



# SAND RUN PHARMACY

## September Newsletter 2020

### Welcome Robert Nearhoof, to Sand Run Pharmacy!



Sand Run Pharmacy wants to welcome our newest staff pharmacist, Robert Nearhoof. Robert comes to us from Cuyahoga Falls, Ohio. Robert holds a Bachelors's degree from the University of Toledo and a PharmD from Northeast Ohio Medical University. He has 9 years of community pharmacy experience. Robert currently has affiliations with numerous professional organizations including the National Community Pharmacist Association (NCPA), American Pharmacist Association (APhA), and Ohio Pharmacist Association (OPA). Robert is also Professional Compounding Centers of America (PCCA) trained.

As a community pharmacist, Robert enjoys building relationships with patients and understanding the science behind the medications he dispenses and how they work to maintain and improve the health of his patients. Robert values spending time outdoors with his wife, Jennifer, 3-year old daughter Madison, and his two dogs Beckett and Sam. Fishing, kayaking, and golfing are a few of their favorite past times. Robert is excited to be a part of the Sand Run Pharmacy family because he appreciates the small-town feel and personal relationships between the staff and patients. Make sure to welcome Robert when you come into the pharmacy or speak to him on the phone. He is here to help with all your pharmacy needs.





# We will be closed for business Monday, September 7<sup>th</sup>

*Have a great Labor Day weekend from the Sand Run  
Pharmacy Family.*

### FLU SEASON HAS ARRIVED

It is time for your annual flu shot! The CDC recommends that everyone 6-months and older get their flu shot. At Sand Run Pharmacy, we vaccinate anyone 7-years of age or older. We currently offer Fluzone High-Dose for those 65 years and older. In previous years the high dose flu shot for seniors was trivalent but is now quadrivalent. Meaning, our seniors now receive **more protection** from more strains of the flu. We also offer the traditional quadrivalent flu shot and the nasal FluMist. **Fight flu this season by getting your flu vaccine at Sand Run Pharmacy** and encourage others to protect themselves and their loved ones by doing the same. Stop by the pharmacy anytime, no appointment necessary!



### IMMUNE SYSTEM SUPPORT

Maintaining a healthy immune system can help you fight off infections during the cold winter months. We recommend **WholeMune** by **Ortho Molecular**. WholeMune contains Wellmune WGP, which boosts the immune system and allows the body to respond more rapidly to infections and negative stressors. For kids under 13, we recommend **Imu-Max** by **Ortho Molecular**. Imu-Max contains echinacea, vitamin C and propolis. These three natural ingredients work together to boost the immune response. Resulting in decreased sick days and quicker recoveries. Stop by and pick up your bottles of **WholeMune** and **Imu-Max** today!



### BLUE TO THE SKY, ORANGE TO THE THIGH

Don't forget to make your back to school trip to Sand Run Pharmacy to pick up Epi-pens for the new school year. Epinephrine auto-injectors are available by prescription. Here are a few steps on **how to safely use an Epi-Pen**. Remove the auto-injector from the clear carrier tube, hold the auto-injector in your fist with the orange tip pointing downward. With your other hand, pull straight up to remove the blue safety release. When administering to another person, hold their leg firmly and place the orange tip against the middle of the outer thigh. Swing and push the auto-injector firmly until it clicks, hold firmly in place for 3 seconds. Remove the auto-injector from the thigh and massage the injected area for 10 seconds.

