

To Your Health

Helping You & Your Family...
With All Your Health Needs



Brenda Patzloff, RD, LN

Sponsored by **HyVee** **Avera** **HealthMarket**

Healthy Eating FOR Life

HyVee
EMPLOYEE OWNED
2100 Broadway, Yankton • 605-665-3412
Pharmacy 665-3412 • Home Dept. 665-3412

WELLNESS EVENTS

APRIL 2010


Cancer Control Month • Wednesday, April 7th - 1:00 p.m. - 5:00 p.m.
Eating For A Healthy Lifestyle Store Tour - FREE
Tuesday, April 13th - 10:00 a.m. and 2:00 p.m. (Registration Required), Call 665-3412
Dietitian Produce Pick of the Month
Thursday, April 15th - 1:00 p.m. - 5:00 p.m. (Produce Department)
Eating For A Healthy Lifestyle Store Tour - FREE
Wednesday, April 21st - 10:00 a.m. and 2:00 p.m. (Registration Required), Call 665-3412
Gluten-Free Friends Support Group Meeting - FREE
Saturday, April 24th - 9:00 a.m. (Hy-Vee Conference Room)
Call 665-3412 for more information.
Master Gardener Presentation - 'Basic Gardening 101' - FREE
Saturday, April 24th - 10:00 a.m. - 11:00 a.m.
(Registration Required) (Hy-Vee Conference Room), Call 665-3412

Look for these specials in the HealthMarket in the month of April

Kids Coloring Contest starting April 1st to celebrate the earth! Pick up a coloring contest picture in the HealthMarket. Ages 3-5 yrs., 5-7 yrs. and 8-10 years. One winner in each age group will win a basket of healthy picks from HealthMarket

April 5th-12th
- Yes! Body Care Products all 10% Off
- Bulk Feature of the month of April is Chia seeds... 10% off Chia seeds all month long!
April 13th-19th
- Burt's Bees Products all 10% off as well as all Simply Organic spices and packets all 10% off





Your Local Good Neighbor Pharmacy

Yankton Rexall Launches New Drug Take-Back Program for Consumer Drug Disposal

In response to news about the presence of pharmaceuticals contaminating the water supply and teenage abuse of prescription drugs, Yankton Rexall Drug is now offering a new drug take-back program to help its patients safely dispose of medicines that may be dangerous to others and to the environment.

"As members of the community, pharmacists are in a prime position to ensure the safe and proper handling of medications, from dispensing to disposal," said pharmacist Dan Somsen. "Unused or expired medications pose risks to our families, communities, and the environment. We welcome all in the community to come and talk to our pharmacists about their prescriptions and how to store, use and dispose of them properly."

Patients of any pharmacy are invited to safely dispose of unused and expired medications at Yankton Rexall Drug, free of charge by bringing in the drugs in their original stock containers. The pharmacy will work to dispose of the drugs using the Sharps TakeAway™ Environmental Return System, a safe, easy method to dispose of unused patient medications in an environmentally friendly way. Controlled drugs will not be accepted at this time due to DEA regulations, but Yankton Rexall is investigating programs that will accept controlled drugs, also.

The Office of National Drug Control has found that prescription drugs are the drug of choice among 12- and 13-year olds, while a third of all new abusers of prescription drugs were between the ages of 12 and 17. Though it may be argued that the presence of drugs in drinking water is negligible, more and more consumers are disposing of unused medicines by flushing them down the drain, adding pharmaceutical pollution to our waters. In addition, medicines thrown in the trash can end up in landfills if not first picked up by children, pets, sanitation employees, or anyone who rummages through trash.



Dan Michael

SERVING THE COMMUNITY OF YANKTON FOR OVER 85 YEARS

Continuing the Caring Tradition of a Full Service Pharmacy

- We accept all Medicare D plans & most insurance programs
- Charging, Delivery, & Drive-Up Conveniences
- Give Pharmacists Dan or Michael a call!

Your Local Good Neighbor Pharmacy

YANKTON Rexall

109 W. 3rd St.
Historic Downtown Yankton
605-665-7865
Mon.-Fri. 8:30am-6pm
Sat. 8:30am-5pm

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COUPON

30% OFF

Frames & Lenses

Not valid with any other special. See store for complete details. Coupon must be presented at time of purchase. Offer expires 4/30/10

Optical Expressions

Yankton Mall
Eyemed, Medicare & Medicaid Accepted

Eye Exams Available
605-665-6181

Rx Our Pharmacists Have the Answers!



From left to right: Angela Potts, tech; Nancy Peltz, tech; Shoni Jusot, pharmacist; Kim Korte, pharmacist; Eden Gooden, pharmacist; Leah Rempley, pharmacist; Pearl Potts, tech. Not pictured: Laura Gulick, tech, and Loretta Ole, tech.

If you're like most people, you want a pharmacist who takes the time to talk to you about your medication. Our pharmacy staff is committed to helping customers feel better by providing friendly, reliable prescription service, and by making sure customers understand important information about their prescriptions.

The next time you need a prescription filled or refilled, call the friendly pharmacists at Hy-Vee, and see what a difference caring service can make!

HyVee Pharmacy
EMPLOYEE OWNED
2100 Broadway
665-8261



Jeffrey Johnson, M.D.



Brandi Pravecck, CNP



LEWIS & CLARK FAMILY MEDICINE, PC

NOW OPEN

Dr. Johnson and Brandi Pravecck are now seeing patients in the new clinic.

Call (605) 260-2100 for your appointment • Walk-ins Welcome

1101 Broadway (Hwy. 81), Suite 103 A in Morgen Square • Yankton, SD

YOUR WILD CHILD: OUR SPECIALTY



"MY HEAD FEELS FUZZY!"
"I bit it on my board!"
"LESS TIME IN THE WAITING ROOM."
"BECAUSE KIDS AREN'T THE ONLY ONES WHO HATE TO WAIT."
"MY TUMMY DOESN'T FEEL SO GOOD!"
"MOM, I'VE GOT A PORCUPINE IN MY THROAT."
"I WIPED OUT DURING RECESS!"
"WHAT'S SO SPECIAL ABOUT LEWIS AND CLARK SPECIALTY HOSPITAL? WE SPECIALIZE IN SURGICAL CARE, OFFERING EAR, NOSE AND THROAT, SPORTS MEDICINE, GENERAL SURGERY AND MORE."

Our food doesn't taste like hospital food. Seriously.

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Discover the Difference.
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