



# Ten Acres

## Pharmacy

By: Kim Moll Lee

### Our Mission:

*Empower You to be knowledgeable about your health through education and personalized care.*

### About Us

Ten Acres Pharmacy is a local independent pharmacy that focuses on the health and wellbeing of its community. We pay homage to the family by creating an atmosphere that is welcoming and focused on taking care of what matters most – each other.

We build relationships that are rooted from communication, respect and care. Healthcare is not a fast-impulsive transaction but a thorough process that takes into consideration life's moments. We want all of our patients to live their best lives and this starts with a healthy foundation.

### Hours of Operations:

Monday to Friday: 9 AM – 6 PM

Saturday: 10 AM – 2 PM

Sunday: CLOSED

### Location:

2930 Freeport Blvd, Sacramento, CA 95818

### Services Offered

- Immunizations
- Contraception/Women's Health
- Blood Pressure Screenings & Measurement
- Medication Therapy Management
- Medication Synchronization
- Wound Care
- Functional Medicine
- Supplements & Herbals
- Dietary Consultations
- Health and Wellness Education
- Respiratory Care Products & Education
- Telemedicine
- Point of Care Testing (coming soon)
  - Glucose Monitoring & Testing
  - A1C testing
  - Cholesterol Testing
  - COVID-19 Screening
- Travel Health (coming soon)
- Delivery (coming soon)

# The Build

# Ten Acres Pharmacy Timeline

Our goal was to find a small location where we could practice pharmacy in a family friendly community. We searched many locations from downtown, midtown, east Sacramento and Fair Oaks. However, when we arrived at 2930 Freeport Blvd, my heart knew this was where we were meant to be. We loved being imbedded in a community we admired and near Sacramento landmarks like Taylor's Market, Marie's Donuts and Freeport Bakery. We also felt that we would be a great addition to the neighborhood offering convenience for health care access. Come in, help us get to know you and your needs so we can offer you the care you deserve!!

## Pharmacist Message

We are excited to be a part of the Land Park and Curtis Park community. This pharmacy is your pharmacy. We will work with you to help you gain in health, knowledge and prevention. Our focus will be on creating an atmosphere of personalized care with an emphasis on providing you unique services that not only improve your health but give you an opportunity to grow your knowledge. We look forward to serving your needs as well as supporting our community and other local businesses. Come grow with us and build a foundation of knowledge and care.



March 29<sup>th</sup>  
2019

Spotted the  
location

Lease  
signed

June 11<sup>th</sup>  
2019



Nov 1<sup>st</sup>  
2019

Landlord  
improvements

Logo  
created

Dec 12<sup>th</sup>  
2019



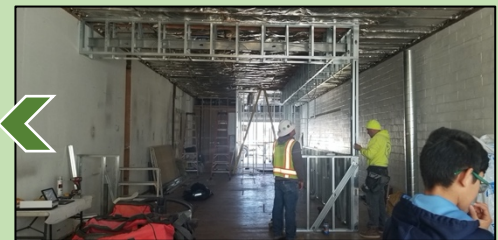
Jan 7<sup>th</sup>  
2020

Exterior of building  
almost completed



Walls and interior  
structure started

March 26<sup>th</sup>  
2020



April 15<sup>th</sup>  
2020

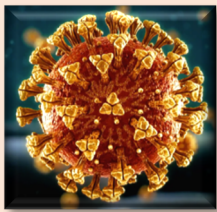
Walls and ceiling  
completed



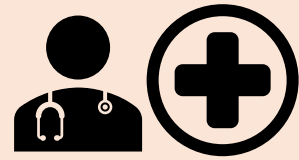
Construction  
completed!

May 22<sup>nd</sup>  
2020





# COVID-19 Update



Corona virus: a genetic sequence surrounded by fatty shell with protein spikes that protrude from surfaces. The spikes are like keys which lock into receptor cells in lungs and other parts of the body.

One of the symptoms of COVID-19 is **trouble breathing**. When the virus enters the lungs, it causes the immune system to fight back and overreact to the virus. This causes cytokine storm, which is massive burst of inflammatory molecules that blocks the flow of oxygen into the lungs.

- List of Symptoms:**  
(Symptoms may appear 2-14 days after exposure to the virus)
- Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea

- List of Symptoms For Children:**
- Fever
  - Abdominal pain
  - Vomiting
  - Diarrhea
  - Neck pain
  - Rash
  - Bloodshot eyes
  - Feeling extra tired
  - Trouble breathing
  - Pain in the chest
  - Inability to wake or stay awake
  - Bluish lips or face

Type of Testing Available:

**Antibody testing should not be used to diagnose a current COVID-19 infection.**

- Antibody tests detect the body's immune response to the infection rather than detecting the presence of the virus. The test may be used to determine if individual patients have been exposed to or infected with a virus.
- Testing individuals may help identify who has developed antibodies against COVID-19.
- Organizations that regulates antibody tests: FDA, CMS, and CDC

**Antigen testing** – results typically ready within 2 days

- On May 9, 2020, the FDA authorized the first antigen test to help the rapid detection of coronavirus in individuals. The FDA issued the first emergency use authorization (EAU) for a COVID-19 antigen test.
- The antigen test quickly detects fragments of proteins found on or within the virus. Tests are conducted from samples collected from the nasal cavity using swabs.
- An antigen test may not detect all active infection compared to a PCR test which is more extensive.

**Testing locations:** <https://covid19.ca.gov/testing-and-treatment/#top>

- Quest Diagnostics
  - <http://patient.questdiagnostics.com/covid-testing-options>
- CA Community-Based Testing Site
  - <https://www.projectbaseline.com/study/covid-19/>

## Vitamin Spotlight

**Indication:** Vitamin D deficiency, Hypoparathyroidism (underproduction of parathyroid hormone)

**Symptoms:** Bone pain and muscle weakness. In adults, vitamin D deficiency can lead to osteomalacia, resulting in weak bones.

# Vitamin D

**Sources of Vitamin D:** Sun exposure, flesh of fatty fish (ex: salmon, tuna, mackerel), fish liver oils, beef liver, cheese, egg yolk, mushroom, and fortified milk.



Recommended Dietary Allowances for Vitamin D:

Life Stage	Daily Dose	Upper Limit
0-12 months	400 IU (10 mcg)	1,000 IU (25 mcg)
1-8 years old	600 IU (15 mcg)	3,000 IU (75 mcg)
9-70 years old	600 IU (15 mcg)	4,000 IU (100 mcg)
70+ years old	800 IU (20 mcg)	4,000 IU (100 mcg)

**Benefits:**

*Promote healthy bones, teeth, and immune health.*

**Direction:** Find the 10 words listed. They may appear in vertical, horizontal, or diagonal direction.

# WORD FIND



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

- TENACRES
- PHARMACY
- COVID
- IMMUNIZE
- TRAVEL
- HEALTH
- CDC
- VACCINE
- FLU
- CANDY



## ! Fun Fact !

*Bananas are curved because they grow towards the sun.*



**JUNE IS**

**NATIONAL CANDY MONTH**



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@TenAcresPharmacy

“National Candy Month was first observed in January of 1974. Sales of confections would often drop after the busy holiday season and new year resolutions would kick into high gear making sweets a restricted diet item for some time to come. The observance would later move to May and then settle into its current place in sunny June. It was founded by the National Confectioners Association.”

– National Day Calendar