



The Latest News from Pharmacy Solutions

Can you believe we are already to December? This year flew by! Last month, we asked you to nominate families who are needing help during the holidays. We were overwhelmed by the response, and after reading these wonderful, heart felt stories, and shedding many tears both of sadness and joy, we have picked 2 families to support. Here are their stories (names have been changed for privacy):

The 'T' Family-

Last August, eighth grader Ann, woke up to find that her mother had passed away during her sleep. Ann's mother had no living family to visit or care for her. The first person that Ann called when she found her mother was her mother's best friend, Julie. Julie didn't hesitate and packed Ann up and hasn't looked back. Not only did Julie and her husband, Eric so selflessly take Ann in, they planned her mother's funeral, and took care of all of Ann's needs. Julie and Eric, who have five children of their own, recently adopted Ann, and now they are living happily as a family of 6!



- Boy 'S'-15: Would like a longboard, Xbox One games, and Superhero movies
- Girl 'A'-14: Lane Bryant Skinny Jeans (size 28), Hooded Sweatshirts (size 4x), 5th Wave DVD, winter coat, earbuds, girly things such as make-up, nail polish, body spray and lotions, etc.
- Girl 'E'-7: Littlest Pet Shop anything and everything, Barbie Veterinarian set, small iPod, perfumes, lipsticks, glosses, etc..., bicycle
- Boy 'C'-6: He really wants a longboard, and safety equipment to go along with the board, anything Star Wars, Minecraft, Pokemon, and Nerf
- Boy 'O'-5 (also autistic): Mom tries not to get him complicated toys as he is curious to how things work, she suggested anything Star Wars or Clone Wars, Chuggington, Minecraft and Pokemon, and Finding Dory, he loves to play games
- Boy 'V'-3: Thomas the Train, Nerf, Pokemon and Star Wars, and a tablet

The family in general is asking for Redbox gift cards, movie theater gift cards, and Barnes and Noble gift cards. The kids have also mentioned a trampoline to their parents.

The 'R' Family-

Earlier this fall, Mary had lost her mother in a tragic accident, she has also just lost her father to cancer. Mary is a single mother with 2 children, a seventh grader and a 5th grader who in confined to a wheel chair. Mary and her children were recently evicted from their apartment and are having trouble finding a place to stay that is accessible for her daughter. Mary and her

children are currently living in her brother's basement, while she works multiple jobs trying to make ends meet.

- Boy 'A' (7th grade): Would like a pair of Air Jordan's for basketball, however we don't have a size so Footlocker giftcards, board games, and candy
- Girl 'H'-American Girl Dolls and accessories, Ipod Touch, nail polish and earrings.
- Mom hasn't requested anything for herself other than Russ's giftcards for groceries and gas, restaurant gift cards, and she really wants to be able to thank her brother and sister for their generosity while she has been trying to get back on her feet. She is an amazing woman, and deserves the world!

Both of our families are already very thankful for your generosity. We ask that we have all gifts by December 21st. You can bring them, wrapped or unwrapped, as we have some special helpers that don't mind wrapping presents!

Also this month we will be celebrating the 12 days of Christmas! Stop in and received anywhere from 20-30% off supplements through December 23rd. There will be a different deal each day!

We will be closed on Monday, December 26th and on Monday, January 2nd to celebrate with our families. Please plan your refills accordingly. We truly hope that you and yours have a Merry Christmas and a Happy New Year!

Lyndell White, Pharm.D.,R.P., Sheri Scheer, Pharm.D., R.P, Jeanne Greisen, Pharm.D., R.P., Amy Tomjack, Pharm.D., R.P., Beth Christensen, CPhT., Noelle Burns, CPhT., Sherry Generally, Erika Greer, CPhT, Alecia Frye, CPhT, Annthie Hinton, Customer Service

Do You Have Problems Taking Your Medications?

We have found that many people actually want to take their medicine as directed but don't because they can't swallow or their prescriptions cause intolerable side effects.

Our compounding pharmacy can help! Customized medications can help people to receive the medications they need and get better faster. Here are some of the problems that interfere with therapy, and how our compounding pharmacist can help:



- Gastrointestinal upset caused by oral medications: we can usually compound the needed medication into a transdermal gel so that the medication can be absorbed systemically but bypasses the GI tract.
- Bad taste or texture: we can flavor medication in a solution, suspension, lollipop, or lozenge.
- Difficulty swallowing or nothing permitted by mouth: medications can be compounded into dosage forms that are not commercially available, such as a topical/transdermal cream or gel, or a rectal suppository.
- Difficulty breaking tablets or measuring a dose: we can compound medications in the dose that is most appropriate for a specific patient.
- Allergies or sensitivities to dyes, lactose, sugar, alcohol or preservatives: our specially trained professionals can compound medications that are free of problem-causing

excipients.

We work together with physicians and other health care professionals and their patients, and customize medications to meet each patient's unique needs.

LEARN MORE ABOUT COMPOUNDING.

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DECEMBER 8TH UNTIL DECEMBER 23RD!



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