



TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life

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August 2020 Vol 15 Issue 8

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INVEST IN YOURSELF

Investing in yourself is one of the things to stay motivated while working from home that you should start doing now. Learn a new skill, study statistics to improve your knowledge, or read self-improvements books.



Websites such as Udemy, Skillshare, or Coursera can help in acquiring new skills in a short amount of time without having to follow a course at school and spending a few dollars only.

Megan Tull, a Business Strategist at the Huffington Post, covered [the best ways to invest in herself](#). From reading educational books and investing in her confidence to setting goals and working on her bucket list, remaining motivated is her ultimate goal.

Farshad Asl, Regional Director at Bankers Life, shared his experience of investing in yourself. He said, "Believing and investing in yourself is the best way to shift your thinking from a paradigm of excuses to one of solutions."

We can all relate to what he said and start investing in ourselves in one of the best ways to remain motivated and happy when working from home.

To conclude, investing in yourself is a fantastic way to remain motivated while [working from home](#). Whether you choose to learn a new reusable skill, to work on your confidence or public speaking, or even learning a new language, the possibilities are endless.

Follow your schedule

Following your schedule is an important thing to do to stay motivated when working from home. Not only does it allow you to prioritize your tasks, but also to get more organized and finish your shift on time with no delays. Also, becoming disorganized and distracted is easy and following a schedule will help avoid losing time. [The 2020 State of Remote Work by Buffer](#) revealed that the number one biggest benefit of working remotely is the ability to have a flexible schedule. Take the opportunity to work from home to prepare your schedule, prioritize your workload, and start the week the right way.

August



Website to visit this month:

Google Feud

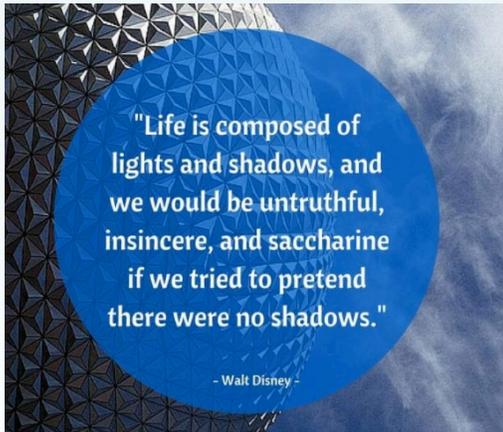
This totally out of ordinary and awesome website will take your game to the next level. Be warned though, we take no responsibility for wasted time!

This Family Feud style game is a spanking new website that is super fun. You have to complete questions across four different categories to predict the top ten Google autocomplete suggestions. The more you guess correctly, the higher you score. This game has many completely hooked. Give it shot.

It is a Webby Award Winner for Best Game.

<http://www.googlefeud.com/>

Pharmacist Tip of the Month!



~ Walt Disney

August Quotes

"I may not always be there with you, but I will always be there for you."

~ unknown

"Our friendship isn't a big thing, it's a million little things."

~ unknown

What's the Buzz?

The Third Saturday in August is National Honeybee Awareness Day.



In the world of gardening, there are good insects, and there are bad insects. You can count bees among the good insects. As a matter of fact, Honeybees and other bees are one of a gardener's best friends. Bees comprise over 80% of the pollinators in the world. Without them, the growth and harvest of many of our fruits and vegetables would be at serious risk. In the U.S., this represents an agricultural value of \$15 billion/year.

As honeybees and other bees go about their job of harvesting nectar from flowers, they inadvertently get pollen on their feet and legs. As they travel along, this pollen gets deposited onto the stigma of a female flower of the same type of plant.

About 3,500 honeybees fly 55,000 miles to make 1 pound of honey. It takes 10 pounds of nectar to make a pound of honey.

Honeybees are the only insect that produces food eaten by humans. Honey is the only food that includes all the substances necessary to sustain life, including enzymes, vitamins, minerals, and water.

Colony Collapse Disorder

The Honeybee population in the United States has been decreasing at an alarming rate. This decline could be due to a parasite, climate change, loss of habitat, use of insecticides, or a number of other reasons. But, the drastic decline in population is an undisputed fact.

Consider these statistics:

Since 2006, one half of the Honeybee colonies have disappeared.

From 2007-2013 over 10 million hives have been lost, over two times the normal rate.

It is vital for us to recognize this problem and do our best to keep it from getting worse.

Guard Blood Pressure: Sleep

Columbia University researchers give a new reason why it's important to get enough sleep. They find that adults who sleep less than five hours a night are twice as likely to develop high blood pressure compared with those who get seven to eight hours.

To sleep better, they recommend getting some exercise (at least three hours before bedtime), drink herbal tea instead of drinks that contain alcohol or caffeine, and try to go to bed at the same time each night.

Healthy Eating Games & Activities

Using games and activities is a great way to help children learn about healthy eating while having fun at the same time. The ideas below can be used to engage children in healthy eating experiences, teach them to recognize different foods and encourage them to experiment with new foods, tastes, flavors and textures.

The Veggie Guessing Bag

Try this activity to increase children's recognition and awareness of different vegetables. Place some vegetables (real or plastic) in a bag. Ask children to feel inside the bag and guess which vegetables are there. As a variation, blindfold children and place a vegetable in their hands. Ask them to guess what the vegetable is by feeling, smelling and even tasting it.

Choose a Letter of the Week

Each week taste and discuss healthy foods that start with the chosen letter of the week. For example, for the letter 'M' try mushroom, milk and mango.

Odd One Out

Say a series of four words including three vegetables and one odd word, for example, "Carrot, potato, cat, onion". Ask children to identify the odd word.

Make the game more challenging by using an odd word that is also a food, for example, "Celery, capsicum, carrot, yogurt". Ask the children why the odd word does not belong with the rest of the group.

Create a Vegetable Person

Create a 'vegetable person' using real vegetables or pictures of vegetables. Help children use toothpicks to make their vegetable person stand up and be three-dimensional. If using real vegetables, encourage children to eat their vegetable person for morning or afternoon snack.

Did You Know? August Fun Facts



1957 - American Bandstand debuted on the ABC television network, with host Dick Clark. The show began locally on Philadelphia television station WFIL-TV Channel 6 (now WPVI-TV) in 1952.

1966 - The Beatles performed their last concert at Candlestick Park in San Francisco.

1969 - The Apollo 11 astronauts were released from a three-week quarantine to enjoy a ticker tape parade in New York, New York.

1977 - US President Jimmy Carter signed legislation creating the United States Department of Energy.

1994 - Major League Baseball players went on strike, forcing the cancellation of the 1994 World Series.

1997 - Diana, Princess of Wales, her companion Dodi Fayed died in a car crash in Paris.

2008 - American swimmer Michael Phelps became the first person to win eight gold medals in one Olympic Games.

2012 - NASA's Curiosity rover landed on the surface of Mars.

Life is not about waiting for the storm to pass
but learning to dance in the rain

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

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Secrets For Living
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“
True friends are never apart.
Maybe in distance but never in heart.
~ *unknown*
”

Inside This Issue You Will Discover...

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- **What's the buzz**
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Discounts, Specials And Much, Much MORE!
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