



# HEALTHY

May 2020 Vol 15 Issue 5



# HOME

# TIMES

Secrets For Living  
A Healthy, Wealthy  
& Happy Life

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## In This ISSUE

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### Some Good News for a Change!

We hope and pray you and your family are well. Everywhere we turn the news is about COVID-19. It's certainly appropriate to be updated on the pandemic, but we want to give you an uplift in this issue – **we want to share GOOD NEWS with you!**

And there's nothing better to begin with than...

#### ...Mother's Day!

It's May, so of course we're going to share some Mother's Day trivia. Nothing makes us feel better than to remember mothers, right?

Some form of Mother's Day celebration is observed in just about every country and culture around the globe, at different times throughout the year.

The United States celebrates Mother's Day on the second Sunday in May. In the 1880's and 1890s, there were several attempts to establish a nationally observed Mother's Day, but they didn't succeed beyond the local level. The holiday was ultimately created by Anna Jarvis of Grafton, West Virginia, in 1908 as a day to honor mothers. Jarvis wanted to accomplish her mother's dream of making a celebration for all mothers, although the idea didn't really take off until she enlisted the services of wealthy Philadelphia merchant John Wanamaker. She kept promoting the holiday until President Woodrow Wilson made it an official national holiday in 1914.

The holiday eventually became so highly commercialized that many, including its founder Anna Jarvis, considered its original purpose superseded. Jarvis ended up opposing the holiday she had helped to create. She died in 1948, regretting what had become of her holiday.

Throughout the world, Mother's Day remains one of the biggest days for sales of flowers, greeting cards and the like; it is also the biggest holiday for long-distance telephone calls.



## May



### Amazing Websites to visit this month:

#### "The Good News Network"

This is a website focused on good news. For example, it includes articles such as a dog that has been delivering groceries, meals and mail to a senior neighbor in quarantine... and police officers giving speeders facemasks instead of tickets...and so much more. To balance out all the negative news we all read and hear, visit this website today.

[www.TheGoodNewsNetwork.org](http://www.TheGoodNewsNetwork.org)

#### "Positive News"

Here is another uplifting and fun website. It has features about things like sustainable farming, and how *Sesame Street* is bringing cheer to children affected by conflict. *Positive News* explores all kinds of fun and positive stories.

[www.Positive.News](http://www.Positive.News)

## Pharmacist Tip of the Month!



## Quote for May...

**"Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit."**  
-Napoleon Hill (author, Think & Grow Rich)

## Health Corner Protect Your Health with Better Sleep

With all the talk about coronavirus in the world, we want to emphasize something that is one of the most practical and important things you can do to stay healthy now and, in the future, get proper sleep. Here are some tips to consider if you find yourself having a hard time sleeping well.



To get better sleep, it is important to start a relaxing bedtime routine. You can start by deciding to go to bed and get up in the morning at about the same time every day, even on weekends. A good schedule might be to be in bed by 10:30pm and arise by 6:30am. That'll give you a full eight-hours of sleep, and you'll sleep better on a routine like this. Additional ideas for a better sleep include:

1. Choose a comfortable mattress and pillow.
2. Avoid nicotine, alcohol and caffeine in the evening.
3. Exercise regularly, and at a time right for you.
4. Keep your bedroom quiet, dark and comfortable. Keep work materials, computers and televisions out of the bedroom.
5. Avoid discussing emotional issues in bed.
6. Avoid napping.
7. Keep pets off the bed.
8. Don't eat or drink large amounts before bedtime. Eat right, sleep tight.
9. Use sleeping pills only as a last resort.

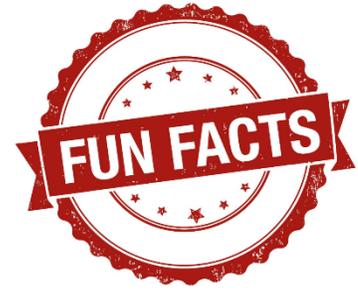
## Keep your Immune System Healthy

Your immune system defends you against the viruses that cause colds and flu. These eight steps can help support your immune system so it's ready to fight those viruses.

1. Eat plenty of fruits, vegetables, and whole grains.
2. Get at least 30 minutes of exercise most days of the week.
3. Get enough sleep.
4. Wash your hands.
5. Keep up with your vaccinations. Almost everyone who's at least 6 months old should get a flu vaccine every year.
6. Keep your weight healthy.
7. Don't drink too much alcohol.
8. Don't smoke.

## Good timing! World Laughter Day is May 3<sup>rd</sup>

In times like these, laughter is healthy and is “good medicine.” **World Laughter Day** is celebrated each year on the first Sunday of May in many countries, such as India, USA, Australia, France, Germany, the UK and Hungary. To honor this occasion, here are some groaners to amuse you. We hope you join in for some laughter on May 3<sup>rd</sup>.



- A sandwich walks into a bar. The bartender says, "Sorry, we don't serve food here."
- An E-flat, a G-flat and a B-flat walk into a bar. The bartender says, "I'm sorry, we don't serve minors."
- A toothless termite walked into a tavern and said, "Is the bar tender here?"
- A jumper cable walks into a bar. The bartender says, "I'll serve you, but don't start anything."
- Two antennas met on a rooftop, fell in love and got married. The ceremony wasn't much, but the reception was excellent.
- Question: What do you call a boomerang that doesn't work?  
Answer: A stick
- Question: What do you call four bullfighters in quicksand?  
Answer: Quattro sinko.

**May 1, 1840:** England releases the first adhesive postage stamp.

**May 3, 1494:** Christopher Columbus discovers "St Iago." It is later renamed Jamaica.

**May 6, 1889:** The Paris Exposition opens with the just-completed Eiffel Tower as its centerpiece.

**May 9, 1886:** Pharmacist John Styth Permerton invents the syrup for Coca Cola.

**May 9 1914:** The first Mother's Day is celebrated.

**May 15, 1940:** Nylon stockings hit the market for the first time.

**May 22, 1933:** First reported sighting of the Loch Ness Monster.

**May 25, 1978:** The movie blockbuster "Star Wars" is released.

### Thank You!

Thanks to YOU the word is spreading! Thanks to all 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!**



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“  
Go as far as you can see; when you  
get there, you'll be able to see further.  
*Thomas Carlyle*”

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