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## *The Monthly Dose*

**The Neighborhood Pharmacy—proudly serving Del Ray and surrounding neighborhoods**

### **SAVE THE EARTH TODAY: SAFE MEDICATION DISPOSAL**

Recent studies by the U.S. Geological Survey have shown that pharmaceuticals contaminate the water supply of 41 million Americans. Add to this the rising abuse of prescription drugs in teenage populations, and the need for safe medication disposal becomes necessary. In celebration of Earth Day, the Neighborhood Pharmacy is launching our drug take back program to help our patients safely dispose of medicines that may be dangerous to others and to the environment. Leftover, unused and expired medications from any pharmacy can be dropped off at the Neighborhood Pharmacy where they will be disposed of free of charge through the "Take Away Environmental Return System".

The returned medication is shipped to a waste-to-energy facility where it is incinerated by the Sharps Company. Before returning medication, make sure any personal health information (ie. prescription labels) is removed.

Next time you are looking to get rid of some unwanted medication, forget about flushing it down the toilet or mixing it with coffee grinds and tossing it in the garbage. Help keep our drinking water and ecosystem safe by bringing them to the Neighborhood Pharmacy where we will dispose of them for you in a way that keeps our environment and community safe!

### **VITAMIN D STOCKPILING**

The weather has brightened up, which makes it the perfect time for us to stock up on our Vitamin D. Our bodies produce Vitamin D naturally when exposed to the ultraviolet rays of the sun. Even 15 to 20 minutes of sun exposure on your face, neck, or arms will provide you with your daily recommended dose of Vitamin D. Sunscreen actually prevents this naturally-occurring process, so consider getting a limited amount of sun exposure each day before lathering up on that skin-saving product. Another option is to supplement your diet with a Vitamin D capsule for those trying to avoid the sun entirely. Vitamin D has been shown to increase immunity, boost mental function, and it has been shown to protect against heart disease and cancer. It is also a required nutrient for the absorption of calcium and phosphorus—elements essential to increase bone strength. So get out there, enjoy the weather and stock up on your Vitamin D!



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**Caring for Our Community**



### TRIPLE-LAYER LEMON PIE

- 2 pkg (3.4oz each) JELL-O lemon flavor instant pudding
  - 2 cups cold milk
  - 1 Tbsp lemon juice
  - 1 graham cracker pie crust
  - 8 oz. Cool Whip whipped topping, thawed, divided
1. Beat pudding mixes, milk and lemon juice with a whisk for 2 minutes (mixture will be thick). Spread 1 & 1/2 cups onto pie crust.
  2. Whisk 4 oz. Cool Whip into remaining pudding mixture. Spread over pudding mixture in pie crust to form a second layer.
  3. Form final layer by topping with remaining Cool Whip. Refrigerate for 3 hours, or until set.

### NATURAL EASTER EGG DYES

It's fun and easy to use foods and flowers to make your own natural Easter egg dyes. The two main ways to use your own dyes are to add dyes to the eggs when boiling them or to dye the eggs after they have been hard-boiled. It's a lot faster to boil the dyes and eggs together, but you will use several pans if you want to make multiple colors. Dyeing the eggs after they have been cooked takes as many dishes and more time, but may be more practical. Here is the preferred method for using natural dyes:

1. Place the eggs in a single layer in a pan. Add water until the eggs are covered.
2. Add approximately one teaspoon of vinegar.
3. Add the natural dye. Use more dye material for more eggs or for a more intense color.
4. Bring water to a boil.
5. Reduce heat and simmer for 15 minutes.
6. If you are pleased with the color, remove the eggs from the liquid.
7. If you want more intensely colored eggs, temporarily remove the eggs from the liquid. Strain the dye through a coffee filter (unless you want speckled eggs). Cover the eggs with the filtered dye and let them remain in the refrigerator overnight.

Some materials *need* to be boiled to impart their color (name followed by 'boiled' in the table). Some of the fruits, vegetables, and spices can be used cold. To use a cold material, cover the boiled eggs with water, add dyeing materials, a teaspoon or less of vinegar, and let the eggs remain in the refrigerator until the desired color is achieved.

Happy Easter from the Neighborhood Pharmacy!

Color	Ingredients
Lavender	Red grape juice (sm. amt.) Violets (+2tsp lemon juice)
Blue	Red grape juice Red cabbage leaves (boiled)
Green	Spinach leaves (boiled) Liquid chlorophyll
Yellow	Lemon peels (boiled) Carrot tops (boiled) Ground cumin (boiled) Ground turmeric (boiled)
Brown	Strong coffee Black walnut shells (boiled)
Orange	Yellow onion skins (boiled) Paprika
Pink	Beets Cranberries
Red	Pomegranate juice Raspberries

(info obtained from <http://chemistry.about.com/od/holidayhowtos/a/eastereggdyes.htm>)