



# News & Views

ISSUE 206

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## MARCH

*And early April Birthdays*

- 4 PAY DAY
- 5 Winter Farmers' Market  
-each Sat. in March-
- 7 City Council
- 12 Stone Barn Celebration@  
Sully's, K3 Co. Historical; 6 pm; \$65
- 13 Spring your clocks 1hr ahead
- 18 PAY DAY
- 20 Spring Arrives!
- 21 City Council

- 4 Luke Shepherd
- 5 Gloria Flemming

*Indoors or out, no one relaxes in March, that month of wind & taxes, the wind will presently disappear, the taxes last us all the year.*

~Ogden Nash

## Happy March Birthdays

- 1 Doristeen Wright
- 1 Thomas Rabourn
- 1 Matthew Adamson
- 2 Stephen Bertrand
- 3 Erica Baptist
- 3 Cheryl Jones
- 3 Paul Berge
- 3 Mai Shelton
- 7 Richard Edwards
- 7 Roderick Wagner
- 7 Timothy Kreissler
- 8 Marcella Gearhart
- 8 Larry Osenga
- 11 Kathleen Eigenheer
- 13 David Tiburtini
- 15 Randy Collins
- 18 Josephine Villagomez
- 20 James Spice
- 22 Tracy Monferdini
- 25 Eric Boness
- 29 Patrick Power
- 29 Timothy Johnson
- 30 Gordon Freitag
- 31 Kate Bennett

**KANKAKEE RIVER VALLEY PRESCRIPTION & DRUG DISPOSAL PROGRAM** This program, started in 2009, is a result of the EPA's request asking communities for help keeping unwanted medications from going down the drain. Please share this info with your friends & family!

### DROP-OFF INSTRUCTIONS

- bring personal meds to drop-off locations
- use a permanent marker to black-out your name & personal information
- take meds to police drop-off stations during drop-off operation hours ONLY
- place meds in the designated drop-off box
- NOTE: all drop-off meds will be DESTROYED

### ACCEPTED ITEMS

prescription medications, pet medications, medicated ointments, lotions & oils, liquid medications in leak-proof containers, prescription inhalors, suppositories, medicated shampoos, homeopathic remedies, vitamins and supplements, all over-the-counter meds

***All controlled substances (opiates, hallucinogens and prescriptions containing narcotics or amphetamines) can also be accepted by police.***

### PRESCRIPTIONS & DRUGS NOT ACCEPTED

Bio-hazardous materials, thermometers, personal care products, aerosol cans, sharps/syringes w/needles, bloody or infectious waste, empty containers, full inhalors, radioactive materials, IV bags, hydrogen peroxide, household waste

### SOME of the Drop-Off Locations

- Kankakee Police Dept, 385 E. Oak St, Kankakee
- Bourb. Police Dept, 700 Main Str. W, Bourb.
- Jerome Combs Detention Ctr, 3050 Justice Way, K3
- Bradley Police Dept, 147 S. Michigan, Bradley
- Illinois State Police, Dist. 21, Rts 116 & 45, Ashkum

### HELP FOR THAT SPECIAL SENIOR IN YOUR LIFE

For years personal emergency response systems, such as Life Alert, have been popular as in-home safety devices for elderly seniors. Unfortunately, they only worked in and around the home. Today there are several new products and services that can help seniors no matter where they are.

One such product is MobileHelp (mobilehelpnow.com, 800-800-1710), which provides many of the same features as a traditional home based emergency help button, but it also has a separate mobile device that can be used to summon help anywhere they go. The device also contains GPS technology to locate them wherever they are.

Another more sophisticated option is ActiveCare's Personal Assistance Link (activecare.com, 877-219-6628), which provides mobile one-button connection to their 24-hour call center to help with a wide variety of needs, like calling for emergency services, notifying family members, coordinating road-side assistance, providing directions and much more. It also has built-in fall detection software and GPS.

More services and technology are coming out this year, as well as pending legislation to protect our seniors, and give us peace of mind.