



**motion picture
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SOCIAL SERVICES CORNER

VOLUME 6, ISSUE 10

OCTOBER 2011



NEW THINKING ON DUMPING OLD MEDICINES

Question: How do I safely dispose of unused and expired prescription medications?

Answer: Throwing out medication, whether prescription or over-the-counter, goes against our instincts because (a) we paid for it, and (b) we might need it again. The problem is that most of us keep medications in the medicine cabinet too long. Keeping unused and expired medications is a very bad idea because over time pharmaceutical products lose effectiveness, degrade chemically and could be downright dangerous if taken by the wrong person. What to do?

Depending on your community, one or more of the following options may be available to you.

FLUSH IT: The U.S. Food & Drug Administration (FDA) publishes a list of medications that can still be flushed because there is more danger in keeping them around than in flushing. The FDA also says that medications that can be flushed will come with a printed instruction sheet about proper disposal.

GIVE IT BACK: The U.S. Drug Enforcement Administration (DEA) enacted the Safe and Secure

Drug Disposal Act in October 2010. The DEA has specific rules about disposing of controlled substances, such as narcotics. They hold National Drug Take-Back Days in communities across the country every six months. They advise readers to check with local law enforcement to find out where to turn in old medications. The next National Drug Take-Back Day is October 29, 2011. You may also be able to inquire at your local pharmacy about other drug take-back programs.

TOSS IT: If there is nowhere to take your unused, expired or unwanted medication, both the FDA and the DEA recommend that you remove the medication from its packaging so that it is not identifiable; mix it in a bag with cat litter, coffee grounds or something similar to make it unusable; seal the bag and put it in the trash.

If in doubt, contact your local waste water management agency to learn the rules of medication disposal in your area.

Sources: "Proper Disposal of Prescription Drugs" from the Office of National Drug Control Policy, October 2009; United States Dept of Justice, Drug Enforcement Agency, www.deadiversion.usdoj.gov/drug_disposal/takeback/.

JOKE OF THE MONTH

**The proof that we don't understand death
is that we give dead people a pillow.**

— Jerry Seinfeld, *The Mammoth Book of Zingers,
Quips and One-Liners*

Laughter is known to boost the immune system, lower blood pressure,
burn calories and release pleasure-inducing chemicals in the brain.

Go Green!

Receive *Social Services Corner* by email.
Call (888) 994-3863, ext. 2370, or email info@wrmail.org.

**Do you or does someone you know need
our assistance? Call toll-free (888) 994-3863
or visit www.wrpioneers.org to find out
more about our assistance programs.**



The Motion Picture Pioneers Assistance Fund
is a program of the Will Rogers Motion Picture
Pioneers Foundation.



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FPO

ESTATE PLANNING REALLY IS FOR EVERYONE!



Estate planning is simply the means for making your wishes known to those whom you appoint to honor your health care wishes, to accept the guardianship of

your young children, and to handle the timely and orderly disposition of what you leave behind—whether it's your body, a baseball hat or a house. It typically allows you to eliminate uncertainties regarding your wishes and to guide your loved ones through possibly the most difficult time of their lives. Remember, they will have just lost you, and while struggling with their grief, they may need to quickly care for your minor children or a dependent adult, handle your funeral, sort out your finances, pay bills, close accounts, sell property and distribute your belongings.

Don't let estate planning scare you. Start small, work in steps and remember estate planning is your last gift to your loved ones. They will be grateful that you planned ahead, left no doubts regarding your final

wishes, and possibly allowed them to avoid probate court, a time-consuming and expensive process. The Life Planning section on the WRMPFF's website, www.wrpioneers.org/retirement_planning.aspx, has many helpful articles to get you started. The following articles, covering some of the basic components of estate planning, are free to view and print as often as you like:

- The Durable Power of Attorney: Health Care and Finances
- Wills: Frequently Asked Questions
- Do I Need Life Insurance?
- Estate and Gift Tax: Frequently Asked Questions
- Living Trusts: Frequently Asked Questions
- Probate: Frequently Asked Questions
- Final Arrangements: Frequently Asked Questions
- Practical Estate Planning: Organize Your Documents

Finally, decide what you can do for yourself and when you need to seek the services of an attorney.

Source: www.nolo.com

NEW ADDITIONS TO THE MPPAF'S NATIONAL RESOURCE DIRECTORY

Commission on Rehabilitation Counselors: www.crccertification.com, (847) 944-1325

This independent not-for-profit organization sets standards for rehabilitation counselors through internationally recognized certification programs. Visit its website to locate certified rehabilitation counselors.

Tax Payer Advocate Service: www.taxpayeradvocate.irs.gov, (800) 829-1040

This independent organization within the Internal Revenue Service (IRS) helps taxpayers resolve problems with the IRS and encourages them to make changes that will prevent problems.

QUOTE OF THE MONTH



“This thing of being a hero, about the main thing to it is to know when to die. Prolonged life has ruined more men than it ever made.”

— Will Rogers

To view our entire National Resource Directory, please visit www.wrpioneers.org.