



308 Lawndale Street
Grayling, MI 49738
Phone: (989) 348-7123
Fax: (989) 348-8342
Email: director@crawfordcoa.org
Website: www.crawfordcoa.org

June 30, 2013

Attention: Michael Young
Office of Environmental Assistance
Saginaw Bay District Office
401 Ketchum Street, Suite B
Bay City, MI 48708

Dear Mr. Young,

Enclosed you will find the Final Report for the DEQ Grant #430220-12 which covers the time period of 7/19/12 through 6/30/13.

On behalf of our community, I want to thank you for awarding this grant to the Crawford County Commission on Aging. We take great pride in our local rivers and many work very hard to keep them clean and healthy. Providing a secure location to dispose of unused/unwanted pharmaceuticals has improved our ability to protect those valuable resources. In addition, I am glad that the older adults of our community have a place to dispose of their drugs so that they do not become prey to drug seekers.

Again, thank you for providing the funding for this important community program.

Sincerely,

Alice Snyder

Alice Snyder, Director

Final Report

Project Name: AuSable Prescription Drug Disposal Program
Grant #: 430220-12
Grantee Name: Crawford County Commission on Aging
Reporting Period: July 19, 2012 – June 30, 2013

The first quarter of this grant was spent procuring the equipment and getting it installed. Two secure prescription disposal collection units were installed – one at the Crawford County Sheriff's department and the other at Grayling City Hall. Both units are monitored by a camera, one of which was purchased through the grant monies. They were securely installed on concrete pads and labeled so that visitors knew what they were to be used for.

Beginning in October 2012, a collection system was set up with both the Crawford County Sheriff's Department and the Grayling Police Department. Sgt John McDonald and Chief of Police, Doug Baum each regularly collected from their respective collection units and then they were combined in storage at the Sheriff's department. All collections were documented on the existing Property Report/Receipt form. Over the course of 9 months, there was 96 pounds of pharmaceuticals collected (this weight does not include packaging such as bottles). Various items included the following:

- 58 Fentanyl/Transdermal Patches
- 9 quart size bags of pills
- 1 ½ gallon jug of a mixture of pills
- 6 gallon size bag of pills
- 8 bags with a mixture of pills, capsules, cream and drops
- 580 bottles of pills including dog medicine, inhalers and tablet packages
- 51 bottles of solution
- 17 inhalers

Collections increased over each quarter. For example, 30 bottles were collected in the 2nd quarter, 172 in the 3rd quarter and 378 were collected in this last quarter. Drugs were stored until they could be combined with other northern Michigan law enforcement collections and transported to the incinerator.

Formal paid advertising began in November. The local radio station, Blarney Stone Broadcasting, created 3 different radio spots in December. One gave instructions about disposal, one discussed the safety benefit from prompt disposal and the final one discussed the importance of disposal so loved ones did not have access and become addicted. All of these spots are available to listen to on our website at www.crawfordcoa.org. Radio advertising ended at the end of May. The Crawford County Avalanche began running their ads in December and ended them in June. The Avalanche also ran a nice front page story on the program in December 2012. The Weekly Choice free newspaper ads started the last week of January and ended in June. The ads with education ran in the Crawford County Commission on Aging Senior Gazette starting in November and have continued to run through the month of

June. We will continue to sporadically run the ad throughout the year as a reminder to our readers about the disposal options.

A flyer was also developed and circulated in the community to help educate. Community partners are using the flyer to educate their patients and clients. Shelly Hubbard, Co-Chair of the Crawford Partnership for Substance Abuse Awareness, added the new collection unit sites to her PowerPoint presentation when the grant was approved. During this grant time period, she has done 12 presentations which reached 296 people. Despite the grant ending, she will continue to do community presentations in Crawford and the surrounding counties to continue educating the public of the disposal options.

A survey was created in Survey Monkey to evaluate the effectiveness of this program. It was sent out to the community which included 200 older adults and 190 community partners. A paper copy of the same survey was also created for our older adults who do not have email and distributed to 75 of the Senior Center participants. As of the end of June, we received 72 responses which is a 15% return. Highlights from the survey include:

- * 89% were aware that pharmaceuticals had been found in surface & ground water.
- * Of the respondents, 85% knew to dispose of unused drugs in the new disposal boxes and 35% knew to use the existing Yellow Jug Old Drug program. Only 6% would've flushed or trashed them.
- * Paid advertising was most effective in our own Crawford County Commission on Aging Senior Gazette (75%) followed by the local newspaper the Crawford County Avalanche (56%).
- * 94% felt the program raised more awareness and 96% felt the program was a needed service in our community.

Although this grant period has ended, the collection units will continue to be a vital part of our efforts to remove unused/unwanted prescription drugs from the households in our community. Many of us will continue to education community members of its availability and the importance of properly disposing of these pharmaceuticals.

Prescription Drug Disposal Program Survey

Please take a few minutes to fill out and return to the Receptionist.

1. What County do you Reside?

- ☐ Crawford
- ☐ Otsego
- ☐ Roscommon
- ☐ Kalkaska
- ☐ Oscoda

Other (please specify) _____

2. What is your age?

- ☐ Under 20
- ☐ 21-40
- ☐ 41-59
- ☐ 60 and Over

3. I am aware the recent Studies throughout the US have revealed trace amounts of pharmaceuticals in surface and ground water.

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neither
- ☐ Disagree
- ☐ Strongly Disagree

4. What is the recommended way to properly dispose of unused/unwanted drugs? Check all that apply.

- ☐ Flush
- ☐ Trash
- ☐ Prescription Drug Disposal Boxes
- ☐ Yellow Jug Old Drugs Program
- ☐ Mix with Kitty Litter

5. Please estimate the amount of unused/unwanted drugs that you have disposed of in the past 12 months

- ☐ Less than 1 pound
- ☐ 1-3 pounds
- ☐ 4-5 pounds
- ☐ over 5 pounds

6. I am aware of the locations of the Prescription Drug Disposal Boxes. Check all that apply.

- ☐ Crawford County Sheriff's Department
- ☐ Grayling City Hall
- ☐ I don't know

7. How did you hear about the Prescription Drug Disposal program?

- ☐ Crawford County Avalanche
- ☐ Weekly Choice Newspaper
- ☐ Crawford County Senior Gazette
- ☐ Blarney Stone Broadcasting Radio Spot
- ☐ Web Site
- ☐ Flyer
- ☐ Word of Mouth
- ☐ Other (please specify) _____

8. The Prescription Drug Disposal program raised more awareness about how to properly dispose of unused/unwanted drugs.

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neither
- ☐ Disagree
- ☐ Strongly Disagree

9. The Prescription Drug Disposal program is providing a needed service in our community?

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neither
- ☐ Disagree
- ☐ Strongly Disagree

Thank you for taking the time to complete this survey. For more information about the Prescription Drug Disposal Program and how to properly dispose of unused/unwanted drugs please contact the Crawford County Commission on Aging and Senior Center at (989) 348-7123 or visit us at www.crawfordcoa.org.


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Prescription Drug Disposal Program


Community

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Response Summary

Total Started Survey: 72
Total Finished Survey: 72 (100%)

PAGE: 1

1. What County do you Reside?

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	Response Percent	Response Count
Crawford	95.6%	65
Otsego	1.5%	1
Roscommon	1.5%	1
Kalkaska	1.5%	1
Oscoda	0.0%	0
Other (please specify) Show Responses		5
answered question		68
skipped question		4

2. What is your age?

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	Response Percent	Response Count
Under 20	1.4%	1
21-40	2.8%	2
41-59	20.8%	15
60 and Over	75.0%	54
answered question		72
skipped question		0

3. I am aware the recent Studies throughout the US have revealed trace amounts

[Create Chart](#) [Download](#)

of pharmaceuticals in surface and ground water.

	Response Percent	Response Count
Strongly Agree	33.3%	18
Agree	55.6%	30
Neither	7.4%	4
Disagree	0.0%	0
Strongly Disagree	3.7%	2
answered question		54
skipped question		18

4. What is the recommended way to properly dispose of unused/unwanted drugs? Check all that apply.

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	Response Percent	Response Count
Flush	3.7%	2
Trash	1.9%	1
Prescription Drug Disposal Boxes	85.2%	46
Yellow Jug Old Drugs Program	35.2%	19
Mix with Kitty Litter	11.1%	6
answered question		54
skipped question		18

5. Please estimate the amount of unused/unwanted drugs that you have disposed of in the past 12 months

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	Response Percent	Response Count
Less than 1 pound	87.9%	58
1-3 pounds	4.5%	3
4-5 pounds	0.0%	0
over 5 pounds	7.6%	5
answered question		66
skipped question		6

6. I am aware of the locations of the Prescription Drug Disposal Boxes. Check all that apply.

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	Response Percent	Response Count
Crawford County Sheriff's Department	76.5%	52
Grayling City Hall	60.3%	41
I don't know	13.2%	9
	answered question	68
	skipped question	4

7. How did you hear about the Prescription Drug Disposal program?

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	Response Percent	Response Count
Crawford County Avalanche	56.3%	36
Weekly Choice Newspaper	6.3%	4
Crawford County Senior Gazette	75.0%	48
Blarney Stone Broadcasting Radio Spot	6.3%	4
Web Site	4.7%	3
Flyer	4.7%	3
Word of Mouth	26.6%	17
	Other (please specify) Show Responses	13
	answered question	64
	skipped question	8

8. The Prescription Drug Disposal program raised more awareness about how to properly dispose of unused/unwanted drugs.

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	Response Percent	Response Count
Strongly Agree	53.6%	37
Agree	40.6%	28
Neither	4.3%	3
Disagree	1.4%	1
Strongly Disagree	0.0%	0
	answered question	69
	skipped question	3

9. The Prescription Drug Disposal program is providing a needed service in our community?

[Create Chart](#)

[Download](#)

	Response Percent	Response Count
Strongly Agree	72.5%	50
Agree	23.2%	16
Neither	4.3%	3
Disagree	0.0%	0
Strongly Disagree	0.0%	0
answered question		69
skipped question		3

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Prescription Drug Disposal

HOW TO DISPOSE OF OLD, UNUSED & EXPIRED MEDICATIONS



Never take another person's medicines to the drop box. It is a felony crime to transport another person's prescription medication. **If** you are the legal guardian, have your paperwork with you. Non-legal caregivers or spouses should carry a signed letter by the prescription holder. For your own **safety** drugs should be disposed of immediately and not carried in your car for any length of time.

Never dispose of needles or syringes in the drop box.

Guidelines for Proper Disposal of Prescription, Over-the-Counter and Pet Medications, including Injectables, Patches, Inhalers and Powders

- Always bring in prescription medicine in the same bottle or package it was purchased in.
- Once you reach the disposal site, you can use a black marker to remove personal information or remove the label.
- OR pills can be transferred to a zip lock bag once you reach the disposal site.
- To prevent spillage, place entire bottle of any liquid medicine in a zip lock bag.

Drop Box Locations:

Crawford County
Sheriff's Department
OR
Grayling City Hall

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Drop Box Locations:
Crawford County
Sheriff's Department
OR
Grayling City Hall

DRUG DISPOSAL

PLACE YOUR OLD, UNUSED, EXPIRED MEDICATIONS FOR PROPER DISPOSAL HERE

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**DISPOSE OF
OLD, UNUSED & EXPIRED
MEDICATIONS**

**THIS sharing is
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Stop Prescription Drug Abuse

Project Funded by:



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Presented By:

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Crawford Partnership for Substance Abuse Awareness

Poster Design:
Kelsey
Neuberger

THIS sharing is NOT Caring



Stop Prescription Drug Abuse

Presented By:

CPSA²

Crawford Partnership for Substance Abuse Awareness

Poster Design:
Kelsey
Neuberger

Prescription Drug Disposal

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Disposal boxes allow citizens to get rid of unused medications 24/7

by Dan Sanderson

Staff Writer

A partnership between the state, county agencies and the City of Grayling will allow area residents an avenue to dispose of unused medications 24/7 to keep them out of hands of drug abusers and from contaminating the groundwater.

In July, the Crawford County Commission on Aging (COA) received a \$7,959 grant from the Michigan Department of Environmental Quality (DEQ) for the installation of two drug disposal boxes.

Located outside of the Crawford County Sheriff's Office and Grayling City Hall, area residents can now get rid of unused, unwanted or expired prescription drugs. The boxes are available for the disposal of prescription medications, over the counter medications, pet medications, including injectables, patches, inhalers and powders.

COA Director Alice Snyder worked on the grant with Crawford County Administrator Paul Compo and Jeff Steffey, a pharmacist for Mercy Hospital Grayling.

Steffey's wife, Michelle Steffey, is the owner of the Medicine Shoppe in Grayling.

See **DISPOSAL** | Pg. 3A



A partnership between the state, county agencies and the City of Grayling will allow area residents an avenue to dispose of medications 24/7 to keep them out of hands of drug abusers and from contaminating the groundwater. Above, Grayling City/Manger Police Chief Doug Baum, Crawford County Commission on Aging Director Alice Snyder and Crawford County Sheriff's Kirk A. Wakefield are pictured by the drug disposal box located outside the Grayling City Hall.

Avalanche Front Page ~ Thurs. Dec. 6th 2012

Disposal boxes allow citizens to get rid of unused medications 24/7

Continued from Page 1A

In recent years, the pharmacy has participated in the Yellow Drug collection program, which accepts some prescription drugs for disposal. The program, however, does not accept the disposal of controlled substances.

"Those are the kinds of prescriptions which puts seniors and everyone at risk when they are in their house," Snyder said.

Local law enforcement agencies have also accepted prescription drugs on Drug Enforcement Agency sponsored drug take back days.

"While they were effective and very good, they were just limited in access," Jeff Steffey said.

Shelley Hubbard, prevention specialist for the Crawford County Partnership for Substance Abuse Awareness, said some people did not want to go to police offices to dispose of medications or could not participate in the drug take back days due to busy schedules. People can dispose of drugs at the sheriff's office and city hall around the clock.

"It's going to remove barriers for people to get rid of medications," Hubbard said. "Our hopes are the more medication we can get disposed, the less crime we will have in the community overdoses on these medications from people who abuse them."

Grayling City Manager/Police Chief Doug Baum said keeping contamination out of the groundwa-

ter from disposing of drugs in the landfill or avoiding the common practice of flushing medication down the toilet is paramount to public safety.

"Between city hall and the sheriff's department, it gives people some place to take them and gives them some options," Baum said. "We want to stop that stuff from getting into the groundwater."

The drug disposal boxes are monitored by surveillance cameras to lessen the temptation for tampering with the boxes. City Police officers check the boxes nightly, Baum said. Detective Sgt. John McDonald, from the Crawford County Sheriff's Office, also checks the box daily.

Some guidelines for proper disposal of medications include:

- Always bring in prescription medicine in the original bottle or package. Over the counter medications can be left in the same bottle or package they were purchased in.

- Once you reach the disposal site, you may use a marker to black out personal information on prescription medication and pet medications or remove the label.

- If you do not want to leave your medication bottle, pills can be dumped into a zip lock type bag and dropped into the drop box once you have reached the disposal site.

- Inhalers and powders should be left in the original

package with personal information blacked out. Patches can be placed into a zip lock bag.

- To prevent spillage, place the entire bottle of any liquid medications, both prescription and over the counter, into a zip lock bag before putting them into the drop box.

- Never take another person's prescription medications to the drop box. It is a felony crime to transport another person's prescription medication. If you are the guardian of another person, carry your legal paperwork with you. If you are a non-legal caregiver or a spouse, you should carry a letter signed by the prescription holder with you. For your own safety, drugs should be immediately disposed of and not carried around in your car for any length of time.

- Never dispose of needles or syringes in the medication drop box. This puts others at risk.

The total project cost for installation of the drug disposal boxes was \$11,243. That total includes some in-kind services from Snyder and McDonald. Newspaper advertising, radio spots and the Senior Gazette, the monthly newsletter distributed by the COA, will also promote the program.

"We want to make sure everybody knows it's available," Snyder said. "We're constantly encouraging people to get rid of what they don't use."

From thieves breaking into homes to steal prescrip-

tion medications to teens or their friends taking a few pills from a medicine cabinet, Crawford County Sheriff's Kirk A. Wakefield said prescription drug abuse has been the source of crimes the last few years.

"I think it's a good program," Wakefield said of the drug disposal boxes. "Every little bit helps."

Briefs

Secretary of State to close

All state branch offices and the Office of the Great Seal will be closed on Monday, Dec. 24, Tuesday, Dec. 25, Monday, Dec. 31 and Tuesday, Jan. 1 in observance of Christmas and New Year's.

Hospice training to be held

Mercy Hospice is holding a training session for people interested in becoming hospice volunteers on Jan. 15 and 17 at the Grayling Nature Center. The workshops will start at 9 a.m. and last until 3:30 p.m. with a break for lunch, which will be provided. Participants will learn about hospice philosophy, bereavement and social work issues related to hospice patients and more. To sign up for the training, call Jill Tremonti, Volunteer Coordinator at 989-344-4109 or email tremonti@unity-health.org.

Community calendar available online

The Crawford County Avalanche has a community calendar on their new web site. To view area happenings, or to be considered for publication of your event, go to crawfordcountyavalanche.com, click on community and go to the community calendar.

Christmas service to be held in historic church

The historic Sittsville Church, located at Wellington Farm, USA near Grayling, will host a Depression Era Christmas Eve Church Service on Sunday evening, Dec. 23 at 7 p.m. There is no admission charge for the service or admission to the park on that day.

For those who would like to experience the 60-acre open air museum in the ambience of lantern light, the farm will open at 5 p.m. Several of the trails will be lit by kerosene lanterns and the farm's shuttle will be in operation to transport visitors to the interior of the park. Some of the buildings will be open however there will be no interpreters nor will the buildings be in operation.

The Sittsville Church was built in the 1880's near the town of Sittsville in Missaukee County. It served its community well for about a century but by the 1980's there were no longer enough people attending services to provide for the upkeep of the building. The remaining congregation merged with the

Moorestown congregation and ownership of the building was turned over to Norwich Township.

In 2005, the church was moved to Wellington Farm to save it from destruction. The church has now been completely restored, the outside to its original 1880's appearance and the interior is restored to the 1930's.

The Wellington Farm Visitor Center and Gift Shop will be open Friday, Saturday and Sunday afternoons. Hand made brooms, furniture, birdhouses, soap, jams, jellies and cooking mixes are just a few of the items available for purchase.

Reservations are not necessary for the church service.

Wellington Farm, USA is located at 6944 S. Military Road in Grayling. The farm is accessible from either Exit 251 of I-75 or Exit 206 of US-127. For further information call 989-348-5187 during business hours or visiting the website at www.wellingtonfarmpark.org, or visit us on Facebook.

VA looking for volunteer drivers

The Aleda E. Lutz VA Medical Center's Voluntary Service has a unique opportunity for individuals wanting to give back to Veterans in Michigan.

Veterans throughout the state need transportation to and from their medical appointments at a VA facility.

In order to be a volunteer driver at one of our Veterans Transportation Network sites in Alpena, Burton, Cheboygan (beginning in May 2013), Grayling, Harrison, Manistee, Shiawassee (beginning in May 2013), or Traverse City, you would need a completed health physical provided by the VA, a background check and driving record check. You may view <http://www.youtube.com/watch?v=Y2yn8wvN> to learn more about

becoming a volunteer driver for the Veterans Transportation Network as well.

If you are interested in volunteering, you may contact Voluntary Service Program Manager, Mr. Jason Christianson, at (989) 497-2500, Extension 13369.

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Hold release party for new DVD with guitar giveaways

The Jake Allen Band will hold a release party featuring their new DVD "Hollow Sound of Melody" from their CD entitled "Etherica" at 9 p.m. on Dec. 23 at the Ole Barn in Grayling.

Jake Allen is the stage name for Jacob Allen Bondar, a 2006 Grayling High School graduate.

"Since I was 16 I have been presenting my music to my audience not only acoustically but with a live band as well," said Allen. "I'm really grateful to have friends and musical partners who believe in what I'm doing. They have been kind enough to help me bring my creations from the studio out into a live setting."

The line up of the Jake Allen Band has been through some changes over the years. Some of the members have switched instruments, some have left the band and returned later, some newly recruited.

"I felt like the newest incarnation of the live band was really good and we were sounding the best we had to date," said Allen. "The players in this line up consisted of myself on guitar and lead vocals, Nick Hohn on drums/keyboards, Jacob Filarski on guitar/vocals, and TJ Rankin on bass guitar/vocals."

"I thought it would be an interesting idea to challenge ourselves and film ourselves playing the whole 'Etherica' record front to back," said Allen.

"Being an independent artist, I needed to utilize my resources to make the best recording possible within my limited personal budget for a project like this. I called a prolific musician friend of mine, Randall Erno, and asked him where we could get the best independent video crew in Northern Michigan," said Allen. "He connected me with a director based in Harbor Springs, whom I admired for his passion and professionalism. I felt confident that we had our director, so I hired him and his crew to shoot the video."

"I wanted to do the video in a friendly and professional recording studio in Michigan so I contacted producer and fellow Grayling native Andy VanGuilder, owner and operator of Halo Horn Studios in Traverse City," said Allen. "He jumped at the idea and opened the doors in his studio giving us a great space to film. Andy's audio engineering skills are top-notch so it was easy to get comfortable in the studio being in such good hands."

"I was able to involve talented local friends with the shooting of the video 'Hollow Sound of Melody,'" Allen said. "Two female vocalists, Sarah Colclasure and Penny Jean, sang both back up and lead vocals for the shoot. Both of them had lent their voices to the 'Etherica' project so it was fitting to have them in the video as well."

"Former band mate Adam Hoppe performed with us on guitar and vocals," said Allen. "He also sang background vocals on 'Etherica.' It was really awesome to have this sort of super group together for the shoot. We all gathered at the studio, decked out the performance area and played 'Etherica' in its entirety."

Jake's sister, Lexi Bondar, a 2003 Grayling High School graduate, will also perform at the live release show. Takamine and Gretsch guitars are sponsoring the "Hollow Sound of Melody" DVD release party. Both companies have donated guitars for the event. Takamine donated a brand new G340 acoustic guitar. Gretsch donated a special Gretsch Corvette electric guitar that was used in the famous Chevy commercial made by the band OK GO, which aired during the 2011 Super Bowl. It comes with a serialized certificate of authenticity signed by the band. These items along with some other prizes are going to be raffled off and taken home by some lucky winners from the audience.

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Prescription Drug Disposal HOW TO DISPOSE OF OLD, UNUSED & EXPIRED MEDICATIONS

Never take another person's medicines to the drop box. It is a felony crime to transport another person's prescription medication. IF you are the legal guardian, have your paperwork with you. Non-legal caregivers or spouses should carry a signed letter by the prescription holder. For your own safety, drugs should be disposed of immediately and not carried in your car for any length of time. Never dispose of needles or syringes in the drop box.

Guidelines for Proper Disposal of Prescription, Over-the-Counter and Pet Medications, Including Injectables, Patches, Inhalers and Powders

- Always bring in prescription medicine in the same bottle or package it was purchased in.
- Once you reach the disposal site, you can use a black marker to remove personal information or remove the label.
- OR pills can be transferred to a zip lock bag once you reach the disposal site.
- To prevent spillage, place entire bottle of any liquid medicine in a zip lock bag.



Sponsored by the Department of Environmental Quality, Crawford County Sheriff's Department, City of Grayling, the Crawford Partnership for Substance Abuse Awareness- Rx Be the Solution and the Commission on Aging & Senior Center.



Drop Box Locations:
Crawford County
Sheriff's Department
Grayling City Hall

DEQ
Avalanche
Sample
ad

Drop Off Your Old Prescription Drugs
Anytime at One of these
Convenient, Outside Locations!

**Crawford County Sheriff's Department
Grayling City Hall**

Help Us Protect our Rivers & Lakes!



Prescription Drug Disposal Now Available Anytime!

For Prescription Medications, Over the Counter Medications and Pet Medications, including Injectables, Patches, Inhalers and Powders

In July, the Department of Environmental Quality (DEQ), awarded the Crawford County Commission on Aging a grant for \$7,959 to **install 2 drop boxes in Grayling for unused, unwanted or expired prescription drugs**. These units are now in place and available to use

outside at both the Crawford County Sheriff's Department and the Grayling City Hall. This means you can drop off your prescription drugs at anytime—24/7!

Below are some guidelines for proper disposal:

- ♦ Always bring in prescription medicine in the original bottle or package. Over the counter medications can be left in the same bottle or package they were purchased in.
- ♦ Once you reach the disposal site, you may use a marker to black out personal information on prescription medications and pet medications OR remove the label.
- ♦ If you do not want to leave your medication bottle, pills can be dumped into a zip lock type bag and dropped into the drop box once you reach the disposal site.
- ♦ Inhalers and powders should be left in the original package with personal information blacked out. Patches can be placed into a zip lock type bag if desired.
- ♦ To help prevent spillage, please place the entire bottle of any liquid medications, both prescription and over the counter, into a zip lock type bag before putting into the drop box.

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Never – Dispose of needles or syringes in the medication drop box. This puts others at risk.

November 2012 Senior Gazette Article

Drop Off Your Old, Unused & Expired Medications

*All Prescription, Over-the-Counter & Pet
Medications, including Injectables,
Patches, Inhalers & Powders*

Anytime at One of these Locations!

**Crawford County Sheriff's Department
Grayling City Hall**

Help Us Protect our Rivers & Lakes!



Department of

Environmental Quality

Prescription Drug Disposal Now Available Anytime!

Store Medications Safely

- ♦ Store medicine in its original container. Do not mix different medications together in the same container. This will make it difficult to identify during an emergency.
- ♦ Do not store medications in your bathroom. Store all medicines in one designated location together. Store in a locked cabinet or other secure place in an area that is away from the traffic area in your home, possibly your bedroom. The location should be a dry and cool place.

- ♦ Monitor quantities and control access. Do not tell people what kind of medications you are taking.
- ♦ Keep track of refills

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Never – Dispose of needles or syringes in the medication drop box. This puts others at risk.



Foot Pillow Project a Success!!

Participants have made over 100 'Foot'
Pillows to give to Children served by the Christian
Help Center for Christmas!

Thank you to everyone who participated!!



**Thank You to All of Our
Faithful Meals on Wheels
Drivers!!**

**You make a
difference every day.**

If you can pass a criminal background check
and have a friendly smile,
**contact the Senior Center at
348-7123 to volunteer today as a Meals
on Wheels Driver.**

flyer

Prescription Drug Disposal

**HOW TO
DISPOSE OF OLD,
UNUSED & EXPIRED
MEDICATIONS**



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Never dispose of needles or syringes in the drop box.

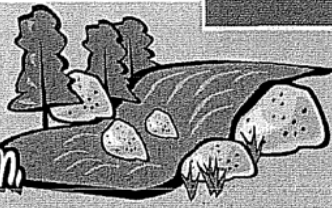
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Drop Box Locations:

Crawford County
Sheriff's Department
OR
Grayling City Hall

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to keep our rivers and lakes clean*



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Anytime at One of these Locations!

Crawford County Sheriff's

Department

Grayling City Hall

Help Us Protect our Rivers & Lakes!



Department of
Environmental Quality

**Prescription Drug Disposal
Now Available Anytime!**

Happy New Year!

Out with the old! Now is a great time to look through all of your medications and vitamins. Are there any you no longer use, any that have expired?

Don't just look through your medicine box, check the other places you keep medications too. Do you carry medicine in your purse or in your car? Please follow the directions below to dispose of any old or unused medications you need to throw away.

Below are some guidelines for proper disposal:

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Never – Dispose of needles or syringes in the medication drop box. This puts others at risk.



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Environmental Quality

**Prescription Drug Disposal
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Types of Drugs People Abuse

Many times people will ask, "What kind of medications do I need to lock up?" Although you should keep all medicine in a safe place, there are three types of drugs that are commonly misused or abused.

Opioids - narcotic medications prescribed for pain relief [*Codeine, morphine, OxyContin, Percocet, Vicodin, Fentanyl*]

CNS depressants - barbiturates and benzodiazepines prescribed for anxiety or sleep problems (often referred to as sedatives or tranquilizers) [*Phenobarbital, Ativan, Valium, Xanax, Soma*]

Stimulants - prescribed for attention-deficit hyperactivity disorder (ADHD), the sleep disorder narcolepsy or obesity. [*Ritalin, Dexedrine*]

If you are not sure if you take a medication that can be abused, please talk with your Doctor or local Pharmacist.

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Never – Dispose of needles or syringes in the medication drop box. This puts others at risk.

Neighborhood Connections Event Donation Item Needed in February:

Toilet Paper

AUSABLE UROLOGY



Brian N. Stirling, D.O.
P.O. Box 431
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Grayling, Michigan 49738
telephone 989.348.6610 • fax 989.348.2723

February Senior Gazette Article

Drop Off Your
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Grayling City Hall**

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Department of
Environmental Quality

**Prescription Drug Disposal
Now Available Anytime!**

Store your Medicines Safely

Don't let the name fool you: The medicine cabinet is a great place to store toothpaste and moisturizer—but not medicine.

Medicines that do not require refrigeration, need to be stored at room temperature in a dry place. Bathrooms are generally warm and damp; the bedroom is a better choice. If you are taking medications that are at risk for abuse, make sure you keep them in a secure

location in your home, under lock and key. Keep track of your quantities/refills, as even a few missing pills can be a warning sign. If you are no longer using a medication, or if the medication has expired, please follow the directions below for proper disposal.

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March Senior
Gazette Ad

is new focus health efforts

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Minicuci

said that they will be work-
ing with health centers and
community care facilities
extensively during that time

"We want to improve the
coordination of internal
hepatitis programs," she
said. "We also want to coor-
dinate with other agencies,
substance abuse and law
enforcement to educate
youth on hepatitis risk and
drug use.

The first priority, accord-
ing to Minicuci, will be
using the funding to conduct
a needs assessment with
community health clinics to
study the exposure, diagno-
sis, treatment and education
of hepatitis.

In the meantime, steps are
being taken statewide to
find better treatments or
even cures for the disease

Anna Lok, a professor at
the University of
Michigan's department of
Internal Medicine, has
worked with a team devel-
oping a more effective drug
for Hepatitis C without the
harsh side effects of the cur-
rent treatment.

"There is a necessity for
new combination regimens
that can increase response
rates in that population,"
Lok said.

The new drug, which
combines two direct-acting
anti-viral agents, is current-

ly undergoing a second
phase of research.

David Rueda, a Wayne
State University researcher,
is studying how the partner-
ing of enzymes and RNA
protein, a cell molecule that
acts like a DNA messenger,
helps shape the genetic
mechanism underlying
infections such as Hepatitis
C.

"A lot of those kinds of
diseases are associated with
RNA machines not working
properly," Rueda said. "By
understanding the steps by
which RNA folds into their
functional structure, we
may discover how to cure
some very devastating dis-
eases.

Even in the medical com-
munity, there is a push for
hepatitis awareness in addi-
tion to treatment improve-
ments.

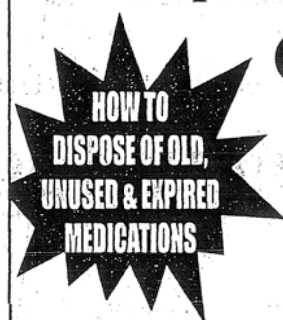
For example, in
November, Hepatitis
Foundation International,
based in Maryland, held a
viral hepatitis summit in
Grand Rapids.

Topics of discussion at
the summit included assess-
ment risk behaviors, screen-
ing, protocol, treatment
monitoring, side effects of
treatments and the chal-
lenges and outcomes of
working with hepatitis
patients.

Thursday, January 10, 2013 - CRAWFORD COUNTY AVALANCHE - 3A

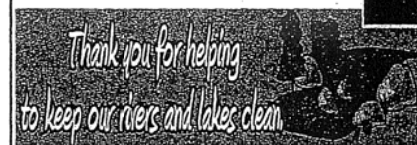
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Prescription Drug Disposal



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Sheriff's Department, City of Grayling, the Crawford Partnership for Substance
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Prescription Drug Disposal

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*Thank you for helping
to keep our rivers and lakes clean.*

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Grayling was behind in the fourth quarter - the Houghton Lake Bobcats led 24-21 with 6:01 remaining in regulation - but the Vikings rallied for a 16-1 run down the stretch, winning Monday night's junior varsity girls basketball game by a final score of 37-25. Houghton Lake hosted the contest. The Vikings had a 9-2 advantage at the end of the first period. Grayling scored its nine points with an inside shot by Katie Vieling, one free throw by Courtney Hatfield, a jump shot by Brittany Nielson, a basket by Sally Metiva, and a jumper by Taylor Nielson.

Senior Staff Writer

V Vikings edge
t. Francis 62-60
OT, improve

Lason Rapendick takes a free throw
not for the JV Vikings.



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Cross country ski race series to be held at Hanson Hills

by Caleb Casey
Senior Staff Writer

The Cote Dame Marie Ski Loppet - a series of cross country ski races for people of all ages and skill levels - is slated for this weekend at Hanson Hills

Recreation Area. The event, now in its fourth year, has increased its participation number every year, and organizers are hoping to do so again in 2013.

Last year's Cote Dame Marie Ski Loppet had 174

participants, according to Grayling Recreation Authority (GRA), the governing body for Hanson Hills. Event organizers are expecting approximately 200 participants this year.

group drove their vehicle, ter secretary/treasurer.
but we still had a great time

Raffle Winners

Grayling Youth Booster Club

The 50/50 raffle winners for Jan. 27 of \$25 each: Cheryl Osborne, Rich Calkins, Mario Arndt and Marge Roper.

juniors or \$15 for adults.

Sunday's events will include the Chili Cook-off, the Sled Box Race Challenge, and the Big Air Competition. Sunday, open from 11 a.m. to 5 p.m., will also have free lift tickets and trail passes.

be discussed. Parents will be taught strategies to help their children avoid targets, or acting aggressively. Strategies will be demonstrated through a series of lively role-plays and video clips.

Please join us for this informative and entertaining presentation!

Activities for elementary students available for \$3.00 per child for activities sponsored by the Freshman Class while parents are attending the presentation.

Prescription Drug Disposal

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January 31, 2013
Crawford Cty. Avalanche

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**Crawford County Sheriff's Department
Grayling City Hall**

Help Us Protect our Rivers & Lakes!



Department of
Environmental Quality

Prescription Drug Disposal Now Available Anytime!

Caregivers play an important role when someone is unable to care for themselves. Helping with medication needs is just one of those services.

- Read the label directions for each medication.
- Remind or give the patient their medications at the right time and in the right dose.
- Watch for side-effects, such as

confusion or dizziness, call the doctor or home care nurse with any changes in the patient's condition

- Store the medications safely. Check on the bottle or with the Pharmacist for proper storage. Be sure to lock up medications that may be abused.
- Obtaining prescription refills as needed.
- Make sure that the medications are not shared with anyone else.
- Dispose of unused and expired medications properly. **DO NOT FLUSH**, please follow the directions below.

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Pet Medications

Below are some guidelines
for proper disposal:

- Never** – Dispose of needles or syringes in the medication drop box. This puts others at risk.

*Offsite Parking will be available in the north end of the Grayling Mini Mall with free shuttle service to the Senior Center provided.

Help Us Protect our Rivers & Lakes!



**Department of
Environmental Quality**

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Prescription Drug Disposal Now Available Anytime!

Lakes and Rivers

Although using the toilet or sink prevents someone from accidentally taking the medications, disposing of them in this way causes water pollution and has adverse effects on septic systems, sewage treatment plants, fish and other aquatic wildlife. Trace amounts of all kinds of drugs have also been found in some drinking water supplies because they pass through septic systems and sewage plants untreated. Help us keep Crawford County's rivers, lakes and streams clean. Please use the following guidelines for disposing of all medications.

Below are some guidelines

for proper disposal:

- ♦ Always bring in prescription medicine in the original bottle or package. Over the counter medications can be left in the same bottle or package they were purchased in.
- ♦ Once you reach the disposal site, you may use a marker to black out personal information on prescription medications and pet medications OR remove the label.
- ♦ If you do not want to leave your medication bottle, pills can be dumped into a zip lock type bag and dropped into the drop box once you reach the disposal site.
- ♦ Inhalers and powders should be left in the original package with personal information blacked out. Patches can be placed into a zip lock type bag if desired.
- ♦ To help prevent spillage, please place the entire bottle of any liquid medications, both prescription and over the counter, into a zip lock type bag before putting into the drop box.

Never – Take another person's prescription medications to the drop box. It is a felony crime to transport another person's prescription medication. If you are the Guardian of another person, carry your legal paperwork with you. If you are a non-legal caregiver or a spouse, you should carry a letter signed by the prescription holder with you. For your own safety, drugs should be immediately disposed of and not carried around in your car for any length of time.

Never – Dispose of needles or syringes in the medication drop box. This puts others at risk.

In Concert....

Brian Ashton

Thursday, June 6th @ 6pm



Brian Ashton started playing at the age of 12 as a drummer in the GHS Band. He began playing

professionally at age 16. After graduation in 1961, he moved to the big city. There he played Bass Guitar with several musical groups. Since then he has learned to play Guitar & Piano. Brian has had the opportunity to share center stage with artists such as Tanya Tucker, Jerry Lee Lewis, Grand Funk Railroad, Teagarden & Van Winkle, Faron Young, & Bob Seger. He also has a private practice teaching several different instruments, and a retail musical instrument & accessories business as well as repairing string instruments. Brian and his band can be heard in the local Au Sable River Canoe Marathon Parade. Please join us for a live concert on June 6th at 6pm in the dining room at the Grayling Senior Center. No registration or admission fee, but donations will be appreciated.

Drop Off Your Old, Unused & Expired Medications

All Prescription, Over-the-Counter & Pet Medications, including Injectables, Patches, Inhalers & Powders

**Anytime at One of
these Locations!**

**Crawford County Sheriff's
Department**

Grayling City Hall

Help Us Protect our Rivers & Lakes!



Department of
Environmental Quality

Schools, urging youth to resist drug use and violence. "This is the sole fundraiser for all youth programs here," said Sgt. Randy Herman, a D.A.R.E. program instructor for the Crawford County Sheriff's Office. "There are zero dol-



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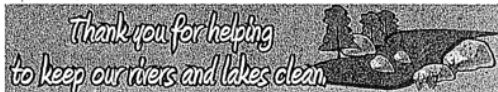
Unlimited Time Offer. ¹APR = Annual Percentage Rate. Payments must be automatically deducted from a Chemical Bank account. Subject to credit approval. All other loan terms and requirements apply. This offer does not apply to the refinancing of existing Chemical Bank loans. Maximum Loan Amount: \$200,000.00. Some restrictions may apply. ²APR based on a \$20,000 loan with 60 monthly payments of \$350.45. Advertised rate available on model years 2009 and newer. Rate without payments automatically deducted will be 2.24%/2.55% APR (60 monthly payments of \$352.63). ³APR based on a \$20,000 loan with 60 monthly payments of \$350.46. Payments do not include amounts for taxes and insurance premiums. Advertised rate available on 60 month home equity loans. Balloon loans may be available for longer terms. Rate without payments automatically deducted will be 2.24%/2.57% APR (60 monthly payments of \$352.63).

Prescription Drug Disposal HOW TO DISPOSE OF OLD, UNUSED & EXPIRED MEDICATIONS

Never take another person's medicines to the drop box. It is a felony crime to transport another person's prescription medication. **IF** you are the legal guardian, have your paperwork with you. Non-legal caregivers or spouses should carry a signed letter by the prescription holder. For your own **safety**, drugs should be disposed of immediately and not carried in your car for any length of time. **Never** dispose of needles or syringes in the drop box.

Guidelines for Proper Disposal of Prescription, Over-the-Counter and Pet Medications, including Injectables, Patches, Inhalers and Powders

- Always bring in prescription medicine in the same bottle or package it was purchased in.
- Once you reach the disposal site, you can use a black marker to remove personal information or remove the label.
 - OR pills can be transferred to a zip lock bag once you reach the disposal site.
 - To prevent spillage, place entire bottle of any liquid medicine in a zip lock bag.



Sponsored by the Department of Environmental Quality, Crawford County Sheriff's Department, City of Grayling, the Crawford Partnership for Substance Abuse Awareness- Rx Be the Solution and the Commission on Aging & Senior Center.



Drop Box Locations:
Crawford County
Sheriff's Department
OR
Grayling City Hall



Crawford County COMMISSION ON AGING

DIRECTOR: Alice Snyder. COA BOARD: CHAIR: Jack Mahank VICE-CHAIR: Carol Lovely SECRETARY: Linda Munsey MEMBERS: Dean McCray, Terrie Lockwood, Don Williams, Lynne Rude

308 LAWDALE ST., GRAYLING, MI 49738 • PHONE: (989) 348-7123 FAX: (989) 348-8342

Upcoming Events

New! New! New!

Friday Morning Exercise Group

Fridays from 8:30am

beg. June 28th

@ the Senior Center

It will be tailored to meet your needs with low to moderate impact.

Len and Cathy Wyatt will be the Instructors for these Friday Classes.



WEEKLY MENU & ACTIVITIES

Friday, June 21

10am Card Golf
12pm Lunch - Salisbury Steak, Mashed Potatoes w/ Gravy, Mixed Vegetables, Banana
12pm Lovells Satellite Meal
11-12pm Blood Pressure/Blood Sugar Checks
1pm Pantry Bingo
1pm Pool-9 Ball

Monday, June 24

9:30am Grief Support
10am Quilting
12pm Lunch - BBQ Pork Sandwich, Potato Salad, Green Beans, Applesauce
1pm Bridge
5pm Dinner - Chicken Alfredo, California Blend Vegetables, Sliced Beets, Apple
6pm Men's Group

Tuesday, June 25

9am Walking Group - City Hall
10am Bible Study
10am Zumba Gold
11:00am Clogging
12pm Lunch - Open Faced Roast Beef Sandwich, Mashed Potatoes w/Gravy, Prince Charles Blend Cherry Yogurt
1pm Euchre
1pm Low Vision Support Group
2-4pm Computer Club
4-5pm Blood Pressure/Sugar Checks
5pm Dinner - Shepards Pie, Broccoli, Corn, Fresh Orange

Wednesday, June 26

12pm Lunch - Stuffed Cabbage, Carrots, Sliced Beef, Sliced Apples
1pm Pool-Ball in Hand
1pm Mahjong
1pm Wii Bowling
5pm Birthday Dinner - Swiss Steak, Baked Potato, Peas, Applesauce, Cake & Ice Cream
5:30pm Karaoke

Thursday, June 27

10am Crafting
10am Pokeno
11am Golden Toners Exercise
12pm Lunch - Baked Chicken, Boiled Potatoes, Stewed Tomatoes, Mixed Melon, Lemon Bar
Wii Bowling w/Kalkaska
1pm Uno Attack
1pm Unlucky 7s
3pm Medicine Shoppe Bingo
5pm Dinner - Baked Spaghetti, Italian Blend Vegetables, Brussels Sprouts, Plums

Health Services



Blood Pressure & Blood Sugar Checks by Mercy Home Health Care Tuesdays, 4-5pm By Grayling Nursing & Rehab. Fridays, 11-12pm Foot Care Clinic by appointment by Ankle & Foot Associates of Northern Michigan 2nd Tuesday, 1-5pm All new patient intake documents need

to be received one week ahead of appointment Hearing Clinic - by appointment by Advantage Audiology 3rd Monday, 1-4pm, no charge Incontinence Supplies Supplies are often available at no cost. Medical Equipment Loan Closet Many items are available to be borrowed at no cost.

Senior Project Fresh

MSU Extension and the Crawford County Commission on Aging & Senior Center will again be hosting the 2013 Senior Project Fresh Farmers Market Nutrition Program. This year's program is funded by the Crawford County Commission on Aging & Senior Center. You may be eligible to receive \$20 worth of coupons to be used on fresh Michigan produce at participating Project Fresh markets which include Grayling's Farmers Market and the Grayling Greenhouse. Qualifications: • Must be 60 years old or older • Crawford County Resident • Household size of 1(one)

= below \$1,772/mth • Household size of 2 (two) = below \$2,392/mth Nutrition class/coupon distribution will take place on a first-come, first-served basis. If you feel you qualify and would like to participate in the program, please contact the Crawford County Commission on Aging & Senior Center (COA) at 348-7123 to register for a date and time in June to attend the nutrition class and pick up your coupons after your eligibility has been determined. You must contact the COA at 348-7123 to register for a class ahead of time. Classes will be held at the Senior Center.

Community Garden Sign Up..Its not to late

Plots are 10 X 18 & 10 X 10

available to all Crawford County residents at no cost!

Contact Helen to sign up or for more information at 348-7123.



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Thank you for helping to keep our rivers and lakes clean



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