



**motion picture  
pioneers  
assistance  
fund**

# SOCIAL SERVICES CORNER

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## MEDICATION SAFETY AT HOME

**Question: My prescriptions come with so many pages of instructions. I have been taking some of these for years, so can I toss these pages?**

**Answer:** We can't tell you to disregard the printed instructions that come with your medications. Rather, we want you to read them at least once to make sure you know what you are taking. For medications you've been taking for years, it's a good idea to reread the material packaged with your prescription to check for updated information. You can ask your pharmacist at each refill about any changes in your drugs or drug interactions. Why aren't we letting you off the hook? Medication errors can be dangerous, even deadly, and reading those printed handouts might help you avoid some common medication mistakes.

**Wrong medicine/wrong dose:** Human error leads to more than one million medication errors each year. Clonidine and Clozapine, for example, treat different conditions yet sound and look similar. Make sure you review the label, 0.5 mg. is vastly different from 5 mg. If the dose is a teaspoon, use a medication measure and do not rely on your kitchen silverware.

**Skipped dose:** Ask the pharmacist what to do if you skip a dose. You might be too ill, sleep for more than 12 hours or forget to pack a medication—missed doses happen! Know the side effects as well.

**Follow instructions:** Look for warnings such as "take with food," "remain in an upright position for one hour after taking" or "do not take over-the-counter NSAIDS while taking this product." Take your medication as directed so it will be most effective.

**Taking expired drugs:** Drugs are chemicals that lose their key properties with time and exposure. Outdated or expired medications may or may not harm you, but they are certainly less likely to work if they are past their expiration date.

**Thoroughly review your medications each year.** Talk to your doctor(s) at your annual checkup and review everything you are taking. New medications or diet changes may have been added that can affect your overall regimen.

Source: "Medication Errors: Cut Your Risk With These Tips," The Mayo Clinic, October, 2011, <http://www.mayoclinic.com/health/medication-errors/MY00815>

## JOKE OF THE MONTH

**No matter how busy people are, they are never too busy to stop and talk about how busy they are.**

*—The Friars Club Encyclopedia of Jokes,*

**H. Aaron Cohl**

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](mailto:info@wrmail.org).

**Do you or does someone you know need our assistance? Call toll-free (888) 994-3863 or visit [www.wrpioneers.org](http://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.



## SPRING IS A GOOD TIME TO TALK ABOUT FALLS



Fall prevention has appeared in this newsletter before, but it bears repeating because falls at home remain a major health and safety hazard for older folks. In our work with older adults, we talk about “injury” and “non-injury” falls. The latter are frightening wake-up calls, and the former can change the way you live for the rest of your life. People who take care of older adults worry about falls and take steps to try to prevent them, but if you live alone, YOU are your best bet to prevent falls. Here are three easy steps you can do when you finish reading this to start your own fall prevention program at home:

**1) LOOK** around—or better yet, ask someone else to look around your environment. It’s hard to be objective when reviewing your home for safety hazards, such as cords on the floor or uneven surfaces. Inadequate lighting and loose or missing handrails might seem normal to your eyes but jump

out at an objective observer.

**2) REMOVE** things—make a list of things that you need moved such as stacks of books or shoes on the floor. Worn rugs can be replaced with nonskid versions, and frayed carpet should be replaced or trimmed. It’s a wonderful investment in your safety, and you can update your decor simultaneously! Get rid of that step stool (and never stand on a chair!). If something is up too high for you to reach, move it down lower.

**3) ADD** more safety to your environment. Can you add some grout to secure loose or cracked tiles? Do bathtubs and showers have grab bars and nonskid mats? Fresh lightbulbs may help brighten rooms and hallways, an important safety feature that helps prevent falls.

These are small fixes that have big payoffs, and we want to help you get there. Call us at (888) 994-3863, ext. 2370, to request our Fall Prevention Checklist and to receive a home safety evaluation over the phone!

Source: “Home Modification—Making Home Safer,” The Fall Prevention Center of Excellence, June 2010, and available at [www.stopfalls.org](http://www.stopfalls.org)

## NEW ADDITIONS TO THE MPPAF’S NATIONAL RESOURCE DIRECTORY

### The Pharmacy at Costco.com, [www.pharmacy.costco.com](http://www.pharmacy.costco.com), (800) 607-6861

Costco.com offers members the convenience of a mail-order/online pharmacy service. Free ground shipping is available anywhere in the U.S. Its website provides a pricing guide, refill reminders and auto-refill option. Confirm that Costco is an approved provider with your prescription plan and pricing is competitive.

### Costco Member Prescription Program, [www.costco.com](http://www.costco.com), (800) 806-0129

The Costco Member Prescription Program (CMPP) allows members who don’t have a prescription drug plan or who have a prescription not covered by their plan to pay less for certain prescriptions at participating Costco pharmacies. Savings are estimated at between 2% and 40% and are calculated at the time of sale. Members of publicly funded prescription plans, such as Medicare or Medicaid, are not eligible.

### QUOTE OF THE MONTH

“Mothers are the only race of people that speak the same tongue. A mother in Manchuria could converse with a mother in Nebraska and never miss a word.”

—Will Rogers



To view our entire National Resource Directory, please visit [www.wrpioneers.org](http://www.wrpioneers.org).