



The Mortar & Pestle

Volume 5 Issue 9 (September 2014)

Stafford Pharmacy and Home Healthcare

HELP US SUPPORT THE ALZHEIMER SOCIETY THIS SEPTEMBER

Fact: Today 747,000 Canadians are living with Alzheimer's disease and other dementias.

Fact: Alzheimer's disease not only affects the elderly, but also those aged 40-50 in some cases.

Fact: Alzheimer's disease is fatal.

Fact: There is no cure for Alzheimer's disease.

What is Alzheimer's disease?

Alzheimer's disease is a fatal, progressive and degenerative disease that destroys brain cells. It is the most common form of dementia, accounting for **64 per cent of all dementias in Canada**. Alzheimer's disease is not a normal part of aging. Symptoms include having difficulty remembering things, making decisions and performing everyday activities. These changes can affect the way a person feels and acts. There is currently no way to stop the disease, but research is improving the way we provide care and will continue to search for a cure.

How can you help?

Each year in September, Stafford Pharmacy holds an event to support the Alzheimer Society, a national not-for-profit health organization dedicated to helping those people affected by Alzheimer's disease. For the month of September, each time you make a purchase at Stafford Pharmacy this month you will have the opportunity to purchase a "coffee cup mobile" for \$1, with all proceeds going to the Alzheimer Society. In addition, as we do each year Stafford Pharmacy will match the first \$500 donated during the month, dollar for dollar.

Additionally, on Thursday September 18th, we will be hosting a coffee break **Bake Sale !** Come in to purchase some yummy treats and support the Alzheimer Society! Start your morning off with a warm drink and a tasty treat in support of this great cause!

If you or someone you know has been diagnosed with Alzheimer's disease, speak with one of our pharmacists today. We can help you by answering questions about Alzheimer's as well as the medications and supplements often used in the treatment of this disease.

For more information on Alzheimer's disease and other types of dementia please visit <http://www.alzheimer.ca>.



BOOST YOUR BRAIN

Give your brain a boost! Did you know that doing puzzles like crosswords and word searches is a great way to keep your brain active? Sudoku Challenge! Find the numbers so each row, column and square contains the series 1 to 9.

			6	5	3			
	5				7			
	7	1			8		9	
4			7		9	6		
1		8		6		3		4
		5	3		1			8
	3		1			2	8	
			5				4	
			8	9	4			

WELCOME TO OUR PHARMACY TECHNICIAN STUDENT!

The Bow Valley College in Calgary Alberta is home to a pharmacy technician diploma program. This full-time diploma program involves 12 months of study (including over 350 lab hours), plus 2 months in community and hospital pharmacy practicum placements.

Megan Kelly will be spending her month long community pharmacy practicum with us at Stafford Pharmacy! These placements are essential in helping the students put the knowledge gained in school into practice, honing their practical skills. Pharmacies across the province, including ours, volunteer to mentor students in practicum placements each year.

Megan will be with us for the month of September. We hope you will help us welcome Megan to our team, and allow her the opportunity to participate in your care. This will make her time with us meaningful and she will grow to love and enjoy her choice of careers!

Welcome, Megan! We look forward to having you at Stafford Pharmacy this fall!



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