



JUNE 2010

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 16thh - 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 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 isuper foodi from your Hy-Vee dietitian.

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 Alfresco Chicken Sausages, a tasty and healthy alternative for Father's Day! It's Time for Iced Tea!

Healthy Dad's Are Happy Dad's – Happy Father's Day

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

R Our Pharmacists Have the Answers!





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

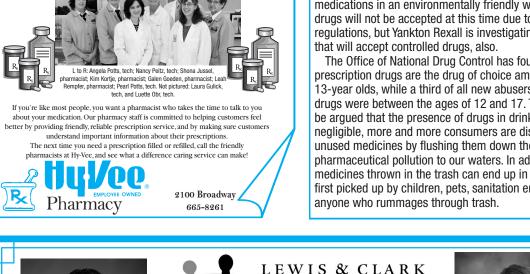
The Office of National Drug Control has found that prescription drugs are the drug of choice among 12- and 13-year olds, while a third of all new abusers of prescription drugs were between the ages of 12 and 17. Though it may be argued that the presence of drugs in drinking water is negligible, more 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





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