

# Ten acres pharmacy

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## Letter from The Staff

Happy New Year!

It is 2021, Ten Acres pharmacy is pleased to be serving our community. Many changes are happening this month, and we can't wait to share them with you. This month in our pharmacy, we are conducting several types of Covid-19 testing. We have 3 types so far and anticipating the fourth test in early February.

This month calls for the introduction of a few new members to the Ten Acres *pharmily*.

The service of the month is immunity buster vitamins and supplements. Amid this Covid-19 period, we are still offering all routine vaccinations like influenza, shingles, and tetanus shots.

January is a time for self-reflection and resolution. Come see our pharmacists to talk about a new year of self-love and health resolution for 2021.

## Meet New Staff



Let's give a warm welcome to Ten Acres newest pharmacist:

Dr. Miriam Pulsipher earned her Doctor of Pharmacy Degree from the University of North Carolina at Chapel Hill after studying chemistry and developmental biology in college. Studying chemistry and developmental biology in college. Dr. Pulsipher developed and tested medications in a laboratory setting before she became a pharmacist.

She has about five years' experience in community pharmacy and loves helping patients in a locally owned, independent pharmacy. She has lived in many places but came back to Sacramento because it is home. When she's not at Ten Acres, you can find her reading the same three books repeatedly with her toddler, reminding her son to get back on zoom for school, snuggling with her new kitty, and doing house projects with her husband.

Miriam is a warm, kind person so do not be afraid to ask for advice. Miriam has a wealth of knowledge and willing to share. Stop in to say hello!



# TEN ACRES PHARMACY

# FEATURED SERVICES

**POLYMERASE CHAIN REACTION (PCR) TESTING**

PROS: Most accurate  
CONS: Longer processing time

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**ANTIGEN TESTING**


PROS: Rapid and inexpensive  
CONS: Accuracy problems

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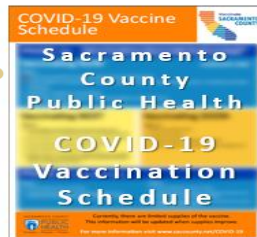
**ANTIBODY (SEROLOGY) TESTING**

PROS: Rapid, detects disease spread  
CONS: False positives/negatives

## COVID-19 Testing



Rapid Testing Antigen Test	<p><b>Who:</b> Reserved for patients who have <b>symptoms</b> and/or have been <b>exposed</b> to confirmed patients within the last 5 to 7 days.</p> <p><b>What:</b> Tests for <b>antigen</b> viral protein from the outer coating of the Sars-Corona virus. Results are ready in 20 minutes</p> <p><b>Where:</b> Nasal Cavity</p> <p><b>When:</b> Monday through Friday 10:30 am to 4:30 pm by appointment. Walk-ins appointments are available.</p> <p><b>Cost:</b> \$80</p>
PCR Testing Molecular test	<p><b>Who:</b> <b>Asymptomatic or Symptomatic</b> patients. Results in 3 to 5 business days.</p> <p><b>What:</b> Tests for the Genetic material</p> <p><b>Where:</b> Nasal Cavity</p> <p><b>When:</b> Monday through Friday 9:45 am to 3:30 pm   Registered Appointment</p> <p><b>How much:</b> *FREE*</p> <p><b>Register at:</b> <a href="https://www.doinneedacovid19test.com">DoINeedACovid19test.com</a> (eTrueNorth)</p>
Antibody test	<p><b>Who:</b> Test detects if patients already have partial immunity to COVID-19. Due to survival of infection</p> <p><b>What:</b> Test for long term immune system recognition of virus.</p> <p><b>Where:</b> Finger stick to gather whole blood sample</p> <p><b>When:</b> *COMING SOON*</p>



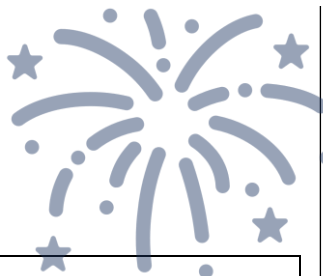
## COVID-19 VACCINATION CLINIC

**Happening Now**

At California Northstate College of Pharmacy, Elk grove

## Signing up for COVID Vaccine

1. <https://www.saccounty.net/COVID-19/Pages/CoronavirusVaccine.aspx>
2. [www.vaccinateca.com](http://www.vaccinateca.com)
3. [www.cnsu.edu](http://www.cnsu.edu)
4. [www.myturn.ca.gov](http://www.myturn.ca.gov)



Tier 1A	Health care providers Home health care staff Medical Specialty staff
Tier 1B	Civilians 65-75+ years old Transport services
Tier 1C	Civilian +50-year-old 16-64 years old with high-risk medical conditions



**TEN ACRES PHARMACY**

# TEN ACRES PHARMACY

**O**ther ways to impact your immune health is being up today on the routine vaccines such as the influenza. Sacramento's flu season runs from October to March.

**We recommend FLU vaccination because the symptoms for the flu which include cough, chills, muscle pain, headache and fever can be associated with other ailments including the Corona Virus 19. After getting the flu vaccine it takes 2 weeks (14 days) for your body to develop antibodies to protect you from the flu.**

**Other vitamins that can boost your immunity are Vitamin D, high dose vitamin C, elderberry, and echinacea.**

**Self-Care is also important. So be sure to get rest, drink plenty of fluids (especially water) and eat a healthy diet which includes plenty of fruit and vegetables.**

## Vitamin Spotlight

### Zinc

#### Benefits

- ⬆ Improve development of immune cell function
- ⬆ Increasing wound healing
- ⬆ Decrease inflammation
- ⬆ Antioxidant

### High Dose Vitamin C

#### Benefits:

- ⬆ It stimulates the production of white blood cells.
- ⬆ Improves cardiovascular health.
- ⬆ Improves skin.
- ⬆ It stimulates chemotaxis.
- ⬆ Improves histamine response improves allergies.



# CREAM OF MUSHROOM CHICKEN RECIPE



## WHY THIS CHICKEN RECIPE IS SO GOOD:

**Creamy good:** this chicken breast recipe with mushroom sauce is so delightfully good and flavorful. Tender and juicy chicken breast with each bite.

**Healthy:** we skipped on the heavy cream and high-fat milk products and used light (or fat-free) cream cheese to make the creamy garlic sauce.

**Quick and easy:** It is so easy to make this creamy chicken recipe. It will take no longer than 30 minutes from start to finish. Perfect for those busy weeknights

## HOW TO COOK THE CHICKEN WITH MUSHROOM

**First, cook the chicken:** Heat 1 tablespoon of olive oil in a pan over medium-high heat. Add chicken breast and cook until each side is golden-brown, about 5 minutes per side. Once done, remove from heat and set aside, covered to keep warm.

**Next, make the creamy mushroom sauce:** Heat the remaining 1 tablespoon of oil and add garlic, sauté until fragrant. Add mushrooms and cook until slightly golden brown. Meanwhile, in a small bowl, whisk cornstarch with 2 tbsp of water until fully dissolved. Pour the broth and cornstarch mixture. Season with a pinch of salt and pepper, cook until liquid starts to bubble. Stir in cream cheese and whisk well, until sauce is smooth and thickened.

**Finally, combine the chicken with the sauce:** Return chicken breast back into the pan, and spoon over with the hot sauce. Garnish with chopped parsley and serve warm

## INGREDIENTS YOU WILL NEED:

- ▲ olive oil
- ▲ chicken breasts, boneless skinless
- ▲ garlic cloves, crushed
- ▲ button mushrooms halved
- ▲ chicken broth
- ▲ cornstarch
- ▲ salt and pepper
- ▲ cream cheese, light or fat-free
- ▲ fresh chopped curly parsley

## Cheat Code



# GAME ZONE

## Happy New Years

### Ten Acres

Y	I	A	I	R	D	N	M	A	R	I	A	M	O
R	N	S	A	I	E	P	C	R	N	E	R	E	P
A	R	R	V	P	S	U	R	V	I	V	E	I	H
U	A	O	O	T	R	O	P	E	E	R	F	M	A
N	C	E	W	S	P	A	N	O	S	V	M	P	R
A	R	R	A	P	I	D	T	E	S	T	M	R	M
J	P	U	R	P	L	E	T	I	E	R	A	O	A
T	P	E	L	D	E	R	B	E	R	R	Y	V	C
C	I	A	S	I	X	M	O	N	T	H	S	E	Y
C	R	E	S	O	L	U	T	I	O	N	S	M	P
E	M	A	N	V	I	T	A	M	I	N	S	E	B
I	P	R	E	S	C	R	I	P	T	I	O	N	S
V	A	N	E	W	Y	E	A	R	S	R	S	T	E
T	E	N	A	C	R	E	S	E	S	I	E	S	E

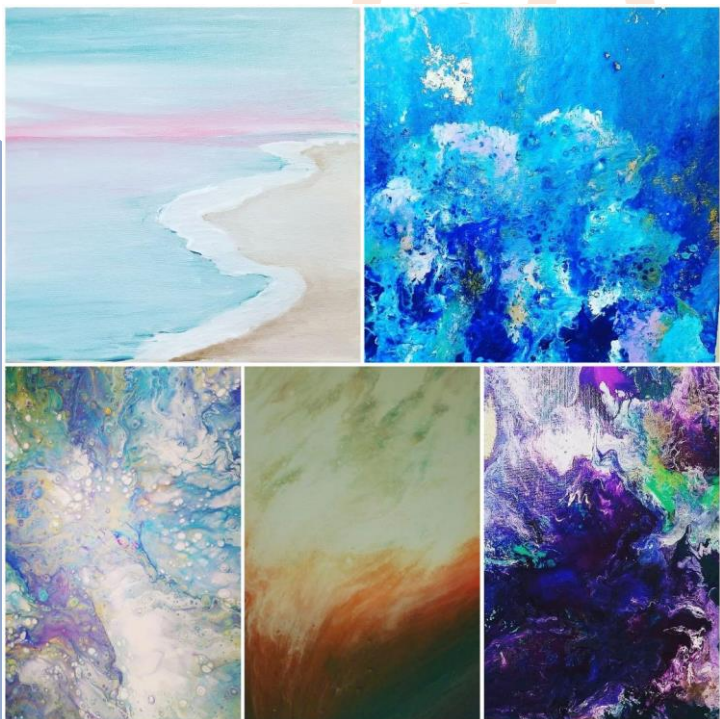
PURPLE TIER  
RAPID TEST  
NEW YEARS  
VITAMINS  
PHARMACY  
SIX MONTHS  
SONA  
COVID  
MARIAM  
PCR  
FREEPORT  
TEN ACRES  
RESOLUTIONS  
JANUARY  
PRESCRIPTIONS  
ELDERBERRY  
IMPROVEMENTS  
REOPEN  
SURVIVE

## TEN ACRES PHARMACY

# Welcome John Biundo



Let us welcome our new staff member John Biundo. John is TEN ACRES first technician, and we are so excited to have him. John is currently a third-year student at Sacramento State working towards a bachelor's degree in Biochemistry. He has future interest in becoming a pharmacist which we appreciate because he has a passion to serve. So far, John has been with us for 2 months and he has been learning a lot from our Pharmacist Sonya. John is a sponge for information and is up to date on all COVID-19 regulations and procedures that he relays to our community members. John is a responsible, approachable, helpful, and real people person. Do not hesitate to ask him anything you need.



I love Tobago where I was born, and I love the home I have made for myself in Sacramento. Essentially, fundamental aspects of my background remain cornerstones of inspiration for me today... good food, family to feed your soul, music you feel in your bones, the resonant joy of learning something new, the satisfaction of grasped opportunity and gorgeous landscapes- from the lush rain forests and beaches of the Caribbean to the beautiful Californian sierras. I am still reaping the benefits of enjoying such an abundant upbringing and my art pays tribute to my origins and my journey. My work is predominantly colorful and bright. My desire is to share love and happiness with my art. I want my pieces to bring light to the spaces they are in. I have experimented with watercolor, oil and acrylic but have yet to find a particular favorite. I usually create work in a theme or series, exploring concepts and mediums. I have used oil, watercolor, acrylic, pastels and pencil and mixed media, but my preferred medium is acrylic.

I hope as you view my work, you find something to love. -Rhean.



Rhean

## Artist Corner

Ten Acres pharmacy and OMIC wellness  
Wants to wish you a Happy New Year

## **How to Transfer Your Prescriptions – checklist**

- ☑ Make a list of all medications with full medication name and strength.
- ☑ Call Ten Acres Pharmacy at 916-942-9575 and give name, date of birth and prescription information.
- ☑ Let Ten Acres Pharmacy know which pharmacy we are transferring prescription from.
- ☑ We can also call your physician to request new prescriptions.



Phone: 888-773-0339

Website:

[www.omicwellness.com](http://www.omicwellness.com)

Phone: 916-942-9575

Website:

[www.tenacrespharmacy.com](http://www.tenacrespharmacy.com)

Facebook:

@tenacresrx

Instagram:

@tenacrespharmacay