



# WORKING WELLNESS

*Good Health is Good Business*

MAY 2011



Sheriff's Office Will Accept Any and All Old or Outdated Medications, Anytime

Drug Drop program: Environmentally Friendly Way to Dispose of Medications



County-wide, citizens may bring no-longer-needed prescription drugs and other medications in for disposal, or call and someone will pick the medications up for disposal:

- In the Upper Keys, medications will be accepted at the Plantation Key Substation Monday-Friday from 8 AM -5 PM or at the Murray Nelson building in Key Largo on Wednesdays between 8 AM – 5 PM. For pickup, call 305-853-3211 during office hours.
- In the Middle Keys, the Marathon Substation will accept any medications Monday-Friday 8 AM – 5 PM For pickup, call 305-289-2430 during office hours.
- In the Lower Keys, citizens can drop off medications at the Freeman Substation on Cudjoe Key Monday-Friday 8 AM – 5 PM or call 305-745-3184 for pickup.



MCSO cautions people who are going to bring their medications in themselves to make sure and keep prescriptions in the prescription bottle to show proof the prescription is legitimately theirs. Technically, it is illegal to carry prescription medications around without proof it is prescribed to you. People who call to have medications picked up can do so with no questions asked.

Proper disposal of prescription and over the counter medications is important. Flushing them down the toilet or sink can introduce dangerous and environmentally damaging substances into the water system; throwing them away in the trash can also introduce them into the environment, and runs the risk of them winding up in the wrong hands. The medications collected by the Sheriff's Office are burned by Detective Sgt. Bobby Randolph, who operates the Sheriff's Burn Unit and who holds a special license to burn narcotics.

The above information is courtesy of the Monroe County Sheriff's Office. You can read more about this program at [www.keyso.net/specialevents/events.htm](http://www.keyso.net/specialevents/events.htm).

## SPOTLIGHT OF THE MONTH: EAP Webinar

### Breathing Your Way to Less Stress and Better Health

Lower your stress, breathe away anxiety and be a calmer, healthier you ... all by breathing!

May 24<sup>th</sup> at 12:00PM – 1:00PM

Register at: [www.horizoncarelink.com](http://www.horizoncarelink.com) (Login: MCBOCC, Password: MCBOCC)

*Courtesy of Horizon Health:*

## May is Older Americans Mental Health Awareness

Each May, one week is set aside as Older Americans Mental Health Week. Yet older adults suffer *all year from undiagnosed and untreated mental health problems.*

Consider these statistics:

- One out of every four older adults has a mental health issue and....
- Only one out of every four of those adults receives a diagnosis and treatment.<sup>1</sup>

### Elders are at risk

Elders are at elevated risk for depression, anxiety and other emotional problems. Why?

- This population often suffers isolating disabilities and losses.
- Many are caregivers to family members. They carry out physically and emotionally draining responsibilities day after day with no relief.
- Elders may lack good support systems since they've often lost family and friends or may be disconnected by distance.

- Many sad and troubled elders — missing proper diagnosis and treatment — use alcohol and self-medicate to dull their emotional pain. They spend their golden years in misery.

### You can help

What can you do? Understand that mental health problems are not a normal part of aging. If you know an elder who seems depressed, anxious or troubled, reach out. Assist an elder to find help through local mental health resources or your health department.



## SPOTLIGHT OF THE MONTH: Wellness Website

[www.OWL-National.org](http://www.OWL-National.org) &

[www.MentalHealthWeek.org](http://www.MentalHealthWeek.org)

“OWL is a national grassroots membership organization that focuses on improving the status and quality of life for midlife and older women.”

Information is believed to be accurate as of the production date; however, it is subject to change.

## Who is Your Life Insurance Beneficiary?

The Benefits Office would like to remind everyone to keep us updated in regards to your life insurance beneficiaries. Your Beneficiary Designation Form can be updated at anytime.

To check on your current beneficiaries or to request a new Form to change your beneficiaries, please call (305) 292-4446 or extension 4446.



## COMP CORNER

*Providing you with continuous general information on your Workers' Compensation benefits.*

# What is Fraud?

In **claimant fraud**, an employee may receive wage replacement payments and benefits under false pretenses.

The dishonest claimant may **lie** about the **injury** occurring on the job, or the injury itself.

In addition, the dishonest worker may **overstate** the extent and seriousness of the injury or receive

money from other sources while **lying** to the insurance company about such income.

Dishonest **doctors** can be paid for excessive or even nonexistent treatments and **attorneys** can also be involved in scams.

Anyone who suspects insurance fraud should **report** it.

You could even be eligible for a

reward of up to **\$25,000**.

Call the DFS Fraud Hotline at:

**1-800-378-0445**

or visit the **web site** at

[www.MyFloridaCFO.com/fraud](http://www.MyFloridaCFO.com/fraud).

**If you suspect fraud,  
you should report it.**

**Fraud hurts us all.**

This article is courtesy of our workers' compensation company, Employers Mutual, Inc. (EMI), and was selected from their monthly newsletter, *Safety Matters*. The full newsletter provides a wealth of information related to employee safety. This newsletter, future newsletters, and some archived newsletters can be viewed at:

[www.emi-tpa.com/services/safety-matters.html](http://www.emi-tpa.com/services/safety-matters.html)

Injured workers are also encouraged to visit the Division of Workers' Compensation website at [www.fldfs.com/wc](http://www.fldfs.com/wc) where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.