

# SAND RUN PHARMACY

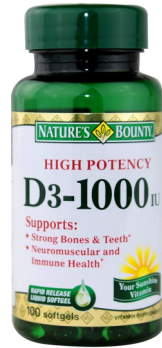


Newsletter

February 2016

## Combat the Winter “Blues”

Seasonal Affective Disorder (SAD) is a type of depression that is related to the changing of the seasons. Typically, people are affected during the change from fall to winter when the days get shorter and the sunlight is limited, but it can also occur when spring rolls around. Some signs and symptoms are similar to depression: feeling sad, hopeless, or worthless, sluggish, fatigued, difficulty concentrating, etc. Some options to help combat SAD include getting adequate daily sun or light exposure, spending time outside, and exercising regularly. Some people also take vitamin D supplements, as your body naturally makes this when exposed to sunlight.



## Winter Exercise Tips

Continuing to exercise during the winter can be a difficult and expensive task with the inclement weather, especially here in Northeast Ohio. A safer and more cost effective approach to braving the weather outside or paying for your own gym membership for the winter months is to walk indoors. Visiting the mall with a friend or family member and walking past shops and passersby prevents any falls from occurring on ice as well as providing a warm environment to walk freely in. Setting a specific time to walk or a certain number of “laps” around the mall provides a goal to shoot for and serves as a number to increase as time continues. The American Heart Association recommends exercising for 30 minutes a day, 5 days per week to improve heart health and lower your risk of heart disease.



## Heart Healthy Recipe:

### Apple Bread Pudding

**Serves: 4    Calories: 131    Sodium: 154mg**

- Cooking spray
- 1 whole egg **PLUS**
- 1 egg white
- 1 cup skim milk
- 2 Tbsp. brown sugar blend
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- 1/2 tsp. cloves or allspice
- 6 slices light, whole-grain or multigrain bread, cubed
- 3 medium apples, cored, cut into 1/2 inch cubes
- 1/2 cup of any of the following: raisins, dried cranberries, fresh or dried blueberries, chopped walnuts, pecans or almonds (optional)

#### Directions

1. Preheat oven to 350°.
2. Spray 9x9 inch baking dish with cooking spray.
3. In large bowl, whisk together egg, egg white, milk, sugar blend, vanilla, cinnamon, and cloves.
4. Add bread and apple cubes. Add fruit or nuts if desired. Mix well.
5. Pour mixture in to prepared baking dish and bake in preheated oven for 40-45 minutes.

Serving size: one 3”x4” square



# Happy Valentine's Day

## Upcoming Events:

**2016 Senior Luncheon**—presented by 1590 WAKR  
Wednesday, February 17th  
St. George Fellowship Hall  
3204 Ridgewood Rd. Copley, OH  
Doors open at 11am  
Tickets are \$14 each  
For tickets call (330) 869-9800, WAKR

**WITAN'S 39th Annual French Market**  
Friday, March 4th: 10am—4pm  
Saturday, March 5th: 10am - 3pm  
St. George Fellowship Hall  
3204 Ridgewood Rd. Copley, OH  
Tickets are \$6.00 each

WITAN (Women in Touch with Akron's Needs) is a self-sustaining, non-profit organization and has donated over one million dollars to community agencies.

**Wayne Homes Chili Open Golf Outing**  
Sponsored by The Akron Rotary Foundation  
February 6th, 2016  
Hale Farm and Village: 2686 Oak Hill Rd in Bath, OH  
Tee Time: 9am-1:30pm  
Fees: \$200 per foursome (\$50 per individual)

Rotary Camp provides summer programs and year round respite for over 2,000 children and adults. Campers enjoy traditional activities including crafts, outdoor games, swimming, canoeing, songs, campfires and much more. For more information you can visit: [www.chiliopen.net](http://www.chiliopen.net)

## **February is American Heart Month**

People with uncontrolled high blood pressure are 4 times more likely to die from a stroke and 3 times more likely to die from heart disease as compared to those with normal blood pressure.

Ways to control your high blood pressure, include:

1. Ask your doctor what your blood pressure should be
2. Take your blood pressure medication as directed
3. Quit smoking

## **National "Wear Red Day"**

*February 5th, 2016*

Support Women's Heart Disease Awareness  
Heart disease and stroke kill 1 in 3 women, yet 80% it's due to preventable causes.

Help raise awareness to end this killer of women.

Make a change on National Wear Red Day!

1. Wear Red
2. Share on social media with #GoRed
3. Donate to help raise funds for awareness research

## **Valentine's Day!**

### **Sunday, February 14th**

Valentine's Day is right around the corner. Don't forget to stop in and get your special someone a card and a box of Temo's Chocolates.

