

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



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.