

DESERT SAGE



Toll free: 1-888-398-8409 www.ConsumerDirectOnline.net

Payroll Tips

To ensure timely and accurate processing of timesheets, please keep the following in mind:

1. Timesheets are due every Monday
2. Timesheets can be submitted by dropping them off at the office, faxing or mailing them with Monday's postmark
3. When faxing timesheets, ensure that the correct side is facing up based upon the fax machine you are using, or it may result in the office receiving a blank form.
4. Always read the message generated by the fax machine to verify "Transmission ok". If it states that the line was busy or that there is a poor line connection, it means that we did not receive the fax and you will need to resend it. Always keep your fax confirmation-this is your receipt that the fax has been sent.
5. You may call the office to confirm receipt of a faxed or mailed timesheet.

What's New at Consumer Direct Arizona?

Consumer Advisory Council Update

During the last meeting of the Consumer Advisory Council, a legislative rule specifically outlining the expansion of caregiver tasks under Self Directed Attendant Care, also known as the Fiscal Intermediary program was discussed. Unfortunately, the passage of new rules has been frozen by the Governor until June 2010.

The Advisory Council, with the assistance of guest speaker Mike Hanshew-Policy Advisor with Consumer Direct sought to persuade the Governor to approve the rule prior to June 2010, given its relevance and importance to both caregivers and members. A letter was drafted urging the Governor to take action and pass the rule. A copy of the letter can be viewed on the Consumer Direct website.

Topic Presentations

As a result of all of the phenomenal caregivers and members of Consumer Direct, we continue to have a wonderful turn-out for our Topic Presentations. Our last presentations dealt with Traumatic Brain Injury, Stroke and Stress Management.

During our interactive Stress Management presentation, our guest speaker-Heidi Davis, Vice President, with Consumer Direct, had everyone complete a stress test and several gift items related to stress relief were distributed. This presentation proved not only to be informative, but fun as well.

Please remember, we love to hear from both caregivers and members alike to guide us in picking the next topics for our presentations. ***Your input and suggestions matter to us!***

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Disposing of Old Medicines

Is your medicine cabinet filled with expired drugs or medications you no longer use? How should you dispose of them? Most drugs can be thrown in the household trash, but consumers should take certain precautions before tossing them out, according to the Food and Drug Administration (FDA). A few drugs should be flushed down the toilet. And a growing number of community-based "take-back" programs offer another safe disposal alternative.

Guidelines for Drug Disposal

FDA worked with the White House Office of National Drug Control Policy (ONDCP) to develop the first consumer guidance for proper disposal of prescription drugs. Issued by ONDCP in February 2007, the federal guidelines are summarized here:

- Follow any specific disposal instructions on the drug label or patient information that accompanies the medication. Do not flush prescription drugs down the toilet unless this information specifically instructs you to do so. If no instructions are given, throw the drugs in the household trash, but first:
- Take them out of their original containers and mix them with an undesirable substance, such as used coffee grounds or kitty litter. The medication will be less appealing to children and pets, and unrecognizable to people who may intentionally go through your trash.
- Put them in a sealable bag, empty can, or other container to prevent the medication from leaking or breaking out of a garbage bag.
- Take advantage of community drug take-back programs that allow the public to bring unused drugs to a central location for proper disposal. Call your city or county government's household trash and recycling service (see blue pages in phone book) to see if a take-back program is available in your community.

FDA's Director of Pharmacy Affairs, Ilisa Bernstein, Pharm.D., J.D., offers some additional tips:

- Before throwing out a medicine container, scratch out all identifying information on the prescription label to make it unreadable. This will help protect your identity and the privacy of your personal health information.
- Do not give medications to friends. Doctors prescribe drugs based on a person's specific symptoms and medical history. A drug that works for you could be dangerous for someone else.
- When in doubt about proper disposal, talk to your



pharmacist. Bernstein says the same disposal methods for prescription drugs could apply to over-the-counter drugs as well.

Why the Precautions?

Disposal instructions on the label are part of FDA's "risk mitigation" strategy, says Capt. Jim Hunter, R.Ph., M.P.H., Senior Program Manager on FDA's Controlled Substance Staff. When a drug contains instructions to flush it down the toilet, he says, it's because FDA, working with the manufacturer, has determined this method to be the most appropriate route of disposal that presents the least risk to safety.

About a dozen drugs, such as powerful narcotic pain relievers and other controlled substances, carry instructions for flushing to reduce the danger of unintentional use or overdose and illegal abuse. For example, the fentanyl patch, an adhesive patch that delivers a potent pain medicine through the skin, comes

with instructions to flush used or leftover patches.

Too much fentanyl can cause severe breathing problems and lead to death in babies, children, pets, and even adults, especially those who have not been prescribed the drug. "Even after a patch is used, a lot of the drug remains in the patch," says Hunter, "so you wouldn't want to throw something in the trash that contains a powerful and potentially dangerous narcotic that could harm others."

Environmental Concerns

FDA does not want to add drug residues into water systems unnecessarily, says Hunter. The agency reviewed its drug labels to identify products with disposal directions recommending flushing or disposal down the sink. This continuously revised listing can be found at [FDA's Web page on Disposal by Flushing of Certain Unused Medicines](#).

Another environmental concern lies with inhalers used by people who have asthma or other breathing problems, such as chronic obstructive pulmonary disease. Traditionally, many inhalers have contained chlorofluorocarbons (CFC's), a propellant that damages the protective ozone layer. The CFC inhalers are being phased out and replaced with more environmentally friendly inhalers.

Depending on the type of product and where you live, inhalers and aerosol products may be thrown into household trash or recyclables, or may be considered hazardous waste and require special handling. Read the handling instructions on the label, as some inhalers should not be punctured or thrown into a fire or incinerator. To ensure safe disposal, contact your local trash and recycling facility.

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm101653.htm>

Caregivers of the Quarter

Each Quarter, Consumer Direct will honor two special caregivers with this award and a \$25 gift certificate. At the end of the year we will also honor one of these quarterly winners as Caregiver of the Year. Fax, mail, or phone in your nominations to the Consumer Direct office.

Barbara Hazelwood

came to Consumer Direct a short time ago but has already made a positive impact. She was originally from Farmington, New Mexico but then moved to Tucson nearly 30 years ago where she worked in machining and management. Her move into Caregiving came after raising four children as well as taking care of her mother and father for over 5 years. Now, she still takes care of her mother and has been available to help with other clients whenever she has been asked, especially in emergency situations.



When asked how she feels about her transition into caregiving she responded, "This is the first job where I know I have done something good. I love caring for people and I feel rewarded!"

Judy Fox was born a Texan girl, the oldest amongst her siblings, but has spent all but four years of her life in Arizona. Judy loves to cook, bake and sew and a trip to the movies is her favorite outing. She has been helping her sister Karen all her life, but within the last ten years has taken on and fully committed to being her sister's full time caregiver.



Karen (left) and Judy Fox (right)

When asked what made her want to become her caregiver, Judy stated, "It's hard enough to need help in the first place, but having someone to count on can ease the journey."

Karen says of her sister and caregiver Judy, "She takes really good care of me and always makes sure I'm well fed. Karen goes on to say "She makes meals for me and puts them in the freezer so I have food for later. She makes homemade things for me." Judy states, "It's not always an easy job, but I am blessed that I can take care of my sister. On the harder days I remind myself of that."

Karen is delighted to have Judy as a caregiver and stated she wishes there were more ways she could show Judy that she appreciates all she does.

Area Community Events and Health-Related Classes

Arizona Direct Care Worker Association is hosting a Meet and Greet for Direct Care Workers on Feb 26th From 4 to 7pm. Join other Direct Care Workers, learn more about the Association, meet the Leadership circle, network, and partake in a presentation on **Caring for the Care Giver**. Fun, refreshments, prizes, baby assistance provided.

Location: Ward 6 Council office, 3202 E 1st Street, one block south of Speedway 1 block east of Country Club. Call our office at 300-6872 if you plan on attending. Let us know if you will be bringing your kids and how many.

Please call for schedules and registration

Healthy Living Connections (TMC Senior Resource Center)

324-4345

Pima Health System Caregiver Education and Support

243-8352

Pima Council on Aging

790-7262 or visit www.pcoa.org

Direct Caregiver Worker Association-Meet and Greet

February 26th 4-7 pm

Senior Safari-Reid Park Zoo (Free Admission for seniors over 62)

March 4th 9-1pm



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Mark Your Calendars and Plan to Attend! **Free Spring Events at our Tucson Office**

Meeting:	Safety Committee	Feb. 9	10:30 AM
Topic Presentation:	Hypertension-Arabic	Feb. 25th	1:00 PM
Topic Presentation:	Housing-Section 8	March 18	12:00 PM
Topic Presentation:	Grief- Casa De la Luz	March 4	12:00 PM
Meeting:	Consumer Advisory Council	April 15	1:00 PM

Five Easy Steps For Getting Paid on Time!

- 1) Timesheets need to be submitted on time.
- 2) Please review your time sheets for accuracy; errors will delay your pay.
- 3) We recommend direct deposit.
- 4) Stay current with all caregiver requirements; CPR, First Aid, TB and Continuing Education.

Please help us get your money to you on time!

Flu Season Reminder

Take Everyday Preventive Actions.

Cover your nose and mouth with a tissue when you cough or sneeze. Wash your hands often with soap and water. Avoid touching your eyes, nose and mouth.

If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)

While sick, limit contact with others as much as possible to keep from infecting them. Follow public health advice regarding school closures, avoiding crowds and other measures to keep our distance from each other to lessen the spread of flu.