

SAFE, Inc. encourages Seniors to Lock Up Your Meds!

Ashley Ferrufino, the 'SAFE' Glen Cove Coalition Liaison visited seniors at the Glen Cove Senior Center on March 3 to share some information on securing and safeguarding prescription drugs. She offered them national and local statistics related to prescription drug abuse and misuse, discussing steps they could take to reduce use utilizing the "Lock Up Your Meds!" campaign.

The "Lock Up Your Med's" is a national campaign supported by National Family Partnership. The campaign utilizes a multi-media approach to educate communities about what adults can do to stop prescription drug abuse among youth.

In Glen Cove statistics indicate that prescription drug use on the whole is one the downside, however there is still potential for youth to engage in abuse. According to the results of the 2014 Bach-Harrison Prevention Needs Assessment Survey that was given to Glen Cove students grades 6,8,10, &12, lifetime rate of prescription narcotic abuse has increased for the students in the 10th grade. Results also indicated the 10th grade lifetime use rate of prescription narcotics has increased from 2.6% in 2012 to 4.3% in 2014.

"It is important that we educate the community on prescription drug abuse because family and friends have become the unwitting suppliers in this epidemic" Ferrufino said. "With increasing accessibility to prescription medication in the household teens are able to begin

experimenting at younger ages". It is important that the community become aware of this growing problem and what actions they can to prevent and reduce use.

During the presentation SAFE Inc., distributed Medication Tracking cards that can be used to keep inventory of all household medications. By tracking medication the individual is quickly alerted if any medication has gone missing. Seniors were encouraged to speak with grandchildren about the risk and dangers of both over-the counter and prescription medication. Ferrufino discussed misconceptions and potential reasons youth may lean towards prescription drug abuse with seniors.

Both the Glen Cove Chemists and Walgreens pharmacies have pledged support of the campaign, agreeing to attach a special sticker to all prescriptions of controlled substances during the month of March that read "Don't forget to Lock Up These Meds!" reminding patrons of the importance of safeguarding medications. Both pharmacies will also have medication tracking cards and prescription medication prevention literature on hand to distribute to patrons during the month of March.

For more information about the SAFE Glen Cove Coalition, SAFE's SAFE Rides Program or other SAFE initiatives contact SAFE at: 516-676-2008 or visit the website at <http://www.safeglen Cove.org> or our Facebook page at <http://www.facebook.com/safeglen Covecoalition>.



Glen Cove Seniors, Jenny Weiss Glen Cove Senior Center Activities Director and Ashley Ferrufino SAFE Coalition Liaison gather to discuss prescription drug abuse prevention.