



Boone County Alliance Coalition News

Coalition Staff

- **Chair:**
Ben Brown
- **Vice Chair:**
Linnny Cloyd
- **Treasurer:**
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- **Secretary:**
Katrina Coyle
- **Officer at Large:**
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- **Coordinator:**
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Upcoming Events

Relatives Raising Relatives	Thursday 1/10
Monthly BCA Meeting	Monday 1/28 9-10:30 AM NKY Health Dept.
Young Boone	Tuesday 2/5 6:30-8 PM BCPL, Scheben

Safe Medication Disposal and Storage

Help prevent an accidental injury and help stop possible abuse of prescription drugs.

1. **Keep a list of your medicines. Don't use medicines past the expiration date.**
2. **Dispose of medicines properly.**
 - Take expired and unused medicines to the Boone County Sheriff's Office, the

Florence Police Department, or the Walton Fire Protection District.

- Flush medicines down the toilet only if the label or patient information sheet specifically instructs doing so.
 - Contact your pharmacy to see if you can take back unused medications
- 3. Put your medicine up and away.**

- Consider using a cabinet or a drawer with a lock on it, or a product designed for secure medicine storage.
- Choose a place that is high and out of sight.
- Lock the child safety cap after every use.
- Be especially careful to put away and/or lock up any controlled substances.

Parenting Tips for this Holiday Season

This holiday season don't feel hypocritical for drinking. Instead, use holiday gatherings as an opportunity to explain and reinforce that alcohol is only for adults because their bodies have finished growing and even adults have rules about how much they can drink.

Sometimes it can seem like there's always an excuse to drink, but children notice if their parents have different drinking patterns at special occasions or on holiday.

Tips for modeling responsible drinking:

- Limit your alcohol use, especially in front of your children
- Do not get drunk, especially in front of your children
- Sometimes decline the offer of alcohol
- Provide food and non-alcoholic beverages if making alcohol available to guests
- Never drink and drive
- Do not let other adults drive after they have been drinking
- Do not convey to your children the idea that alcohol is fun or

- glamorous through stories about your own or others' drinking
- Do not portray alcohol as a good way to deal with stress, such as saying, "I've had a bad day, I need a drink!"
- Use healthy ways to cope with stress without alcohol, such as exercise, listening to music, or talking things over.



