

## Health Notes from the Parish Nurse

### Safe Disposal of Medications:

Recently new information became available about this important safety concern. Locations for safe disposal vary according to your location:

- **Oxnard:** Go to the Police Department office at 251 South C Street and ask for an officer who will take the medications to the Property Room for safe disposal. For questions, please call 385-760
- **Port Hueneme:** There is a drop-off box in the lobby of the Police Department office at 250 North Ventura Road, call 986-6530 for questions.
- **Ventura:** Go to Roger's United Drugs Pharmacy at 2909 Loma Vista Road for safe disposal. The telephone number there is 648-1856.
- **Camarillo:** There is a drop-off box at the Sheriff's Office at 3701 Los Poses Road. For questions, please call 388-5100.
- **No Syringes** are allowed in the drop off boxes. Call the numbers above or a pharmacy for more information about safe disposal of syringes.

**Lifeline of Ventura County** is offering a *free trial month* during June! If you have been thinking about having the Lifeline Service for your safety, this is your chance to try it out for a month for free. You can enjoy peace of mind, increased peace of mind and increased safety when you have the Lifeline Service.

When you experience a fall, medical issue, or other emergency, every second counts. If you are alone, delayed medical care can jeopardize your recovery and your independence! This system provides simple, fast access to help 24 hours a day, 365 days a year. The standard service includes a choice of a pendant or wrist-style help button. When help is needed, simply push the button at any time. Immediate response will be provided thru the Lifeline Monitoring Center. Based upon your needs, the Lifeline Associate then contacts a neighbor, loved one, or emergency services to come to your assistance. The associate will stay on the line with you until help arrives, to ensure that you have received the necessary assistance.

If you try it in June and decide to continue with this important service, the monthly fee is \$42.00. If you subscribe at other times of the year, the installation fee varies, depending on your location, between \$65-\$75.00, a one-time only fee. For more information, please call Lifeline of Ventura County, at the Camarillo Health Care District, 805-388-1952m ext. 120.

The next **Blood Pressure** clinic will be held on Sunday, 26th between worship services, in the Verbum Dei Room. I am also available by appointment. (983-8187)

If you or a loved one are in the hospital, or a convalescent home, or would like a visit from the Parish Nurse, please call me or the church office. Sue Meagher, RN Parish Nurse

