



PHOTO VOICE

has many benefits that align with recovery principles:

- Reducing Stigma
- Empowerment
- Community Engagement
- Influencing Change

Photo Voice is a traveling photography exhibit, designed to be a community resource for awareness and education in regards to older adults and substance abuse prevention.

The Bi-County Senior Connection is recruiting organizations who are interested in hosting this exhibit. Contact us for more information on how you can help spread the word.

SAFE AND PROPER DISPOSAL

of your unused or unwanted medication is important to:

- Prevent prescription drug misuse and abuse
- Prevent avoidable poisonings and overdoses
- Protect water quality



DON'T FLUSH
DON'T SHARE
DON'T SAVE FOR LATER

There are several safe disposal sites located in Washtenaw and Livingston County.

Contact the Bi-County Senior Connection for the sites in your area.

GET CONNECTED

COMMUNITY RESOURCES

Catholic Social Services of Washtenaw County
734-712-7774

Livingston County Catholic Charities
517-545-5944

Brighton Center for Recovery
810-227-1211

Home of New Vision
734-975-1602

Dawn Farm
734-485-8725

St. Joseph Mercy of Chelsea
Older Adult Recovery Center
734-593-5250

GET CONNECTED

MEDICATION MANAGEMENT AND YOU

BI-COUNTY SENIOR CONNECTION

Education & Prevention
Services for Older Adults

LIVINGSTON COUNTY
CATHOLIC CHARITIES
517-545-5944

CATHOLIC SOCIAL SERVICES
OF WASHTENAW
734-712-7774



TALKING WITH YOUR DOCTOR & PHARMACIST

Make a list of all the medicines you take, including over-the-counter medication, dietary supplements, or herbal medicines.

Show it to all your health care providers, including any physical therapists and dentists.

Be prepared for your appointment by writing down any questions you have.

Remind your doctor:

- Of any medications you know you are allergic to
- Changes in your health
- If you drink alcoholic beverages
- How your pain is being managed (Many pain medications may lead to addiction, good communication is vital)

Always ask questions, especially if you don't understand something your doctor is talking about. For example, find out:

- The right way to take your medicine before you begin using it
- About side effects
- Is this combination of medicines the best for the condition you have?
- Could any of your medicines be causing some of the problems you are having?
- Are there any worrisome drug interactions at play?
- How long will I have to take the medication?

IMPORTANCE OF READING & UNDERSTANDING YOUR MEDICATION

A pharmacist can answer questions about your prescription and over-the-counter

medications. Try to have all your prescriptions filled at one pharmacy so the pharmacist can keep a record of all your medications. This will allow your pharmacist to give you the best advice. Open your bag and check medications before leaving the pharmacy. Verify:

- ✓ Your name
- ✓ The name of the prescription
- ✓ The type of medication
- ✓ Dosage amount

Tell your pharmacist if you have trouble swallowing pills. There may be a liquid medicine available.

Take your medicine in the exact amount and at the time your doctor prescribes.

Ask about special instructions and any precautions you should be aware of, such as:

- ✓ Taking with food
- ✓ Can I drink alcohol
- ✓ Interactions
- ✓ Driving while taking this drug
- ✓ What time of day it should be taken

Use some type of pill box to help you manage your medications.

- ✓ Don't give, take, or trade medications with another person
- ✓ If you miss a dose, do not take two doses next time without calling your doctor
- ✓ Don't take medication in the dark

UNDERSTANDING ALCOHOL & MEDICINE

Alcohol changes the way your medication works in your body. Alcohol can get in

the way of your medications doing what they are supposed to do. If you have an alcoholic drink while you take your medication you may feel:

Drowsy ♦ Confused ♦ Dizzy ♦
Headache ♦ Sick to your stomach

Other warning signs of a potential problem with alcohol or medication:

- ✓ Memory problems
- ✓ Depression
- ✓ Frequent falls
- ✓ Neglect of self, home, hygiene
- ✓ Sleep problems
- ✓ Drinking more
- ✓ Excessively worrying about whether mood-altering drugs are “really working”
- ✓ Increasing doses of medication without the advice of a physician
- ✓ Withdrawing from family and friends

Alcohol is not only in beer, wine, and liquor, but may be found in mouthwashes, laxatives, cold and cough medicines, and in flavoring extract (i.e. vanilla)

Always read the label

Healthy adults over age 65 should have no more than 7 drinks in a week and no more than 3 drinks in one day.

Please check with your doctor

Standard Serving for one drink:

12 oz. beer ♦ 1.5 oz. 80-proof liquor
5 oz. wine ♦ 4 oz. brandy, liqueur, or aperitif

STAY CONNECTED

- Stay physically active and eat healthy foods
- Keep mentally active
- Attend social activities
- Visit with family and friends
- Get plenty of rest, but don't use alcohol to help you sleep. Talk to your doctor or other health care professionals about other options
- Keep track of your medications
- Reduce the amount of alcohol you consume
- If you smoke, try quitting
- Maintain a positive attitude
- Get regular checkups, screening tests, and medication reviews
- If you believe you are experiencing an alcohol-related problem, talk with someone you trust
- If you think that problems with depression are affecting your life, it is a good idea to see a health professional