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HEALTHY HOME TIMES
Secrets for Living
A Healthy, Wealthy
& Happy Life

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In This **ISSUE**

- **World Immunization Week**
- **Earth Day ...**
- **Bee Houses**
- **Thank You's, Quotes to inspire**

World Immunization Week

Celebrated every year in the last week of April – aims to promote the use of vaccines to protect people of all ages against disease. Immunization saves millions of lives every year and is widely recognized as one of the world's most successful health interventions. Yet, there are still nearly 20 million children in the world today who are not getting the vaccines they need, and many miss out on vital vaccines during adolescence, adulthood and into old age. Using the theme 'Vaccines bring us closer', World Immunization Week 2021 will urge greater engagement around immunization globally to promote the importance of vaccination in bringing people together, and improving the health and wellbeing of everyone, everywhere throughout life. As part of the 2021 campaign, WHO, partners and individuals around the world will unite to:

- 1- Increase trust and confidence in vaccines to maintain or increase vaccine acceptance.
- 2- Increase investment in vaccines, including routine immunization, to remove barriers to access.

While the world focuses on critically important new vaccines to protect against COVID-19, there remains a need to ensure routine vaccinations are not missed. Many children have not been vaccinated during the global pandemic, leaving them at risk of serious diseases like measles and polio. Rapidly circulating misinformation around the topic of vaccination adds to this threat. In this context, this year's campaign will aim to build solidarity and trust in vaccination as a public good that saves lives and protects health. To this end, we will be looking for **more partners to join us**, bringing people together in support of a lifesaving cause. Vaccines have brought us closer and will bring us closer again. For over 200 years, vaccines have protected us against diseases that threaten lives and prohibit our development. With their help, we can progress without the burden of diseases like smallpox and polio, which cost humanity hundreds of millions of lives. Whilst vaccines are not a silver bullet, they will again help us progress on a path to a world where we can be together again.

Vaccines themselves continue to advance, bringing us closer to a world free from the likes of TB and cervical cancer, and ending suffering from childhood diseases like tetanus and measles.

April



Website to visit this month:

The Secret Door

It won't open into a dark nook at Hogwarts, but it can take you to equally unexpected places around the world. The idea is simple — opens the secret door and let Google's Street View transport you to an interesting place on the globe. Think of it as a portal for virtual globetrotting. And if you don't like it, just click the Take Me Somewhere Else button. It ranks as one of the more fun ways to use Google Maps and Street View. Have fun with this website!

www.safestyle-windows.co.uk

Pharmacist Tip of the Month!

Easter is Chocolate Time

Eat Dark Chocolate, But Not Too Much

In the Aztec culture, creation of the cocoa plant on earth was attributed to Quetzalcoatl, who they believed descended from heaven carrying a cocoa tree from paradise. Cocoa was combined with spices to make a frothy drink (they didn't have sugar). Today, chocolate's allure lies in its sweet or bittersweet taste, but chemical reactions are at work.



Chocolate stimulates the secretion of endorphins, which produce a pleasurable sensation, and serotonin, which acts as an anti-depressant. Chocolate does more than please the taste buds and make people feel good. It's packed with polyphenol antioxidants that reduce the risk of heart disease. Antioxidants in raw cocoa can dilate blood vessels, a healthful effect, and raise HDL (good) cholesterol levels.

Researchers in Italy have found that eating dark chocolate can help to control diabetes by increasing the body's ability to metabolize sugar. Chocolate is also high in potassium, magnesium, and vitamins B1, B2, D, and E – but it's very high in fat and calories.

IT'S OK TO BE
A GLOWSTICK;
SOMETIMES WE
NEED TO BREAK
BEFORE WE SHINE

What is Earth Day

Ever wondered how Earth Day started? This observance arose from an interest in gathering national support for environmental issues.

In 1970, San Francisco activist John McConnell and Wisconsin Senator Gaylord Nelson separately asked Americans to join in a grassroots demonstration. McConnell chose the Spring equinox (March 21, 1970) and Nelson chose April 22. Millions of people participated, and today, Earth Day continues to be widely celebrated (mostly on April 22).

Common Earth Day activities include planting trees, cleaning up litter, or simply enjoying nature through hiking, gardening, or taking a stroll in a local park.

Earth Day is always celebrated on April 22, and is followed closely by Arbor Day, which falls on the last Friday in April.

Celebrate Earth Day by enjoying nature. Here are some ideas to inspire you!

- Plant wildflowers!
- Go native! Plants thrive when they're natural to your area.
- Bring nature into the garden with plants that attract butterflies and hummingbirds.
- Invite native bees to your garden. These are the bees that pollinate your plants for more flowers and food! Perhaps add a native bee house!

April Quotes

“Normality is a paved road.
It's comfortable to walk on
but no flowers grow on it.”
~ Van Gogh

“The phrase ‘do not be afraid’
is written in the bible 365
times. That's a daily
reminder from God to live
every day being fearless.”

Bee Houses

What's the secret to enjoying more blooms and greater harvests? Pollination! To increase the pollination of your garden plants, consider getting a backyard bee house for native solitary bees, such as mason bees and leafcutter bees.



Bee houses (or hotels) are similar to bird houses, but instead of attracting birds, they attract native bee species, like mason bees. Unlike honey bees, these solitary bees are extremely docile and *up to three times more effective as pollinators*. No, you won't get any honey, but you will enjoy more flowers, thriving plants, and healthier vegetables and fruit in your garden!

Bee houses consist of a wooden, birdhouse-like structure containing native bee nesting materials—typically hollow reeds or cardboard tubes. They are the perfect habitat for solitary, hole-nesting bees, who also happen to be some of the best pollinators around.

Like birdhouses, which ought to be cleaned out at the end of each year, bee houses need to be refreshed annually with new nesting materials.

Be sure to choose a bee house size that matches what the surrounding area can provide. For example, a stand of flowering trees and bushes can provide more pollen than a meadow of flowers can, meaning a larger house would be appropriate for the former.

Hole-nesting bees need a place to live that's dry and safe. The ideal bee house will have a solid outer structure that has a 2–3" overhang, which will protect nesting materials from bad weather. If birds are attacking the nesting holes, use a 1"-wide wire cloth and bubble it around the bee house. Do not install wire cloth flush against the nesting holes, as this will obstruct the bees from entering. Bees need some space for landing and taking off!

Orient the bee house to face the morning sun, as hole-nesting bees need the sun's warmth to give them energy to fly. Placing two bee houses—each facing a slightly different direction—can produce even better results.

Most native bees prefer some afternoon shade, but too much shade could attract hole-nesting wasps. Solitary wasps are generally considered beneficial predators in a garden, as they attack pests like caterpillars, grubs, and aphids. However, they may also prey on the bee pupae in your bee house.

Did You Know? April Fun Facts



April 15th is Tax Day.

What We'd Rather Do Than Taxes...



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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“
Keep your eyes on the stars
and your feet on the ground.
~ Unknown
”

Inside This Issue You Will Discover...

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Discounts, Specials and Much, Much MORE!
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