

## How to Choose the Best Medication to Treat Your Cold or Flu

You feel the telltale cold or flu symptoms coming on — maybe it's a cough, runny nose, sneezing and stuffy head. You want to choose the best medication to help you feel better. But the choices in the pharmacy aisle or at the pharmacy counter are overwhelming. All kinds of medicines claim to control some or all your symptoms. How do you choose?

To start, you want to figure out whether you have a cold, flu or another infection. "A lot of times, they all start with the same types of symptoms — fever, runny nose, overall fatigue and sometimes headaches," said Kelly Erdos, PharmD, a clinical pharmacist with Banner Health. "But one of the biggest differences is the intensity. Colds are usually not as intense. With the flu, people say they feel like they got hit by a bus."

With a cold, you usually start to feel better within a day or two. If you aren't, Erdos recommends making an appointment with your PCP, calling the nurses' line at their office or visiting an urgent care center. You may be able to schedule a virtual visit so you can see a health care provider without leaving your home.

Before you choose medication to treat cold or flu symptoms, consider your medical history and pre-existing conditions. Since some cold and flu medicines can interact with other medications, consulting with a health care provider is crucial.

With that in mind, consider what has worked for you in the past. "The most important thing is to take something that works for you. And that may be very different from what works for other people," Dr. Erdos said.

### Over-the-counter (OTC) medications

You can choose OTC medications to help treat cold and flu symptoms. "You aren't necessarily going to speed up how quickly you get better, but you can make yourself more comfortable during that healing process," Dr. Erdos said.

Options include:

- **Decongestants**, which can help reduce the congestion you might have in your sinuses or chest.
- **Antihistamines**, which help treat a runny nose or itchy, watery eyes.
- **Pain relievers**, which can relieve body aches and headaches and may also work as fever reducers.
- **Cough medicines**, which may suppress a cough. Many OTC options aren't very effective, however, so a prescription drug might be a better choice.

Be sure to look at the label to see what active ingredients are in the medication. "There are a ton of cold and flu products that people buy thinking there is only one ingredient, but it may be a combination product. Taking the lowest dose and least amount of medications is key," Dr. Erdos said. If you have a sore throat and a runny nose, you don't need to take a medication that controls a cough, for example.

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### Business hours for January, February & March 2024

Monday	9:00 a.m. – 4:00 p.m.
Tuesday	9:00 a.m. – 4:00 p.m.
Wednesday	9:00 a.m. – 4:00 p.m.
Thursday	9:00 a.m. – 4:00 p.m.
Friday	CLOSED
Holiday Closures: January 1st	

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## Prescription medications

One of the reasons it's essential to see a health care provider for diagnosis is that you sometimes need prescription antiviral medication to treat the flu. But you need to begin taking this medication within 48 hours of when your symptoms start, so getting care quickly is vital.

## Natural remedies and home treatments

When you're under the weather due to a cold or the flu, some home treatments can help you feel better. "Even though you often need medications to get relief from a cold or flu, don't underestimate the power of sleep and proper nutrition," said Dr. Erdos. "When you are feeling sick, be sure to take time to rest and stay well hydrated."

It helps to move around a little, too. Spending the whole day in bed can make muscle aches worse. Even stretching in bed or walking to the kitchen for a glass of water can make a difference. And warm tea with honey can be soothing, especially if you have a sore throat.

Some people try supplements to help boost immunity. But they aren't likely to have much effect once you have a cold or flu. "It's probably more effective to choose a well-rounded diet and focus on hand washing, not touching your face and getting a flu shot," Dr. Erdos said. If you're thinking about trying any alternative treatments, talk to your health care provider first.

## Choose age-appropriate medications

If you're selecting medication for children or older people, you want to make sure you're making the right choices.

Children's bodies are still developing, and their metabolisms and immune systems are different than adults. And some medications haven't been studied enough in children, so we don't know if they are safe. Therefore, some medicines aren't right for them. The American Academy of Pediatrics does not recommend cough or cold medicine in children under age 4. Some experts say to avoid them in children under age 6.

Choose medications that are designed for children or have dosages meant for children. Be sure to read the label carefully to make sure the dose is accurate. Children are more sensitive to medication – with the wrong amount, they might have side effects or not get the treatment they need.

You may want to select medications designed for children, since they often come in syrups or chewable tablets in kid-friendly flavors. Be sure to store these medications out of reach. Don't give medication intended for adults to children (or vice versa) unless a health care provider recommends it.



Older people can have changes in their overall health, metabolism, immunity and organ function that affect how their bodies process medication. They might also be taking medication for other health conditions, so you need to be careful about interactions.

In children and older people, it's especially crucial to watch for any side effects or interactions. Talk to your health care provider if you have any concerns.

## Medical conditions

If you have certain health conditions, you'll want to consider them when choosing medication for a cold or the flu. Here are some to pay attention to:

- **Aspirin allergies:** If you're allergic or sensitive to aspirin, read the ingredients list carefully to make sure you don't choose a medication that contains it.
- **Respiratory conditions:** Be careful when choosing medicine if you have conditions like asthma or COPD (chronic obstructive pulmonary disease). Some cold and flu remedies, such as decongestants, can make breathing more difficult or interact with other respiratory medications.
- **Cardiovascular conditions:** Some medications for cold and flu could contain ingredients that raise blood pressure or interact with drugs prescribed for these conditions. People with high blood pressure, heart disease or a history of stroke need to select medications that don't impact heart health.
- **Immune disorders:** You might have more severe flu symptoms if you have HIV/AIDS, or you are undergoing chemotherapy or taking immunosuppressive drugs. So you might need prescription antiviral medications.
- **Diabetes:** Cold and flu infections can affect blood glucose levels. If you have diabetes, you'll want to

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choose medications that don't interfere with your treatment. Also be sure to check the sugar content on cough drops so you're not impacting your blood sugar with too many of them.

- **Liver and kidney problems:** Some cold and flu medications are metabolized by the liver or filtered through the kidneys. If you have liver or kidney problems, you may need to adjust the dose of your medicine or choose different types.
- **Pregnancy or nursing:** Some over-the-counter (OTC) medications may not be good choices if you're pregnant or breastfeeding, since they can affect the baby.

If you have any of these conditions, talking to your health care provider about the best medication options for cold and flu symptoms is especially important.

### Side effects and interactions

Common cold and flu medications can sometimes cause side effects. If you take other medications or have health conditions, talking to a pharmacist or health care provider about possible interactions is especially important.

Keep in mind that it's not just prescription drugs that can cause interactions. You need to be careful with herbal supplements and OTC medicines as well.

Here are some possible side effects and interactions:

- Decongestants may make you feel nervous and restless. You could find it hard to sleep. They can also raise your heart rate and blood pressure. It's vital to be careful with decongestants if you have cardiovascular conditions, high blood pressure, glaucoma or thyroid problems.
- Antihistamines can cause drowsiness, dry mouth, blurred vision, dizziness and constipation. You shouldn't drive or operate heavy machinery if you're taking antihistamines that cause drowsiness.
- Pain relievers like acetaminophen (Tylenol) and NSAIDs (non-steroidal anti-inflammatory drugs) like ibuprofen (Advil, Motrin) can cause upset stomach, gastrointestinal irritation and liver or kidney problems. Don't drink alcohol if you're taking medications containing acetaminophen, which can lead to liver damage.

- Cough suppressants may cause dizziness, drowsiness or constipation. Do not take them if you have a productive cough (coughing up phlegm). Productive coughs are your body's natural way of clearing your airways.
- Antiviral medications such as oseltamivir (Tamiflu) may cause nausea, vomiting, headache and dizziness. Some people are allergic to these medications and can develop a rash, itching or swelling.
- Combination cold and flu medications can have overlapping side effects due to their various ingredients. They may cause drowsiness, dry mouth, upset stomach and other effects. Be careful about taking multiple medications at the same time since that puts you at higher risk of overdosing on certain ingredients or having adverse reactions. Watch out for overlaps if you're taking one type of medication in the day and another at night.
- Natural remedies such as herbal supplements or essential oils can have side effects, interact with other medications or cause allergic reactions.

Not everyone will have side effects, and when they occur, they could be more severe in some people and less severe in others. If you notice any adverse reactions or have concerns about side effects, contact your health care provider right away for guidance. They can help you adjust your treatment plan.

### Steer clear of the germs that cause colds and flu

Good overall health can help you avoid catching the next cold or flu. "Going into cold and flu season, the best thing you can do to stay healthy is to wash your hands regularly and to keep your body strong with proper activity, nutrition and rest," Dr. Erdos said.

This year and every year, one of the most important things you can do to stay healthy is [get a flu shot](#).

### The bottom line

When you're trying to treat cold or flu symptoms, medication options can feel overwhelming. Talking to a health care provider, remembering what worked for you in the past, choosing the lowest dose of only the ingredients you need and avoiding interactions with other drugs can lead you to the best choice. If you need to [connect with a health care provider to evaluate your symptoms](#), reach out to Banner Health.

# Community Workshops | Free and Open to the Public

## **HYPERTENSION WORKSHOP | 4 weeks starting Monday, February 5th from 10:00 a.m. – 11:00 a.m.**

Do you have High Blood Pressure? Nearly half of adults in the United States have been diagnosed with hypertension. Join our four-week workshop to find out how you can manage your blood pressure. Workshop will begin on Monday, February 5th from 10:00 a.m. – 11:00 a.m. Please plan to attend all four weeks. This is a hybrid class that can be attended in person and /or on ZOOM. Call 928.596.4747 to register.

## **DIABETIC WORKSHOP | Ongoing Mondays from 11 a.m. – 12 noon**

Have you been diagnosed with diabetes or pre-diabetes? We are here to help. Join John Hancock, RN, CDCES hosts a workshop to gain a deeper understanding of how you can live a healthier life. This hybrid class is held in person and via Zoom. **The workshop is ongoing, Mondays from 11 a.m. – 12 noon.** Course content includes:

- What is diabetes and why do I have it
- The importance of exercise
- Weight loss
- Meal planning
- Monitoring blood sugar
- (How to avoid) Complications

## **RIM COUNTRY FORGET-ME-NOTS | Ongoing- Meets twice monthly on the 1st and 3rd Wednesday**

Support for caregivers of those with Alzheimer's, Dementia and Brain Disorders. Financial support, training, information, fellowship and more. This support group is free and open to the public.

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# Food For Thought Events | Free and Open to the Public

Lunch is provided FREE to you | All events begin at NOON unless noted otherwise. We are excited to offer a monthly Food for Thought Event, where we can bring great food and great education topics together for your enjoyment. Space is limited - Reservations are required.

**Call High Country Seniors at 928.596.4747 to register today. Visit the Banner High Seniors Website for more details. [www.bannerhealth.com/HighCountrySeniors](http://www.bannerhealth.com/HighCountrySeniors)**

## **Healthcare in Rim Country | With Banner Payson Medical Center CEO, Hoyt Skabelund January 10th | Reservations due by January 3rd, 2024**

Join Banner Payson Hospital CEO, Hoyt Skabelund as he shares updates about the hospital and Banner health here in Rim Country. Hoyt is an informed and engaging speaker and his over 20 years in healthcare makes him a wealth of information. Hoyt will share his insights into the future of rural healthcare in our area and invites your questions as well. We hope you can join us for this important event!

## **Estate Planning: What you need to know | Katie Meredith, Estate Planning Paralegal February 7th | Reservations due by January 31, 2024**

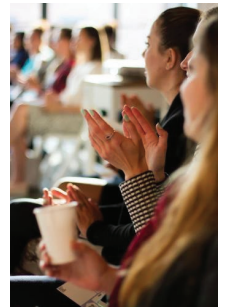
Estate Planning can seem overwhelming and even complicated, but it doesn't have to be! A well-rounded Estate plan can eliminate the mental and emotional burden of distributing assets and avoiding troublesome state and federal taxes. There are numerous options for individuals and couples that can easily and affordably be customized to individual needs and preference. Some common questions that will be answered and addressed will be:

- What is Estate Planning and why do I need it?
- What is Medical or Durable Power of Attorney?
- What are the differences between a Trust and a Will?
- How often do I need to update my Estate Plan?

Come learn how Estate Planning can be advantageous and attainable here in the Rim Country.

## **Coping with Alzheimer's | Sheri Kovar, Jan Summers, Bobbe Exe March 6th | Reservations due by February 27th, 2024**

When a family member is experiencing symptoms of Alzheimer's, it is a difficult adjustment for everyone. Sheri Kovar, Jan Summers, and Bobbe Exe, the leaders of the Forget Me Nots Alzheimer's support group will discuss the signs to look for, techniques for coping, when to get help, and resources that are available.





# Member Classes | Open to High Country Seniors Members Only

SEE CALENDAR INSERT FOR ALL DETAILS

## BOOK LOVERS CLUB

A time and space to talk about your favorite books, the books you are currently reading, and to find out about new books and authors that others have discovered. There are no reading assignments for this book lovers club, just a great opportunity to learn about new and exciting genres, authors, and finds. Along with getting to share the love of reading with others just like you.



## THE ART CLUB

Work with local artisan Liz Monte to create beautiful arts and crafts projects. Every month Liz will lead you through different art projects from start to finish. Sign up now- this class will be lots of fun!! CLASS IS HELD ONCE MONTHLY.

## PAPER CRAFTS

Work with local artists BJ Branyan and Susan Salas will lead this monthly class on different paper-based art projects including cards, scrapbooking ideas, shadow boxes and more as determined by the class interest. Limited to 8 people maximum. CLASS IS HELD ONCE MONTHLY.

## TECHNOLOGY 101

Learn the basis of computer operation from starting your computer to the basics of internet use, emails, and basic computer software programs. All levels are welcome!! If you don't have a laptop, we can loan you one for the class. CLASS IS HELD 2nd and 4th THURSDAYS.

## FEELING FIT

Feeling Fit is a class focused on flexibility, strength, and balance movements. Exercises are designed to strengthen major muscle groups and include nutritional tips and healthy living information. Great for all ability levels.

## PINOCHLE

Join this fun and dynamic group and help keep your brain sharp too!

## VOLUNTEERS

Banner Payson Medical Center is on the lookout for Volunteers! Perks include a FREE membership to High Country Seniors!! Call the Volunteer Department at 928.471.1294 for all the details and consider joining this dynamic team today!



## QIGONG

Qigong is about harmonizing our body, mind and spirit using breathing exercises, meditation, self-applied massage, and gentle movements. Doing Qigong helps to eliminate stress and anxiety and promotes emotional and physical healing.

## KNIT, STITCH, QUILT AND CROCHET GROUP | NEW QUILTING ADDED

This group makes blankets, scarves and other items that are donated to community organizations to assist those in need. Please join us for a great time AND a great cause. **BEGINNERS WELCOME!!**

## T.O.P.S. (TAKING OFF POUNDS SENSIBLY)

Eat what you love and get healthier! TOPS is a weight-loss support program that gives you freedom to follow a meal plan that works for you — and support to help you stick to that plan. With TOPS, you have choices to help you be healthy at any size. No cookie-cutter diets! This group is supportive and welcoming to everyone. Join us today for better health tomorrow.

## NEW BANNER HIGH COUNTRY SENIORS WEBSITE

Looking for the latest High Country Seniors Member information including discounts, class updates and more? Visit the new Banner High Country Seniors website today! [www.bannerhealth.com/HighCountrySeniors](http://www.bannerhealth.com/HighCountrySeniors)

## January 2024

Mon	Tues	Wed	Thurs
<div>1</div> 9:30-10:30 Qi Gong 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand & Foot	<div>2</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	<div>3</div> 8:00-9:15 T.O.P.S. 9:00-11:00 Knit, Stitch & Quilt 9:30-10:30 Qi Gong 1:00-3:30 Mah Jong <b>1:30-3:00 Forget-Me-Nots</b>	<div>4</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle
<div>8</div> 9:30-10:30 Qi Gong <b>10:00-11:30 Paper Crafts</b> 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand & Foot	<div>9</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle <b>2:00-3:00 Book Lovers Club</b>	<div>10</div> 8:00-9:15 T.O.P.S. 9:00-11:00 Knit, Stitch & Quilt 9:30-10:30 Qi Gong 1:00-3:30 Mah Jong <b>12:00-1:00 Food for Thought: Hospital Update Hoyt Skabelund, Banner CEO</b>	<div>11</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle <b>3:00-4:00 Technology 101</b>
<div>15</div> 9:30-10:30 Qi Gong 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand & Foot	<div>16</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	<div>17</div> 8:00-9:15 T.O.P.S. 9:00-11:00 Knit, Stitch & Quilt 9:30-10:30 Qi Gong <b>12:30-2:30 Art Club</b> 1:00-3:30 Mah Jong <b>1:30-3:00 Forget-Me-Nots</b>	<div>18</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle
<div>22</div> 9:30-10:30 Qi Gong 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand & Foot	<div>23</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	<div>24</div> 8:00-9:15 T.O.P.S. 9:00-11:00 Knit, Stitch & Quilt 9:30-10:30 Qi Gong 1:00-3:30 Mah Jong	<div>25</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle <b>3:00-4:00 Technology 101</b>
<div>29</div> 9:30-10:30 Qi Gong 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand & Foot	<div>30</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	<div>31</div> 8:00-9:15 T.O.P.S. 9:00-11:00 Knit, Stitch & Quilt 9:30-10:30 Qi Gong 1:00-3:30 Mah Jong	

## February 2024

Mon	Tues	Wed	Thurs
			<div>1</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle
<div>5</div> 9:30-10:30 Qi Gong 10:00-11:00 Hypertension Workshop 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand & Foot	<div>6</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	<div>7</div> 8:00-9:15 T.O.P.S. 9:00-11:00 Knit, Stitch & Quilt 9:30-10:30 Qi Gong 1:00-3:30 Mah Jong <b>1:30-3:00 Forget-Me-Nots</b> <b>12:00-1:00 Food for Thought: Estate Planning: What you need to know</b>	<div>8</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle <b>3:00-4:00 Technology 101</b>
<div>12</div> 9:30-10:30 Qi Gong <b>10:00-11:30 Paper Crafts</b> 10:00-11:00 Hypertension Workshop 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand & Foot	<div>13</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle <b>2:00-3:00 Book Lovers Club</b>	<div>14</div> 8:00-9:15 T.O.P.S. 9:00-11:00 Knit, Stitch & Quilt 9:30-10:30 Qi Gong 1:00-3:30 Mah Jong	<div>15</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle
<div>19</div> 9:30-10:30 Qi Gong 10:00-11:00 Hypertension Workshop 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand & Foot	<div>20</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	<div>21</div> 8:00-9:15 T.O.P.S. 9:00-11:00 Knit, Stitch & Quilt 9:30-10:30 Qi Gong <b>12:30-2:30 Art Club</b> 1:00-3:30 Mah Jong <b>1:30-3:00 Forget-Me-Nots</b>	<div>22</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle <b>3:00-4:00 Technology 101</b>
<div>26</div> 9:30-10:30 Qi Gong 10:00-11:00 Hypertension Workshop 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand & Foot	<div>27</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	<div>28</div> 8:00-9:15 T.O.P.S. 9:00-11:00 Knit, Stitch & Quilt 9:30-10:30 Qi Gong 1:00-3:30 Mah Jong	<div>29</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle

## March 2024

Mon	Tues	Wed	Thurs
<div>4</div> 9:30-10:30 Qi Gong 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand & Foot	<div>5</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	<div>6</div> 8:00-9:15 T.O.P.S. 9:00-11:00 Knit, Stitch & Quilt 9:30-10:30 Qi Gong 1:00-3:30 Mah Jong <b>1:30-3:00 Forget-Me-Nots</b> <b>12:00-1:00 Food for Thought: Coping with Alzheimer's</b>	<div>7</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle
<div>11</div> 9:30-10:30 Qi Gong <b>10:00-11:30 Paper Crafts</b> 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand & Foot	<div>12</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle <b>2:00-3:00 Book Lovers Club</b>	<div>13</div> 8:00-9:15 T.O.P.S. 9:00-11:00 Knit, Stitch & Quilt 9:30-10:30 Qi Gong 1:00-3:30 Mah Jong	<div>14</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle <b>3:00-4:00 Technology 101</b>
<div>18</div> 9:30-10:30 Qi Gong <b>10:00-11:30 Paper Crafts</b> 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand & Foot	<div>19</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	<div>20</div> 8:00-9:15 T.O.P.S. 9:00-11:00 Knit, Stitch & Quilt 9:30-10:30 Qi Gong <b>12:30-2:30 Art Club</b> 1:00-3:30 Mah Jong <b>1:30-3:00 Forget-Me-Nots</b>	<div>21</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle
<div>25</div> 9:30-10:30 Qi Gong 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand & Foot	<div>26</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	<div>27</div> 8:00-9:15 T.O.P.S. 9:00-11:00 Knit, Stitch & Quilt 9:30-10:30 Qi Gong 1:00-3:30 Mah Jong	<div>28</div> 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle <b>3:00-4:00 Technology 101</b>

## Banner High Country Seniors | Merchant Discounts

High Country Seniors Member MUST show membership card to receive discounts

### Business Services:

- **All Stages Carpet Care** — 10% off services - 100% guaranteed | 928.951.3812
- **Atomic Pest Control** — 10% off services | 928.474.3991
- **Cheaper Sweeper House Cleaning** — 10% off first cleaning and \$5.00 off second | 928.472.9897
- **Coyote Auto** — 10% off labor (not parts) | 928.472.1100
- **Dan Good Flooring** — 10% off services, free measures, and estimates | 928.472.4597
- **Diversified Services Home Improvement** 10% off services | 928.970.1873
- **North Mechanical Heating and Cooling** — 5-10% off Total Bill – includes labor AND materials | 928.468.9400
- **Pane in the Glass Window Cleaning** — 10% off services | 928.978.9781
- **Payson Tire Pros and Automotive** — \$10 off any oil change, including free tire rotation, 5% off current labor rate - on auto repairs, \$10.00 off any alignment, \$50.00 off any set of new tires
- **Peaceful Pantry** — Clean and organize kitchens, cabinets & pantry | 10% off services | 559.901.2006
- **Post Net** — 10% off copying, printing & shipping | 928.472.4355
- **Printing by George** — 10% off services | 928.472.3169
- **Quality Inn of Payson** — 10% off Best Available Rate includes a hot, deluxe breakfast | 928.474.3241
- **Smart Systems Computer Technology & Repair** — 10% off Service Fees | 928.468.7400

### Food and Drink:

- **Back to Basics Health Food Store** — 10% off every purchase | 908 N. Beeline Hwy, Payson, AZ 85541 | 928.474.8935
- **Beverage Place** — 10% off wine and liquor | 111 E. Hwy 260, Payson, AZ 85541 | 928.474.6300
- **Bosa Donuts** — 5% off purchase | 303 S. Beeline Hwy, Payson, AZ 8554 | 928.474.8889
- **Delicious! Café** — 10% off purchase | 512 S. Beeline Hwy, Ste. 1, Payson, AZ 85541 | 928.468.3013
- **El Rodeo Mexican Restaurant & Cantina** 10% off purchase - excludes alcohol | 404 E. Hwy 260, Payson, AZ 85541 | 928.474.3328
- **Macky's Grill** — FREE soft drink with meal | 201 W. Main St., Ste. J, Payson, AZ 85541 | 928.474.7411
- **Pizza Factory** — 20% off purchase - excludes alcohol | 238 E. Hwy 260, Payson, AZ 85541 | 928.474.1895
- **Rim Country BBQ** — 10% off purchase - excludes alcohol | 202 W. Main St., Payson, AZ 85541 | 928.472.2227
- **By the Bucket** — Spaghetti to Go Order the "Bambino" Bucket for 1 and get free meatballs (\$1.50 savings)- includes garlic toast | 319 E. Hwy 260, Payson, AZ 85541 | 928.300.5700
- **Tiny's Restaurant** — 10% off purchase - excludes alcohol | 600 E. Hwy 260, Payson, AZ 85541 | 928.474.5429

### Personal Care:

- **AVON** — Representative Carol Watts 10% off your order | 928.468.6116 or [www.youravon.com/cwatts](http://www.youravon.com/cwatts)
- **Frontier Barber** — \$9.00 haircut (\$2.00 off) Men and children cuts only | 200 W. Frontier St., Payson, AZ 85541 | 928.970.2878
- **Miracle Ear** — Buy 1 battery & Get 1 FREE (Sizes 10, 312 & 13 only) | 1107 S. Beeline Hwy, Suite 3, Payson, AZ 85541 | 928.474.5158
- **Tonto Apache Gym** — Gym Membership only \$70.00 per quarter (normally \$40 a month) | 30 Tonto Apache Reservation MPB, Payson, AZ 85541 | 928.474.7093

### Shopping:

- **Arizona Wildflower and Gifts** — 10% off purchase | 616 N. Beeline Hwy, Payson, AZ 85541 | 928.363.4080
- **Banner High Country Gift Shop** (Hospital Gift Shop) — 15% off one item (some restrictions apply) | 807 S. Ponderosa St., Payson, AZ 85541 | 928.471.1323
- **Discount Mart** — 10% off purchase - except sale items | 211 E. Hwy 260, Payson, AZ 85541 | 928.978.1980
- **Payson Candle Factory** — 10% off purchase | 620 N. Beeline Hwy, Payson, AZ 85541 | 928.474.2152
- **The Carpenter's Wife Antiques** — 10% off purchase | 112 W. Wade Lane, Payson, AZ 85541 | 928.47.7343



215 N. Beeline Hwy.  
Payson, AZ 85541  
928.596.4747

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LOOK INSIDE FOR NEW CLASSES!

**TONTO GYM DUES | DUE IN MARCH**  
Quarterly TAG dues are due during the month of MARCH. Discounted dues are \$70.00 and cover the months of APRIL, MAY & JUNE 2024. Payments MUST be received at High Country Seniors by MARCH 21st. Unfortunately, we are unable to grant extensions. We accept cash, checks (checks should be made out to BPMC) or credit cards. For your convenience, you can call to make a credit card payment by phone.