

Wesley Nurse Corner:

3 John 1:2 Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

Dear LWMUMC Family,

December is here and Christmas is just days away! Remember when purchasing toys for kids to think of both the child (age and developmental level) and the toy, possible recalls, and the packaging materials, small parts and/or battery safety.

<https://www.cpsc.gov/content/don%E2%80%99t-play-with-toy-safety-cpsc-tips-for-safe-gifts>

With rumors of possible shortages on some items parents and others must plan ahead to purchase safe gifts and also if making their own gifts. These need to be planned to be both age and safety appropriate toys. Consider giving an "excursion" to a child where they can have some fun and to also spend time with you. Mini golf, bowling, roller-skating and such activities, all promote physical exercise. Zoos, museums and educational events promote mental/learning and often involve walking or other physical activities. Have fun and be creative- you can plan a cooking class with them, teach them how to sew, fix bicycles, or make a kite or other toy. Those of you who are quilters or needle workers could work with them on a mini quilt or knitting/crocheting a washcloth. Go with their interests and that of your talents. Spending fun time with Mom/Dad, Grandma/Grandpa, Auntie/Uncle....will build memories and can be as more fun than unwrapping a new toy that they may quickly grow board with.

It is essential to have a good working relationship with both your PCP and your pharmacist. Did you know you can ask your pharmacist many questions about medications? They are a resource for whether you can cut or crush your medication, if you should avoid alcohol or other medications, what side effects to expect and which ones to report to your PCP, and answer pregnancy and breastfeeding medication questions, etc. They can help you with almost any medication related question or concern-even things like options available when it is hard to swallow pills, open drug bottles, have a need to identify a pill or if it looks different than your usual one. They are there to help you remain safe and informed about all aspects of your medicines. Many medications can have unanticipated or adverse side effects. Other meds have specific instructions on how to be taken or foods and/or medications to be avoided. Some medications cannot be combined with alcohol (Holiday Party awareness) so it is important to know what you are taking and any foods, drinks, and/or medications that should be avoided. If you have lost your medication information sheet that comes with your medication, you can request your pharmacist print another one up for you or contact your pharmacist for a consult or to ask questions on any medications you are taking. Another available public resource you may not be aware of are the Food and Drug Administration (FDA) pharmacists. They are available to you to assist if you have no local pharmacist or as a supplemental source of information. You can read further information about pharmacists and FDA pharmacists, and how to contact them or how to report an adverse medication reactions at the following website:

<https://www.fda.gov/consumers/consumer-updates/fda-pharmacists-help-you-use-medicines-safely>

If you want to fix an easy desert and do not have the time to bake and decorate a cake or holiday cookies, these apple-pie cookie bars may be something you want to try.

<https://www.healthbyjan.com/apple-pie-bars/>

Or, a colorful Christmas pie may be on your menu.

<https://www.healthbyjan.com/christmas-pie/>

Don't forget to eat your fruits and vegetables! Eat from the rainbow every day (select colorful vegetables and fruits of various hues).

Try something new this month.

Your Wesley Nurse,

Bonita