

January 2011

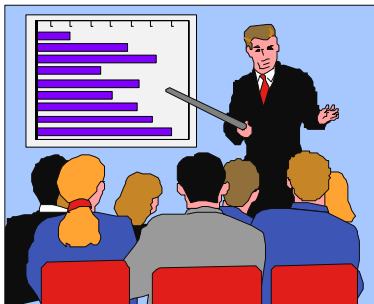


The Mortar & Pestle

Long Term Care Newsletter



First Educational Dinner Program for 2011 is Set



By mid-February, winter's frigid grasp should be starting to ease. But if not, you can warm up at our first dinner program for 2011. SMS-LTC and our co-host UCB, Inc. invite you to join us on February 15, 2011 at the William Penn Inn, Route 202 and Sumneytown Pike in Gwynedd, PA. The program features an interactive discussion on the Antiepileptic Drug, VIMPAT®. Our speaker is Joyce Liporace, MD, Clinical Assoc. Prof. of Neurology at Thomas Jefferson University. Registration starts at 6:30 PM. Dinner and the program, follow at 7 PM. So come spend an enjoyable evening, feeding your brain and your body. Call Shelly's at 215-785-6616 today to reserve your place. Talk to Barry (x6054) or Stan (x6052).

Higher Income Individuals to Pay More for Part B & D Premiums

Those who earn more than \$85,000 per year (\$170,00 if filing jointly) will pay an income-related adjustment for Part B as in the past, but will also be subject to an adjustment to their monthly Part D premiums as well.

(See table below) They will pay the regular premium to their plan and will pay the income-related adjustment to Medicare. Those earning less than \$85,000 (\$170,00 jointly) are unaffected.



Individual Income	If Joint Returns	Indv. Increase
\$85,000 - \$107,000	\$170,000 - \$214,000	\$12.00
\$107,000 - \$160,000	\$214,000 - \$320,000	\$31.10
\$160,000 - \$214,000	\$320,000 - \$428,000	\$50.10
Greater than \$214,000	Greater than \$428,000	\$69.10

Dr. Feelegoode's Corner - Coughs

As we move into winter, the prevalence of coughs increases. When membranes of the air passages get infected and inflamed, secretion of mucus increases and the linings are irritated. Coughing drives out excess mucus. The higher incidence of cough during winter is because an average person usually eats more of catarrh-forming foods in winter. However, the right foods can oppose this. Grapes are one of the most effective home remedies for the treatment of a cough. Grapes tone up the lungs and act as an expectorant, relieving a simple cold and cough in a couple of days. A cup of grape juice mixed with a teaspoon of honey is advised for cough relief. Almonds are also useful for dry coughs. Soak 7 kernels in water overnight to remove the brown skin. Grind well to form a fine paste. Add 20 grams each of butter and sugar to the paste. This paste should be taken in the morning and evening. Aniseed is another effective remedy for a hard dry cough with difficult expectoration. It breaks up the mucus. A tea made from this spice should be taken regularly for treating this condition.



You know you're a nurse if Your finger has gone places you never thought possible.

This month's words of wisdom ...

Don't complain about growing old.

many, many people do not have that privilege ... Earl Warren

former Chief Justice, US Supreme Court

Drug info on the Web
WWW.SMSLTC.COM
Choose the link to
Drug Information



GO GREEN!

Send name and organization in e-mail titled "Newsletter" to BarryP@SMSLTC.com
Receive the Mortar & Pestle by e-mail, starting next month.

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SMS-LTC

SHELLY'S MEDICATION SERVICES

PARTNERSHIP IN LONG TERM CARE
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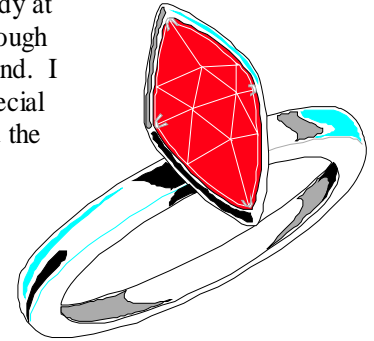
Prescription Descriptions

FDA announced that the Ritedose Corporation is conducting a voluntary recall of 0.083% Albuterol Sulfate Inhalation Solution, 3 mL (in 25, 30, and 60 unit dose vials). This prescription product is administered via nebulization, for treatment of acute asthma exacerbations and exercise induced asthma. The product is being recalled because the 2.5 mg/3 mL single use vials are embossed with the wrong concentration of 0.5 mg/3 mL and therefore, represents a potential significant health hazard.

The product is packaged as a single use unit dose vials with a protective foil overwrap, and packaged in a shelf carton. Only the unit dose vials are incorrectly embossed as containing 0.5 mg/3 mL. The correct concentration of 2.5 mg/3 mL is labeled on the foil overwrap and on the shelf cartons. This product was distributed nationwide. Administration of this defective product could result in a range of potential health effects that spans from temporary and medically reversible to life threatening and fatal. The concern is that health professionals who read the incorrect embossed concentration may upwardly adjust the volume of product used, resulting in an administered amount that is 5 times the recommended dose.

Laughter - the best Prescription

An elderly man walked into a jeweler's shop late one Friday, with a beautiful young lady at his side. "I'm looking for a special ring for my girlfriend" he said. The jeweler looked through his stock, and took out an outstanding ring priced at \$5,000. "I don't think you understand. I want something very unique," the man said. At that, the jeweler went and fetched his special stock from the safe. "Here's one stunning ring at \$25,000." The girls' eyes sparkled, and the man said that he would take it. "Fine," said the jeweler, "How are you paying?" "I'll pay by check, but of course you would want to make sure that everything is in order, so I'll write a check and you can call the bank tomorrow. Then, I'll fetch the ring on Monday". However, on Monday morning it was a very irate jeweler who phoned the man. "You bastard! You lied! There's no money in that account!" The elderly gent replied, "I know, but just think what a fantastic weekend I had."



Bumper sticker
seen on a WALKER



QUESTION FOR THE AGES -- If the #2 pencil is the most popular why is it still #2?

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