

May 2010

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# The Mortar & Pestle

*Long Term Care Newsletter*



**Shelly's Medication Services - 1504 Grundy's Lane - Unit #8 - Bristol, Pa. 19007**

## May is Older Americans Month

Older Americans Month, a tradition dating back almost 50 years, honors the legacies and ongoing contributions of older Americans. SMS-LTC joins with others throughout the country in celebrating this event. This year's Older Americans Month theme—Age Strong! Live Long! - recognizes the diversity and vitality of today's older Americans who span three generations. They've lived through wars and hard times, as well as periods of unprecedented prosperity. They pioneered new technologies in medicine, communications, and industry while spearheading a cultural revolution that won equal rights for minorities, women, and disabled Americans. These achievements demonstrate the strength and character of older Americans and underscoring the debt of gratitude owed to those that have given our society so much.



*Age Strong - Live Long*

But the contributions of older Americans are not only in the past. Older Americans are living longer and are more active than ever before. And with the aging of the baby boomer generation—the largest in our nation's history—America's senior population is expected to number 71.5 million by 2030! This annual commemoration of Older Americans Month is an opportunity to recognize the contributions of older citizens and join them in providing services and support that empower the elderly. Find out what you can do by calling 1-800-677-1116 or visiting <http://www.eldercare.gov>, Age Strong! Live Long!

## Educational Dinner - June 17th

There's still time to register! The next SMS Educational Dinner program will be on Thursday, June 17, jointly sponsored with Forest Pharmaceuticals. We'll be at the William Penn Inn at Route. 202 & Surneytown Pike in Gwynedd, PA. Sip'n Sign-in starts at 6:00 PM, followed at 6:30 PM by dinner and the presentation.

Our speaker for the evening is Dr. Roger J. Cadieux, Clinical Professor, Department of Psychiatry, Pennsylvania State University, who will speak on Optimizing the Treatment and Management of Alzheimer's Disease. Dr. Cadieux was with us about a year ago and was very well received. He started his career in nursing and can really relate to our audience.

Because of restrictions being imposed on drug companies, we need to establish several rules on attendance. Of course, only licensed healthcare professionals may attend. Unfortunately, CNAs are excluded. You will also need to register on a Forrest web-site (<https://www.ForestRSVP.com> and use passcode:PRF1133396). This must be done before the event and no later than Monday afternoon, June 14. Call Barry or Stan at SMS (215-785-6616 and select #5) with any questions or to let us know that you registered.

## Laughter - the best Prescription - Some of Life's Mysteries

1. Is there another word for synonym?
2. What should you do when you see an endangered animal eating an endangered plant?
3. Why do they lock gas station bathrooms? Are they afraid someone will clean them?
4. Can vegetarians eat animal crackers?
5. What was the best thing before sliced bread?
6. If you ate both pasta and antipasto, would you still be hungry?
7. If you try to fail and succeed, which have you done?
8. *Is* Atheism a non-prophet organization?

*This month's words of wisdom ...*

**SUCCESS IS THE ABILITY TO GO FROM ONE FAILURE TO ANOTHER  
WITH NO LOSS OF ENTHUSIASM.**

*... Sir Winston Churchill*



### **Prescription Descriptions - Metronidazole Recall**

FDA this month advised that Sagent Pharmaceuticals, Inc. issued a voluntary recall of all lots of metronidazole injection, manufactured by Claris Lifesciences and distributed by Sagent. The lots involved were distributed from February through May 2010. Metronidazole injection is an intravenous antimicrobial product used to treat infections and is supplied in a single dose plastic container. This voluntary recall was initiated due to the discovery of non-sterility in two lots of metronidazole injection. This non-sterility has the potential to result in infections, which could be fatal. Sagent is unaware of any adverse events resulting from this product and is continuing its diligent investigation of the situation. Other information regarding this recall is available at [www.SagentPharma.com](http://www.SagentPharma.com). Healthcare workers who have medical questions about metronidazole injection may contact Sagent Medical Affairs (866-625-1618 option 3).

### **Dr. Feelegoode's Corner - Insomnia**



Thiamine (vitamin B) is of special significance in the treatment of insomnia. It is vital for strong, healthy nerves. A person starved of thiamine over a long period will be unable to relax and fall asleep naturally. Valuable sources of this vitamin are wholegrain cereals, and nuts. Milk is also valuable in treating insomnia. A glass of milk, sweetened with honey, should be taken every night before going to bed. It acts as a tonic and a tranquilliser. Massaging the milk over the soles of the feet has also been found effective. Lettuce is a beneficial treatment, as it contains a sleep-inducing substance, called 'lectucarium'. Lettuce seeds may be taken in a decoction. One tbsp of seeds should be boiled in 1/2 liter of water, until reduced by one-third. Honey is another beneficial treating. It has an hypnotic action and induces a sound sleep. Take it with water, before going to bed, in doses of 2 tsp to a large cup of water. Curd is also useful. One should take plenty of curd and massage it on the head to induce sleep.

## ***"STAND UP, SPEAK OUT, BE HEARD"***

***SEE US AT ...***



**Conference & Exhibit**

**Hershey Convention Center**

**Booth 93**

**June 23 - 25, 2010**

## **SMS LTC**

**SHELLY'S MEDICATION SERVICES**

*PARTNERSHIP IN LONG TERM CARE*

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