

Meds Take-Back Day A Success

BY ERIC GROSS

Thousands of unwanted medications have been safely disposed of, thanks to the efforts of a small army of volunteers who participated in Saturday's Medication Take Back Day at Putnam Hospital Center.

The event was sponsored by the Communities that Care Coalition in conjunction with the Putnam Health Department, Sheriff's Department and Putnam Hospital Center.

A recent national survey related to drug use and health indicated prescription medicines were the "most abused drugs with 70 percent of those abusing pain relievers advising they obtained them from family and friends."

Three hundred fifty pounds of prescription and over the counter medicines were incinerated that included individual medications of which 10 per cent were controlled substances. Organizers thanked the 102 county residents from both eastern and western Putnam who stopped off at the hospital with their medications for participating.

For those unable to make the event on Saturday, several drop-off boxes (MedReturn) are found countywide where residents can bring their unused or expired medications for disposal.

Drop off boxes are located at Carmel Police headquarters in Mahopac; at Kent Police headquarters across from the Lake Carmel FD in Kent Lakes; at the Sheriff's Department in Carmel, or at the Philipstown Town Hall in Cold Spring, Patterson Town Hall or the Putnam Valley Town Hall. The Kern Building in Brewster, home to the Putnam Health Department and Putnam DMV office, also has drop boxes available.

Drop boxes are accessible 24 hours a day—



PHOTO BY KRISTIN MCCONNELL

Sheriff's Dept. Investigator John Matrician safely disposes of the unwanted medications.

seven days a week at the police stations and during normal business hours at the three town halls and the county-owned facility.

Putnam's Commissioner of Health Dr. Michael Nesheiwat reminded the public that "proper disposal not only removed the drugs from the home but also kept the unwanted medications out of the waste and water streams since many people flush their outdated medications down the toilet."