



Unichem

Clive's Unichem



The Happy Chemist

"A cheerful heart is good medicine"

Issue 32

Winter 2011

Wainui's No. 1,

now

New Zealand's No. 1

Unichem Clive's Pharmacy, from right here in Wainuiomata, has been voted **No. 1** at the New Zealand Pharmacy Awards on 18th June.

Already feeling fairly merry after winning the 'Best Community Pharmacy in New Zealand' category earlier in the evening, I was "absolutely stoked" when we also won the Supreme Award. This is essentially the award for best overall pharmacy from each of the 11 individual category winners.

We've won this Award before in 2003 but I think it's an even bigger achievement the second time around. It just shows that we haven't rested on our laurels and are constantly looking at new and creative ways to look after our customers and grow our business – because you're worth it! Clive's Chemist has the **best team and the best customers, from the best local community** in New Zealand, and this award is for all of you too.

The New Zealand Pharmacy Awards were established to reward excellence and innovation to companies that set higher benchmark standards in the industry. For a small business in Wainuiomata to be recognized as being the absolute best in New Zealand, is just AWESOME ☺.

Thanks to everyone who joined us for our "Hats off to the Happy Chemist" event on Friday, 24th June. It was 'party central' at our place and we really appreciate all the hugs and good wishes from everyone who popped in to see us.

Clive

Thanks to the Hutt News and Pharmacy Today for the photos.



Earn Fly Buys points at Clive's!



Remember, Clive's Unichem is the only pharmacy in Wainuiomata with Fly Buys! Every time you spend \$20 at Clive's, including prescriptions, you will get Fly Buys points.

Move it... or lose it

Latest research suggests that it's physical exercise, not brain gymnastics, that will keep your mind sharp into old age.



Research undertaken by Professor Winston Byblow at Auckland University has found that regular exercise increases the flow of oxygen to the brain, nourishing cells and improving your memory.

His study showed that walking for just 45 minutes, five times a week, was enough to increase fresh oxygen to your brain by about 17% - that's the equivalent of decreasing your brain's age by 10 years! By adding strength training to the mix, the benefits were even greater.

According to Professor Byblow, it is well documented that the brain shrinks by about 5% every decade after the age of 40, and even faster beyond 55+ years, resulting in impaired memory and mental ability. Yet he found that people who picked up exercise later in life not only slowed brain decline, but actually stimulated its growth.

He also reported no evidence that performing mental exercise had any effect on the brain's decline. Doing Sudoku and crosswords will make you good at Sudoku and crosswords - but you may still forget where you parked the car! So if you want to improve your memory, put the books away, get off the sofa and go for a walk instead.

Source: Herald on Sunday, March 2011

Awards of a different kind...

Congratulations to Julie and Kim for achieving their 'Certificate of Endurance'.

These awards are presented to staff members who have completed 5 years of dressing up in crazy costumes, pulling silly stunts and generally putting up with Clive's wacky sense of humour. Plus of course, outstanding, world class service to the Wainuiomata community.

Julie joined us in April 2006 and is one of our most loved and valued team members. Yes, she's an incredibly hard worker but we appreciate her most for her special ability to befriend and empathise with our customers.

A technician of the highest calibre, **Kim** has been part of the Happy Chemist team since July 2006. Kim takes a huge amount of pride in keeping her prescription administration up to date, and finds an inordinate amount of pleasure in preparing blister packs. She loves to have a chit-chat with our customers and is guaranteed to dispense a cheery smile with the prescriptions.

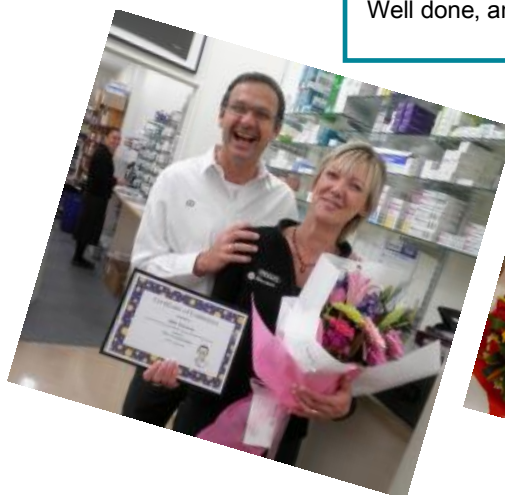
Well done, and a massive thanks to you both.

Join the Happy Chemist

If you know of anyone else who'd like to be kept up to date with the latest health and beauty news, please forward a copy of this newsletter to them, or send us their email address (with their permission) and we'll send them their own copy next time!

If you no longer wish to receive "The Happy Chemist" please send us an email with: "Please unsubscribe me from your newsletter" in the subject line.

Clive



Keep smiling!

Clive and The Happy Chemist Team!



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