NEWSLETTER

December, 2025

Better My Meds
Medication
Management Services

2025 is coming to a close. It's time for many of us to joyfully celebrate the religious rituals that tie us to our faith and/or history. Then we all get to ring in the New Year!

On behalf of ***Better My Meds*** I want to wish you a holiday season filled with joy and peace. And maybe cookies. Gatherings with friends and family. Ski trips. How ever you celebrate, enjoy the season!

Happy Holidays!

Upcoming Events

Milan Seniors for Healthy Living
1/12 11 am
AND
Saline Area Senior Center
1/12 2 pm

High Blood Pressure: Also known as hypertension, it's a common health concern. We'll talk about what causes high blood pressure, why it's dangerous, and how lifestyle choices and medications work together to lower blood pressure.

Dexter Senior Center
1/28 1 pm

"Medications for Type 2 Diabetes: There are many meds available to treat type II diabetes. They work in completely different ways, and some even have helpful side effects (weight loss, improved heart function). How does your doctor know which one is right for you?

News You Can Use

What's With This New Influenza Variant?

You may have heard there's a new variant of the H3N2 influenza virus. It's real, and it's causing the majority of reported flu cases in many areas. Luckily, the 2025/26 influenza vaccine contained an H3N2 component that' similar to the new variant. So even though it's not exactly the same, the vaccine will still provide protection from severe disease, hospitalization, and death. If you haven't gotten your flu vaccine yet, it's not too late. The flu season typically gets worse through about February or March. It takes a couple of weeks to get full immunity from the vaccine, so protect yourself and get vaccinated now!

Walking – an inexpensive and practical way to stay healthy

Do you wear a watch or fitness tracker? I do, and it reminds me to keep active by counting my steps. Keeping track of steps can tell us whether we're sitting around too much, and for that it doesn't matter whether those steps come in short bursts or sustained activity. But when it comes to heart health, it might just matter. A recent study found that getting steps from sustained activity is more beneficial for the heart than getting steps in short bursts. Though it's clear that any kind of activity is better than too much sitting, it may be that your heart prefers consistent, sustained activity.