

To Your Health

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

Sponsored by **HyVee** **Avera**
HealthMarket **Sacred Heart Hospital**

Healthy Eating FOR Life

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

WELLNESS EVENTS JUNE 2010

Dairy Month
Tuesday, June 1st - 1:00 p.m. - 4:00 p.m. (Dairy Department)
June is Dairy Month! Honor our dairy farmers and join your Yankton Hy-Vee dietitian in the Dairy Department for a sample and learn the many health benefits of dairy products. Have you had your 3-A-Day of dairy?

Gluten-Free Friends Meeting
Do you or a family member have celiac disease or a food allergy? The Yankton Celiac Support Group invites you to join them for their monthly meeting. This month the group has planned a picnic for June 2nd at 6:00 p.m. Contact Sarah Mellem at 665-3412 or Carla Scott at 668-8643 for more information and location.

Dietitian Pick of the Month - Whey Protein
Wednesday, June 9th - 1:00 p.m. - 4:00 p.m. (HealthMarket)
Did you know that Healthy 100% Whey Protein contains 22 grams of protein per serving and is sweetened with natural sweetener, Stevia? Healthy 100% Whey can be used for weight loss, exercise recovery or for a quick breakfast. Join Brenda in the HealthMarket as she samples a variety of delicious flavors of Healthy 100% Whey!

Men's Health Month
Wednesday, June 16th - 10:00 a.m. - 4:00 p.m. (HealthMarket)
June is Men's Health Month! Research shows that men do not see physicians for a physical exam nearly as often as women. The best Father's Day gift we can give is to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Join Brenda in the HealthMarket as she provides information regarding Men's Health Month and how a healthy diet can be essential for fighting off disease.

Cherries - America's Super Food!
Tuesday, June 22 - 10:00 a.m. - 1:00 p.m. (Produce Department)
Cherries are one of the best ways to relieve pain naturally. Although they are available year-round, their peak season is this month! The anthocyanins contained in cherries have the ability to block inflammatory enzymes and offer pain relief. Stop by the produce department to sample some cherries learn more about this "super food" from your Hy-Vee dietitian.

Healthy Dad's Are Happy Dad's - Happy Father's Day
Saturday, June 19th - 10:00 a.m. - 3:00 p.m. (HealthMarket)
Father's Day is a day honoring dads everywhere and typically involves gift-giving, special dinners and other family oriented activities. This year help dad, along with the entire family, have a healthy and happy Father's Day. Stop by the HealthMarket for a sample of grilled Allnesco Chicken Sausages, a tasty and healthy alternative for Father's Day!

It's Time for Iced Tea!
Wednesday, June 30th - 1:00 p.m. - 4:00 p.m. (HealthMarket)
Summer is a great time for iced tea! Join Brenda in the HealthMarket for a taste of a variety of teas that are not only refreshing, but bursting with disease-fighting antioxidants!



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.

Rx Our Pharmacists Have the Answers!

HyVee Pharmacy
EMPLOYEE OWNED
2100 Broadway
665-8261

Our Pharmacists Have the Answers!

Pharmacy Staff:
L to R: Angela Potts, tech; Nancy Peltz, tech; Shona Jussel, pharmacist; Kim Korke, pharmacist; Gabe Gaden, pharmacist; Leah Rempler, pharmacist; Pearl Potts, tech. Not pictured: Laura Gulick, tech, and Luette Ober, 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!

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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Jeffrey Johnson, M.D.
Brandi Pravecek, CNP

Dr. Johnson and Brandi Pravecek 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 CHILD BIT IT ON MY BOARD."

"LESS TIME IN THE WAITING ROOM. USE 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."

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