

NEWSLETTER

November, 2025



Better My Meds
Medication
Management Services

I don't know about you, but it's easy for me to feel like things get dark and dreary in November. Daylight is scarce, clouds are numerous. Negativity in the daily news doesn't help, either.

But then Thanksgiving comes. A time to remember and think about all the things there are to be grateful for. It's so easy to take blessings for granted and then spend time dwelling on the negative. How nice it is to have a whole day to dwell on gratitude instead.

We all have different things that come to mind when it comes to gratitude. As owner of **Better My Meds**, I'm thankful for patients who've trusted me to provide information to help them stay healthy. For readers who read and share my posts. For those who've attended a talk and then called me or shared my brochure with a friend. My family who encourages me through success and failure. Thank you all from the bottom of my heart.

I hope your Thanksgiving holiday is filled with the joy that gratitude can bring. And may we all share that joy with those around us!

Upcoming Events

Dexter Senior Center
12/9, 1:00 pm

Osteoporosis – Thoughts on Keeping Bones Strong:

Loss of bone strength is common as we age, and puts us at risk of bone fractures and loss of independence. We'll talk about osteoporosis -- why it happens, and what you can do to protect yourself from fractures.

Chelsea Senior Center
12/10, 11:15 am

Healthy, Happy, and Ageless for the Holidays

'Tis the season to feel your best! Discover how healthy eating, medication awareness, and active living can keep you strong and vibrant through the holidays and beyond. The best gift you can give yourself? A healthier, happier you!

News You Can Use

Does Melatonin cause heart failure?

You may have seen reports suggesting that long-term use of melatonin increases the risk of heart failure. Melatonin is a dietary supplement that many people find useful as a sleep aid. A [new study](#) recently reported those results. Though it hasn't yet been peer-reviewed or published, it's well known that supplements are often marketed before their risks, benefits, or dose are fully known, so we should take this information seriously. But at the same time, [early reports](#) indicate that the study design had significant flaws and may not have provided reliable results. For now, if you take melatonin for insomnia, treat it like all other sleep aids -- use it as only as needed rather than taking it every night, and keep watching the news!

Did you know you can “gift” the services of **Better My Meds**?

Do you know someone who complains about all the meds they have to take? Someone who's gotten to the point that they can't remember or just don't want to take meds any longer? A [Better My Meds gift card](#) is the perfect way to help them stay healthy, independent, and active. Give the gift of health this holiday!

