

JANUARY 2020

# Parents Page



The New Year is when we take the time to evaluate areas we want to see change. The time we think about the areas we want different. We often think about how we can improve our lives, and in the process, improve our children's lives. Most parents and grandparents, and I am sure you are one of them, want to ensure their children or grandchildren have better lives than their own. We are always looking for ways to improve our lives and the lives of our children or grandchildren.

The pharmacists and staff at Len's Drug want to give some advice or thoughts about what little changes could help improve your life and by proxy improve your children's lives forever.

## Stopping Smoking/Tobacco Use

- Smoking can impact your children even if you don't smoke around them
- Second hand smoke and the effects of it have been known for years however what is not talked about much is the impact of third hand smoke. It is the impact of third hand smoke that can impact your children even if you do not smoke around them.
- We here at Len's Drug want to help you along on your journey. You may have heard about the program Kick Buts. It was started in 2015 and it was designed by Len's Drug to help you explore all those "buts" that keep you from diving headlong into stopping all tobacco. "I would quit 'but' I might gain weight;"
- "I would quit, 'but' I can't handle the stress"; I would quit, 'but' I don't have any support" and the list goes on and on.
- Currently Len's Drug offers smoking cessation counseling one-on-one by appointment and in-group settings once a quarter. The next group setting will be held at the Blue Mountain Hospital conference room beginning Monday, January 6th at noon. Lunch will be provided. The most effective way to quit smoking is to have support and use a smoking cessation medication. Your pharmacist at Len's Drug are more than happy to help you find the medication that would work best for you.
- The curriculum we use for your group and single sessions is the Freedom From Smoking created by the American Lung Association.
- Come by Len's Drug for more information or Call us at 541-575-0629

## Colds and Flu Preventions, and sadly, Treatments (because we can't prevent them all)

- Finally we are starting to enter the part of the year where passing around germs and illnesses are common. Here are some ways to help prevent you from getting the bugs or lessen the effect of the bugs.
- Make sure you and your family have gotten their flu shot. Here at Len's Drug we are able to vaccinate 7 years and above. In addition we are able to bill most insurances for flu shots.
- Be on an immune booster
- There are several options available: Airborne, Emergen -C, Zinc, Vitamin C and Elderberry products.
- These products help reduce the likelihood of getting a bug and also it tends to reduce the symptoms as well as the duration if you are sick.
- Wash hands frequently and if that isn't possible have hand sanitizer available.
- If your child or Children develop an illness especially with a fever (which is a temperature over 100.4) keep them home.
- If someone if your house develops an illness make sure to sanitize and clean your house frequently.
- Lysol is a great thing to have around to spray down areas after the sick person has touched.
- If you are unable to prevent an illness the best way to treat the majority of colds, is with rest and fluids.
- There are medications that can help reduce symptoms, but no medication will cure.
- If you have congestion and cough-Mucinex DM is a great medication to use. For children, Zarbees make great products that do not have medication adverse-effects..
- The best cough syrup on the market is Delsym.
- Several cold medicines have the cough suppressant Dextromethorphan, which since January 1, 2018 can only be purchased by anyone 18 years and older.
- Don't forget about cough drops.
- Your pharmacists at Len's Drug are always happy to help you pick out the best medication for your symptoms, just simply call or drop by.

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### Strawberry Wilderness Community Clinic

Zachary Bailey, M.D. Shawna Clark, DNP  
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## FRONTIER Early Learning HUB

Harney & Grant Counties

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## Upcoming Sports Registration



• Late Registration for 4th - 6th Grade Boys & Girls Basketball Begins. Be sure to check calendar for upcoming games.  
• Adult basketball registration is Nov. 18-Dec. 23  
• 4th-6th grade basketball season begins Jan. 6  
*Like our Facebook page to stay up to date on happenings with the JD/CC Parks and Recreation!*

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