost every US financial institution connected to the internet.

Hope you benefit from this website!

www.MINT.com

Pharmacist Tip of the Month!

A MOTHER
IS SHE WHO CAN
TAKE THE PLACE
OF ALL OTHERS
BUT WHOSE PLACE
NO ONE ELSE
CAN TAKE

May Quotes

“If evolution really works, how come mothers only have two hands?”

~ Milton Berle

“A mother’s happiness is like a beacon, lighting up the future but reflected also on the past in the guise of fond memories.”

~ Honore de Balzac

Little Known Health Facts

The truth behind some of the most common health-related misconceptions.



1. Black coffee does not sober up an intoxicated person. It will wake the person up, but will not change the alcohol levels in the bloodstream. It is better to drink fruit juice and water.
2. The color of your hair determines how many hairs you start with. Blonde people start with about 140,000, brunettes about 108,000 and redheads only 90,000. Hair grows more quickly at night and dark hair at a greater speed than blonde hair.
3. Fingernails grow faster than toenails. It is thought that the reason for this might be that sunlight stimulates nail growth, and feet are often covered.
4. Three quarters of all the food we eat on this planet come from eight types of grains: maize, rice, wheat, oats, barley, sorghum, millet and rye.
5. The myth that spinach is extremely rich in iron, is the result of a printing error. Many decades ago, a table indicating nutritional values of certain food types, put the decimal point, indicating the iron content of spinach, one position too far to the right, thereby increasing its supposed iron content tenfold. Despite the mistake being rectified more than 70 years ago, public perception hasn't changed.

What Famous Mothers *Might* Have Said

Mona Lisa's Mother: "After all that money your father and I spent on braces, Mona, that's the biggest smile you can give us?"

Columbus' Mother: "I don't care what you've discovered, Christopher. You still could have written!"

Michelangelo's Mother: "Mike, can't you paint on walls like other children? Do you have any idea how hard it is to get that stuff off the ceiling?"

Abraham Lincoln's Mother: "Again with the stovepipe hat, Abe? Can't you just wear a baseball cap like the other kids?"

Batman's Mother: "It's a nice car, Bruce, but do you realize how much the insurance is going to be?"

Goldilocks' Mother: "I've got a bill here for a busted chair from the Bear family. You know anything about this, Goldie?"

Albert Einstein's Mother: "But, Albert, it's your senior picture. Can't you do something about your hair? Styling gel, mousse, something...?"

Thomas Edison's Mother: "Of course I'm proud that you invented the electric light bulb, Thomas. Now turn off that light and get to bed!"

May is Mental Health Month

Did you know that Mental Health America (MHA) founded **May is Mental Health Month** back in 1949? That means this year marks MHA's 70th year celebrating Mental Health Month!

MHA is expanding its focus from 2018 and raising awareness about the connection between physical health and mental health, through the theme #4Mind4Body. They are exploring the topics of animal companionship, spirituality and religion, humor, work-life balance, and recreation and social connections as ways to boost mental health and general wellness.

A healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as chronic conditions like heart disease, diabetes, and obesity. It can also help people recover from these conditions. For those dealing with a chronic health condition and the people who care for them, it can be especially important to focus on mental health. When dealing with dueling diagnoses, focusing on both physical and mental health concerns can be daunting – but critically important in achieving overall wellness.

There are things you can do that may help. Finding a reason to laugh, going for a walk with a friend, meditating, playing with a pet, or working from home once a week can go a long way in making you both physically and mentally healthy. The company of animals – whether as pets or service animals— can have a profound impact on a person's quality of life and ability to recover from illnesses. A pet can be a source of comfort and can help us to live mentally healthier lives. And whether you go to church, meditate daily, or simply find time to enjoy that cup of tea each morning while checking in with yourself – it can be important to connect with your spiritual side in order to find that mind-body connection.

Know that mental illnesses are real, and recovery is always the goal. Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes. Finding the balance between work and play, the ups and downs of life, physical health and mental health, can help you on the path towards focusing both #4Mind4Body.

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. So much of what we do physically impacts us mentally – it's important to pay attention to both your physical health and your mental health, which can help you achieve overall wellness and set you on a path to recovery.

Did You Know? May Fun Facts



COLLEGE ADVISOR, COACH
BABY NURSE, LAUNDRESS,
GARDENER, MAID,
READING SPECIALIST,
ART TEACHER, MATH TEACHER,
CHILD PSYCHOLOGIST,
SOCIAL SECRETARY,
TRAVEL AGENT, HOME REPAIRMAN,

MUM

NIGHT NURSE, COOK,
PLUMBER, EXTERMINATOR
SCULLERY MAID,
PARTY PLANNER,
NURSE, REFEREE,
DECORATOR, ACCOUNTANT
CHAUFFEUR, CHEF



Thank You!

Thanks to YOU the word is spreading! Thanks to all of our wonderful customers and friends who graciously referred us to their friends and neighbors last month! Our business runs on positive comments and referrals from people just like you! We couldn't do it without you!

A special thanks to all of those who referred us.

We Don't Have a Business Without YOU!

We can't fix it if we don't know what is broken. Please contact us and give us your feedback, good or bad. We are committed to continuous improvement because we want to be YOUR family pharmacy.

Call us or stop by to let us know today!



HEALTHY



HOME

TIMES

May 2018 Vol 14 Issue 5

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“
God could not be everywhere,
and therefore he made mothers.
~ Rudyard Kipling
”

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Discounts, Specials And Much, Much MORE!
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