

## Thrifty White Pharmacists Recognized by Hospital District and Offer Tips

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North Pine Area Hospital District

October is American Pharmacists Month and the North Pine Area Hospital District (Hospital District) took the opportunity to recognize the tremendous contribution the pharmacists and other staff of Thrifty White Pharmacy make to our community. Emily Baker, Manager of the Thrifty White Pharmacy now located in the Pine Healthcare Campus and Brett Anderson, Pharmacy Operations Manager, received the honorary certificate from the Board of Directors of the Hospital District at the Tuesday, October 24th Board of Directors meeting.

Chairman Ron Osladil praised the outstanding work of the pharmacists, pharmacy technicians and other staff. "The Hospital District is delighted to have Thrifty White Pharmacy join our new Pine Healthcare Campus," states Ron Osladil, Chairman of the Hospital District. "We all have had wonderful experiences working with the Thrifty White Pharmacy professionals over the years and we look forward to many more years working in partnership."

Thrifty White Pharmacy was established in 1884 and is 100% employee owned. "All decisions are made by the employees, who are closest to the patients and better understand their needs," states Emily Baker. "I grew up with a Thrifty White Pharmacy in my Hibbing neighborhood and knew the pharmacists and the other staff by name. They inspired me to become a pharmacist and work with this company, helping our customers with their health care needs."

"We are committed to the rural communities we serve and believe that our services and products must exceed the expectations of our customers," states Dave Rueter, Vice President of Personnel. "We are proud of our long history and the many recognitions we have received, such as being named the national 'Pharmacy Innovator of the Year' three times in the last 5 years." Thrifty White was also a national leader in developing a Medication Synchronization program that coordinates all of the patient maintenance medications to be filled on one day each month.

Pharmacists Emily Baker and Jamie Baker (unrelated) work very closely with the physicians and being located together at the Pine Healthcare Campus is very helpful. They can walk down the hallway to discuss patient care with the Gateway Family Health Clinic and Essentia Health physicians, giving patients quick and effective health care.

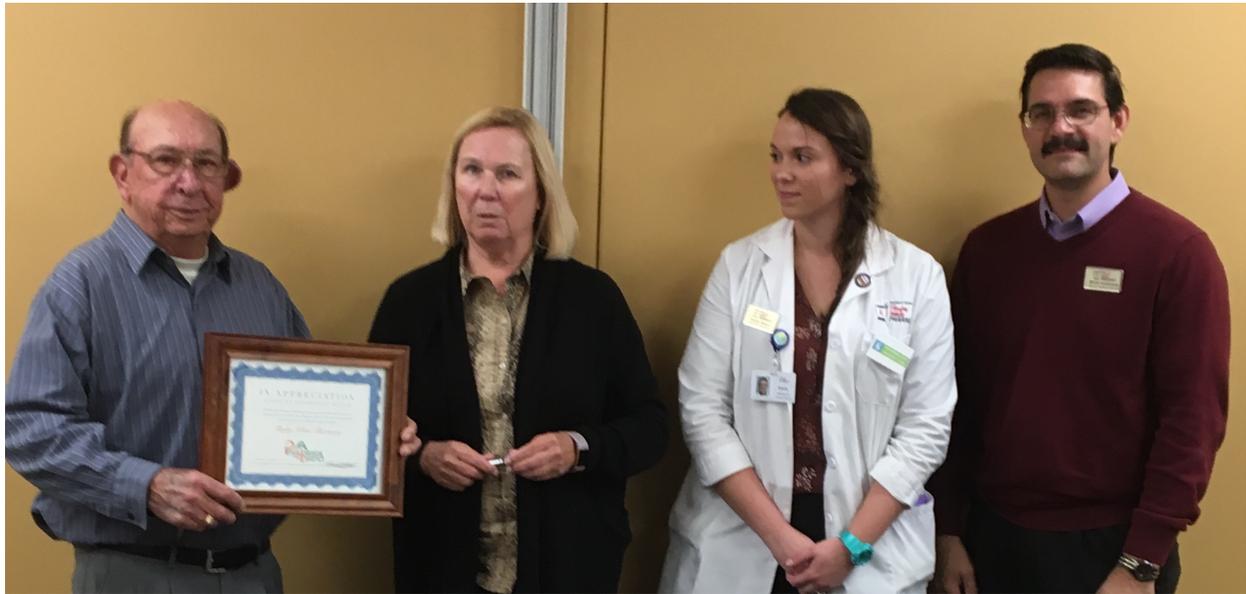
Emily and Jamie have a few tips to help patients:

- Taking your medication correctly is one of the best ways to decrease your health care costs and improve outcomes. Pharmacists are medication experts. For each prescription dispensed they check to see that the information provided by the prescriber is complete; that the new medication will not interact with other medications you are taking; that the medication and dosage are appropriate for your health condition; and that you understand the proper way to store and take the medication.
- Keeping your pharmacist up-to-date about your health and the medications you are taking assures the best possible care. For this reason, it is advisable to use the same pharmacy for all of your prescription services, especially when seeing multiple health care providers. This ensures that your pharmacist has access to your complete medication history when checking for problems or possible interactions.
- Check with your pharmacist before taking any nonprescription medication. Even though they do not require a physician's prescription, nonprescription medicines are powerful and can, if taken improperly, adversely interact with your prescription medications or badly affect another health condition.

- Make sure your pharmacist is aware of any allergies to medications, so adverse reactions can be prevented.

By working together with your pharmacist, you can be sure that your medications are taken safely, effectively, and appropriately to maintain your good health. Pharmacists want you to know that they are always available to advise you about your medications.

For more information about Thrifty White Pharmacy go to [www.thriftywhite.com](http://www.thriftywhite.com) and for the Hospital District go to [www.pinehospitaldistrict.com](http://www.pinehospitaldistrict.com).



Ron Osladil, Kris Sundberg, Emily Baker and Brett Anderson