

August 31, 2020

A variety of things for the blog this week, thus the title of this and that.

First, is information about a local and free disposal service for medicine. At any age it is really important to get rid of old or unused medicines but at our age of wisdom it is very important to prevent accidents or misuse.

See below for local drop off points and details of what to drop off and how to dispose of needles and sharps (which are not allowed at disposal sites).

# TAKE BACK YOUR MEDS

## FREE • EASY • CONFIDENTIAL

Drop Box Disposal for Prescribed & Over-the-Counter Medication

**Centralia Police Department**  
16 N. Pearl Street, Centralia  
Outside - Always Open

**Lewis County Law & Justice**  
345 W Main Street, Chehalis  
Open Mon-Fri, 8am-5pm


**Morton City Hall**  
250 Main Street, Morton  
Open Mon-Fri, 8am-5pm

**Mossyrock City Hall**  
31 E State Street, Mossyrock  
Open Mon-Fri, 8am-4pm

**Sheriff's Office Packwood Substation**  
2990 US Highway 12, Packwood  
Open Thurs-Fri, 7:30am-4pm

**Toledo Police Department**  
130 N Second Street, Toledo  
Open Mon-Fri, 8am-5pm

**Winlock City Hall**  
23 NE 1st Street, Winlock  
Open Mon-Fri, 8am-5pm



## SAFE DISPOSAL IS EASY

### What can I put in the drop box?


YES	NO
Prescriptions	Used needles & sharps
Over-the-counter drugs	Gloves
Pet medicine	Bandages
Medicated ointments & lotions	Medical equipment
Inhalers	Business or clinic waste
Liquid medicines in leak-proof containers (up to 12 oz.)	Vitamins & supplements

**Drop sites aren't for business use. Household use only.**

### How do I dispose of needles & sharps?

- Handle with caution, sharps may contain infectious disease! (Syringes, hypodermic needles, IV tubing, lancets, auto injectors, & scalpel blades are all examples of sharps).
- Dispose of sharps in a manufactured sharps container, available on-line, at pharmacies, and medical supply stores and providers.
- Or**, use an empty, rigid, non-crushable plastic bottle with a tight fitting lid. Laundry detergent bottles work well. When the container is full, secure the lid tightly. Tape the lid for added security and write "sharps waste" in large letters on the bottle with a permanent marker. Place the container in your trash, never with recyclables.

**For more information call the Lewis County Hazo Hut (360) 740-1221 or visit [www.takebackyourmeds.org](http://www.takebackyourmeds.org)**



Lewis County Public Health & Social Services  
360 NW North Street, Chehalis, WA 98532  
<https://lewiscountywa.gov/publichealth/social-services>

“Not Just for Caretaker” Opportunities:



# REGISTER TODAY ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



**10 Warning Signs of Alzheimer's**  
Sept. 3, 1-2:30 p.m. | [REGISTER](#)  
Sept. 21, 12-1:30 p.m. | [REGISTER](#)

**COVID-19 and Dementia Caregiving**  
Sept. 23, 2-3:30 p.m. | [REGISTER](#)

**Dementia Conversations**  
Sept. 30, 11 a.m.-12:30 p.m. | [REGISTER](#)

**Effective Communication Strategies**  
Sept. 10, 10-11:30 a.m. | [REGISTER](#)

**Environmental Changes That Make a Difference**  
Sept. 15, 11 a.m.-12:30 p.m. | [REGISTER](#)

**Handy Tips for the Busy Caregiver**  
Sept. 1, 11 a.m.-12:30 p.m. | [REGISTER](#)

**Healthy Living for Your Brain and Body**  
Sept. 17, 11 a.m.-12:30 p.m. | [REGISTER](#)  
Sept. 29, 11 a.m.-12:30 p.m. | [REGISTER](#)

**Legal and Financial Planning: Part 2**  
Sept. 8, 11 a.m.-12:30 p.m. | [REGISTER](#)

**Living with Alzheimer's: For Caregivers-Middle Stage**  
Sept. 16, 11 a.m.-3 p.m. | [REGISTER](#)

**Meaningful Activities**  
Sept. 22, 11 a.m.-12:30 p.m. | [REGISTER](#)

**Understanding Alzheimer's and Dementia**  
Sept. 2, 2-3:30 p.m. | [REGISTER](#)  
Sept. 9, 2:30-4 p.m. | [REGISTER](#)

**Understanding and Responding to Dementia-Related Behavior**  
Sept. 30, 3-4:30 p.m. | [REGISTER](#)

*All sessions here are listed in Pacific Daylight Time, online listings may be different; please note time zone.*

TO LEARN MORE OR TO  
REGISTER, CALL 800.272.3900  
OR GO ONLINE TO  
[ALZWA.ORG/EDUCATION](https://www.alzwa.org/education)

alzheimer's  association®

For course descriptions and a full list of available webinars and Association events, please visit us online at [alzwa.org/education](https://www.alzwa.org/education)

Click on the Sep flyer “Download” link **below** to register.

Free Online Educational Webinars are available on a variety of topics from the Alzheimer’s Association. This is a great time to increase our knowledge on a variety of topics.

[Sep flyerDownload](#)

Enjoy the warm weather in the coming weeks. We are supposed to have a beautiful September, therefore, it is a great time to get outside, if possible.