

Newsflash

Issue 2020.09

Generic Releases

The following brand drugs have lost their patents:

<u>Drug</u>	<u>Condition</u>	<u>Date</u>
Jadenu Sprinkle		Jul 14
Demser		Jul 24
Diprodex		Aug 10
Nexavar		Sep 10

The Benefit of Buddies

Investing in friendship can pay big dividends, especially if your family relationships are not close or you've lost a spouse. Older adults who cherished their friends said they were healthier and happier than those whose pals were less important to them, found a recent study of about 271,000 people of various ages. Though family connections were linked to better moods and fewer medical problems in all ages, friendship made the most significant difference for people in their 60s, 70s, and beyond. The flip side: Strained friendships were linked to higher rates of health problems in a second study of 7,481 older adults. It's worth the effort to nurture your friendships and be a good friend in return.



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How To Still Do All Your Favorite Fall Activities

If the year's first yellowing leaves and sudden chilly days have you craving a pumpkin spice latte and apple cider doughnuts, you're probably ready to map out your fall fun calendar. Fortunately, many of your favorite autumnal activities are finding ways to continue during the pandemic.

Here are some things to keep in mind as you go about your fall frolicking.

Orchards and Pumpkin Patches: Whether you're headed to an orchard or pumpkin patch for the produce or the photo ops, there will probably be new protocols in place. Look at the farm's website to make sure it has a Covid-19 prevention plan in place before you visit. Key measures to look for include having mask requirements and a reservation system to promote social distancing. Many farms welcome pick-your-own-produce visitors with hand-washing sinks, hand sanitizer stations and plexiglass shields to separate staff and customers. Due to the social distancing efforts, many orchards/farms can't accommodate as many people as normal on weekends, so remember it's not going to be perfect or exactly as it has been previously, but most owners are trying.

Farmers Markets: The same is true for checking out farmers markets. Many are implementing limited entry or are not allowing customers to touch produce. Especially during the fall, markets are as much of a tourist attraction as it is a place to partake in seasonal activities – from selecting your pumpkins to enjoying apple cider.

Breweries: Before you go to a brewery this fall, make sure you can drink outdoors, and stay vigilant wearing a mask when you're not actively drinking. A lot of breweries are operating their restaurant and tastings fully outdoors. Anyone visiting a brewery this fall should check the website or social media ahead of time, as rules may change and places may become reservation-only. And remember to have a lot of empathy for folks working the restaurants right now. The staff and servers are following the mandated guidelines...everybody's stressed and tired. So patience and understanding is greatly appreciated.

Leaf Peeping: Fire up the 2020 fall foliage map to plan any leaf-peeping adventures this year. Once you've figured out where to go, check the travel restrictions on that state's government website. You may need to wear a mask while you're in public or go through a quarantine on arrival.

When you're walking around, if you're in an area where you can social distance like a park or on a hiking trail, you don't have to wear a mask. But entering any business, restaurants, welcome centers, make sure you take note of any posted mask requirements.

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Fall Fruit Guide

Fall is here! Get ready to take advantage of seasonal fall fruits and. When you buy produce that's in season, it's healthier, has richer flavor, and is generally more affordable. Be on the lookout for this produce when you hit the grocery store or farmers' market this season. You'll enjoy the freshest, healthiest fall fruits and vegetables autumn has to offer.

- Apples:** Other than pumpkins, apples are the trademark fruit of fall and there's a flavor for every palate. Apples are high in soluble fiber and vitamin C, so they're perfect for on-the-go snacking, too. To make sure you're picking the best of the orchard, choose apples that are firm and free of blemishes or bruises. To keep them fresh at home, store them in a cool, dry place.
- Pears:** You may not associate pears with fall, but fall yields a wide range of varieties and flavors. No matter the type, pick your pears while they're still firm, then allow them to ripen. They ripen from the top down, so you know they're ripe when they give with gentle pressure at the stem. Once soft, you can opt to store them in the fridge to slow the ripening process, or keep them in a fruit bowl and eat within five days.
- Grapes:** Grapes boast their best flavor in fall, when you can enjoy them fresh from the vine. This includes varieties like champagne grapes (not what they make the popular celebratory drink from, but a miniature-sized grape), concord, and holiday seedless. Grapes should be plump and firm. When it comes to color, green grapes should have a yellowish hue (amber), and red grapes should be a bright shade of crimson. Avoid wilted stems or wrinkled grapes when browsing for the perfect bunch. Keep them in the refrigerator up to one week, and be sure to wash them before consuming.
- Persimmons:** You may not be familiar with the delicacy from East Asia, but persimmons look similar to small yellow-orange tomatoes and can be extremely tart until they ripen, in which case the fruit becomes sweet and spicy. Like most produce, you want to avoid persimmons with brown spots or bruises.
- Leafy greens:** Autumn is actually one of the best times to enjoy leafy greens in terms of its variety and flavor. Kale's popularity has skyrocketed in the past few years, it's packed with vitamins, fiber and manganese. There are lots of other powerhouse greens that are at their best in fall like chard, watercress, leaf lettuce, mustard greens, arugula, radicchio, and chicory. Take your pick and fill up. Leafy greens are a great way to add volume to a meal without weighing you down.
- Cranberries:** Cranberries are only in-season for a short amount of time; you actually won't find them fresh at any other point. The holiday staple is rich in phytonutrients, and is a good source of vitamin C, dietary fiber, and manganese. Look for brightly colored berries, and check each bag for any shriveled or discolored ones; these should be tossed. To maximize freshness and flavor, keep the bag tightly wrapped in the refrigerator (for up to two months!), or freeze for increased longevity. And if you're preparing them for Thanksgiving, make sure to remove them from heat as soon as they begin to pop so they don't become mushy or bitter.
- Beets:** These nutritious root vegetables come in a rainbow of colors and are a deliciously versatile vegetable you can enjoy roasted, pureed, or eaten raw. Choose beets that are firm and smooth; if the beets still have their leaves attached, look for greens that are bright and spry. Don't wash beets until you're ready to use them, as this can water down the flavor...use gloves so the color doesn't stain your hands, or rub salt on your hands after handling beets to remove the juice.
- Sweet potatoes:** These root vegetables are equally delicious in desserts and savory dishes. And, despite their rich, sweet flavor, sweet potatoes are surprisingly nutritious. Choose small to medium sweet potatoes that feel heavy in your hand, and buy them shortly before you plan to use them. Keep whole potatoes in a cool, dark place, and toss any that have grown sprouts.
- Winter squash:** This hearty fruit is low in fat and full of dietary fiber, which keeps you fuller longer. And fall offers a wide range of hearty gourds and squashes perfect for roasting, mashing, and pureeing. Choose squash that remains firm when pressed, contains an intact stem, and feels heavy for its size. Winter squash can be stored in a cool, dark place for several weeks if kept whole; you'll have to keep them refrigerated for a few days if you cut them.

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Favorite Fall Activities (Cont'd)

Many leaf-peeping attractions in Chattanooga, TN, like riverboat and train rides are offering limited ticketing for visitors to promote social distancing. So check the websites and make your plans early to make sure you don't miss out.

State and County Fairs: Check to see if your fair is still happening this year and what safety precautions it has in place if so. Some fairs have been offering fair food to go. Many were cancelled, while others are still figuring out how to salvage some of the season while operating safely. If a fair does go on as scheduled, new protocols including ticket sales and food ordering online, wearing masks, and reduced indoor dining, etc. are likely to be instituted.

Wineries: As vineyard leaves change with the cold, wineries can be exceptionally beautiful to visit during the fall. Many of the wineries have expanded their tastings to accommodate visitors outside. Check the website for any guidelines and make your necessary reservations.

Haunted Houses: It's going to be a difficult year for haunted houses. Many businesses that usually host haunted houses are not hosting them this year, but be on the lookout for attractions that offer outdoor events, like a corn maze or drive-through haunted experience, during which you can stay in your car.

No matter how you decide to enjoy this fall season, keep in mind that this year will have a little different look and feel. Don't let the small inconveniences dampen your spirit!

