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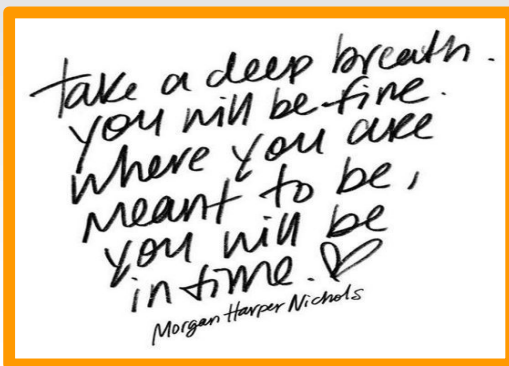
MONTHLY NEWSLETTER

..... BE WELL-INFORMED

Pharmacist



Nathan Clabaugh, PharmD., R.P.



November Quotes

"The young man knows the rules, but the old man knows the exceptions."

~ Oliver Wendell Holmes Sr.

"Success is the sum of small efforts, repeated day in and day out."

~ Robert Collier

November Tidbits

The birthstone for November is **Topaz**. **Citrine** is also a November birthstone. Citrine is a quartz crystal and is yellow to orange in color. It is often mistaken for the orange-yellow topaz which is the more expensive of the two birthstones.

The birth flower for November is the **chrysanthemum**.

The Zodiac sign for November is Scorpio 10/23-11/21 and Sagittarius 11/22-12/21.

Clabaugh Pharmacy

2022 Open Enrollment for Medicare Part D

* CALL CLABAUGH PHARMACY FOR YOUR MEDICARE PART D PLAN REVIEW!!

*You have until December 7, 2021, to make any changes to your Medicare Part D plan. It is very important to have your plan reviewed **every year**; we offer this service **FREE**. Call to schedule an appointment (in person or over the phone) for a review.

*Be confident that your medications are covered.

*Avoid filling your medications through a mail order company or a big box store.

*Avoid high premiums and high copays.

Let CLABAUGH PHARMACY help simplify the process.



Protecting your Health With the Flu Shot

We now also have the HIGH-DOSE (65 AND OLDER) FLU SHOT AVAILABLE!

You still have time to get your flu shot. If you haven't received your flu shot, stop by at your convenience Monday – Friday 9:30 a.m.-5:30 p.m. and Saturday 9:30 a.m.-1:30 p.m. No appointment necessary, walk-ins are always welcome, ZERO co-pay for Medicare and most insurances. Please bring all current insurance cards. Don't wait until it's too late...they are going FAST!

COVID-19 UPDATE

We are offering the 3rd dose and Booster of the Pfizer and Moderna Vaccines. CALL to schedule an appointment if you haven't already!!!

Hearing Loss

Age is one of the major causes of hearing loss. Our hearing ability is decreased in our 30s or 40s and loss is significant by age 80. Despite this, more than half of all hearing-impaired people are of working age.

Often hearing loss comes so gradually that people ignore it or deny it. Only after others tell them the TV is too loud or when people object to repeating things over and over do they finally admit it. Only about 25 percent of people who could benefit from hearing aids actually wear them.

We bring this up because studies show that those with untreated hearing loss suffer more often from depression, anxiety, emotional problems, and loss of social activity.

What causes hearing loss?

- **Heredity.** If your parents or siblings have hearing loss, your risk is increased.
- **Exposure to loud noise.** Continuous noise of 85 decibels results in hearing damage. (This is the sound of heavy road traffic.) Most work environments are kept to 80 dB, and hearing protection is provided.

Exposure and intense sounds can cause a temporary threshold shift. It is experienced as a temporary dullness in your hearing after exposure to loud noise. Hearing fully or partially recovers.

A permanent threshold shift is experienced 48 hours after exposure to very loud noise or exposure to excessive noise for long periods. This type of hearing loss can increase for up to five years after exposure.

Rock concerts can reach 110 to 120 dB. The same intensity can easily be produced in stereo headsets.

- **Cigarette smoking** can damage your ability to hear. The risk increases with the number of cigarettes smoked. A study published in the Journal of the American Medical Association showed that 25.9 percent of smokers in the 48 to 59 age group suffered hearing loss compared to 16 percent of nonsmokers.

November

November comes and November goes,
With the last red berries and the first white snows.

With night coming early, and dawn coming late
And ice in the bucket and frost by the gate.

The fires burn and the kettles sing,
And earth sinks to rest until next spring.
~ Clyde Watson

Pop Culture History On this day.....

November 1—1879—Thomas Edison signed the patent application for his electric lamp.

November 2—1889—North and South Dakota both joined the US.

November 3—1956—The Wizard of Oz was shown on tv for the first time, on CBS.

November 4—1841—First wagon train arrived in California, they left Independence, Missouri on May 1, 1841.

November 5—2007—The Android mobile phone operating system was unveiled by Google.

November 6—1862—The direct telegraphic link between New York and San Francisco was established.

November 7—1944—Franklin D. Roosevelt was elected for a record fourth term as the President.

November 8—1960—John F. Kennedy defeated Richard Nixon to become the 35th President.

November 9—1887—The U.S. received rights to Pearl Harbor, Hawaii.

November 10—1977—The Incredible Hulk (made for TV movie) was shown on CBS.

November 11—1889—Washington joined the U.S.

November 12—1933—First known photo of so-called Loch Ness Monster was taken by Hugh Gray.

November 13—1789—Ben Franklin wrote "nothing is certain, but death and taxes" in a letter to Jean Baptiste LeRoy

November 14—1851—Moby Dick by Herman Melville was published.

November 15—1984—Baby Fae passed away, an infant who lived for 20 days with a transplanted baboon heart.

November 16—1914—The Federal Reserve Bank of the U.S. officially opened.

November 17—1973—In Orlando, Florida, President Richard Nixon told 400 Associated Press editors, "I am not a crook".

November 18—1307—William Tell shot an apple off his son's head with an arrow.

November 19—1863—U.S. president Lincoln delivered his Gettysburg Address beginning "Four Score and seven years ago....".

November 20—2003—Michael Jackson was booked on suspicion of multiple counts of child molestation, he had a \$3 million bond

November 21—1789—North Carolina joined the U.S.

November 22—1963—President John F. Kennedy was assassinated by Lee Harvey Oswald in Dallas, TX.

November 23—1982—Terms of Endearment was released in U.S. theaters.

November 24—1963—Jack Ruby shot and killed President Kennedy's suspected assassin, Lee Harvey Oswald... It was the first live murder shown on American TV.

November 25—1963—JFK was laid to rest at Arlington National Cemetery.

November 26—1832—The first New York City streetcar ran along Bowery Street in New York, a 12-cent fare.

November 27—2013—Frozen, the highest-grossing animated film of all time was released.

November 28—1994—Serial killer Jeffrey Dahmer died of injuries received after he was attacked by other prisoners, while cleaning a toilet. "Nobody saw nothin" was reported by another prisoner

November 29—2011—Dr. Conrad Murray received a 4-year sentence for involuntary manslaughter in Michael Jackson's death.

November 30—2004—Longtime Jeopardy! Champion Ken Jennings of Salt Lake City, finally loses, leaving him with \$2,520,700.00 largest game show winnings.