

# Upper Valley Lake Sunapee Regional Solid Waste Management Project



Making nontoxic cleaners at the Farmers' Market

**USDA Grant 2014-15**

**Final Report**



UPPER VALLEY LAKE SUNAPEE  
REGIONAL PLANNING COMMISSION



This eventful project had many positive impacts for our towns and their residents. We are very grateful for the opportunity to have provided valuable learning experiences to the people in our region and beyond.

This is the final report of the project that began October 1, 2014 and ended September 30, 2015. The Upper Valley Lake Sunapee Regional Planning Commission had two project partners to accomplish two of the six tasks of this project: Communities United Regional Network of the Greater Sullivan County Regional Prevention Network and the Upper Valley Substance Misuse Prevention Partnership (recently renamed “All Together”). The partners worked on Tasks 5 and 6. The tasks are listed here and the report is divided by task. Subtasks are from the final grant proposal.

There are appendices for Tasks 1 – 4 to provide additional information.

- Task 1:                    Household Hazardous Waste**
- Task 2:                    Nontoxic Cleaning Program**
- Task 3:                    Chemical Safety Workshops**
- Task 4:                    Transfer Station Attendant Technical Assistance**
- Task 5:                    Unwanted Medicines Public Outreach**
- Task 6:                    Police and Pharmacy Medicines Collections**



## Task 1: Household Hazardous Waste

1. *Develop Municipal “Satellite Programs.”* Meetings were held with Selectboards in six rural towns: Lyme, Wilmot, Cornish, Lempster, Unity, and Goshen. Discussions included additional costs for a satellite collection, potential partnering towns, and increased participation. All towns except Wilmot expressed interest. Interested towns will have to increase their budgets and have them approved at town meetings in March 2016. We will remind them of the need to do this in November when they are working on their budgets.
2. *Provide Four Main HHW Collections.* HHW collections were held in Lebanon on May 15 in Sunapee on June 20, in Claremont on August 15, and back in Lebanon on September 19. There has been a continued increase in participation in the last two years. This year may be attributed to the new advertising systems. The Dartmouth Hitchcock Pharmacy provided unwanted medicine collections at each event. We will not include unwanted medicine collection in the future due to the police drop boxes now distributed throughout the region. We handed out postcards at the HHW events to let people know where the drop boxes are located and that we will not take unwanted meds at HHW collections in the future.

Year	Households	Change
2015	1,064	20%
2014	884	20%
2013	736	NA



Dartmouth Hitchcock Pharmacy crew sorting unwanted meds at the HHW collection in Claremont



Volunteer and former intern Meg provides nontoxic cleaning information to HHW participants.

3. *Develop New Advertising Systems.* Postcards were sent to approximately 17,000 residents of rural towns. We also purchased and distributed sidewalk signs to 12 towns to help advertise the HHW collections: Orford, Enfield, Lyme, Unity, Acworth, New London, Wilmot, Newbury, Newport, Lempster, Grantham, and Goshen. (Note: Signs were distributed to three other towns under Task 5.) Towns were contacted and asked to include the HHW collections on their websites as well as the address for the hazardous waste web site ([hhw.uvlsrp.org](http://hhw.uvlsrp.org)). The data presented above demonstrate that these efforts have helped to raise the participation rates at the region's collections.

## Household Hazardous Waste Collection Schedule 2015

<p><b>ALL COLLECTION TIMES ARE 9:00AM-NOON</b></p> <p><b>SATURDAY, MAY 16</b> Lebanon Solid Waste Facility 370 Plainfield Road Route 12A South Of Home Depot</p> <p><b>SATURDAY, JUNE 20</b> Sunapee Highway Garage 621 Route 11</p> <p><b>SATURDAY AUGUST 15</b> Claremont Public Works Garage 8 Grandview Street Off North Street</p> <p><b>SATURDAY, SEPTEMBER 19</b> Lebanon Solid Waste Facility 370 Plainfield Road Route 12A South Of Home Depot</p>	<p>These collections are <b>FREE</b> to residents from participating municipalities as follows: <b>Claremont, Cornish, Enfield, Goshen, Hanover, Lebanon, Lempster, Lyme, New London, Newbury, Newport, Orford, Piermont, Plainfield, Springfield, Sunapee, Unity, Washington &amp; Wilmot</b></p> <p>Residents from other towns are welcome, but will be charged \$50 per 10 gallons. <b>Anyone</b> with over 25 gallons must pre-register. Non-residential waste from small businesses is welcome, but you must pre-register &amp; obtain a manifest. Checks payable to UVLSRPC.</p>	<p><b>What Not To Bring &amp; What To Do With It</b></p> <p>Alkaline batteries (trash), ammunition &amp; explosives (call your police department), asbestos (call 271-1370 to ask if there's a hauler working near you), automotive batteries (take to your transfer station or auto parts store), latex paint (mix with kitty litter or sawdust and put with trash).</p> <p>Many transfer stations take fire extinguishers, empty aerosol cans, fluorescent lights, medical sharps, propane or helium tanks, used motor oil.</p>
<p><b>What To Bring</b></p> <p>Adhesives, antifreeze, batteries (rechargeable, lithium &amp; button) bleach, brake fluid, car wash &amp; polishes, chemical fertilizers, chemistry sets, drain &amp; toilet cleaners, driveway sealers, flea powder, gasoline (dirty), insecticides, mothballs, oil paints &amp; stains, paint strippers &amp; thinners, pesticides, pool chemicals, roofing tar, spot removers, thermometers &amp; thermostats, transmission fluid, varnishes, &amp; wood preservatives, &amp; much more.</p> <p><i>Unwanted medicines taken at these collections courtesy of Dartmouth Hitchcock Pharmacy.</i></p>	<p>For more information call <b>VICTORIA DAVIS</b> at 448.1680 or <a href="mailto:vdavis@uvlsrpc.org">vdavis@uvlsrpc.org</a> • <a href="http://hhw.uvlsrpc.org">hhw.uvlsrpc.org</a></p>	

Postcard sent to 17,000 households



New sign at New London transfer station

4. *Workshops on HHW and Universal Waste.* The NH DES provided a HHW and Universal Waste workshop for the morning at the Grantham Town Offices on April 23, 2015. We had 66 people register from around the State. NH DES had four people attend to present on the various types of universal waste, how to manage them, and options for grants. Participants were able to use their attendance toward annual recertification requirements as transfer station operators. Educating transfer station attendants to take more universal waste is key to reducing costs at HHW collections.
5. *Consider PaintCare Collaboration if Not Adopted in NH.* Contact was made to the PaintCare attorney and the local representative to find out how our towns can work with PaintCare to take our paint even though NH has not signed up for the program. They are only remanufacturing latex paint and sending oil-based paint for incineration. Since we have worked years to teach NH residents to not bring latex paint to collections and we already send oil-based paint for incineration, it no longer made sense to separate the paint for PaintCare right now. When NH adopts PaintCare, we will help with re-education to bring latex paint to the collections. We have also offered to work with PaintCare by inviting NH legislators to HHW collections throughout NH so legislators can see how much paint is collected at a much higher cost than that charged for participation in PaintCare. We would do this through our newly formed NH HHW Coordinators network.
6. *Develop NH Statewide HHW Coordinators Network.* A meeting was convened in Concord on November 5, 2014, and 10 HHW Coordinators from around the State attended. The consensus was that specific training for HHW Coordinators is needed. Current training opportunities are only available for industry. The HHW Coordinators need training related to receiving explosive or other volatile chemicals, ammunition, and highly toxic chemicals. They also need training for permanent facilities such as storage and handling.

On February 4, 2015, a NH Department of Environmental Services staff member attended a HHW Coordinators meeting in Concord. She discussed how to handle commercial Small Quantity Generators coming to the HHW collections. That waste must be handled separately.

Victoria Davis attended the NH Department of Environmental Services training for HHW Coordinators and was awarded her certificate in March 2015. This is primarily for industries, but it is the only training the State offers relevant to HHW.

On May 26, 2015, the RPC convened a HHW Coordinators Workshop in Concord, NH in partnership with the Northeast Chapter of the North American Hazardous Materials Management Association (NAHMMA). Speakers included Dave Waddell of Waddell Environmental and King County, Washington, a NH State Police Explosive Disposal Unit (bomb squad) trooper, permanent HHW facility operators in VT, State of NH and VT staff, the Product Stewardship Institute, and Amy Cabaniss of the Northeast NAHMMA. Over 40 registrants from six states attended this all day workshop. Presentations have been shared on this website: <http://hhw.uvlsrpc.org/hhw-coordinators-workshop/>. (See Task 1 Appendix for agenda, speakers biographies, and workshop evaluation results.)

Evaluations for this workshop were very positive and are included in this report.



Victoria Davis welcomes everyone to the HHW Coordinators Workshop.



Mia Roethlein, VT Department of Environmental Conservation and Don Maglienti, Addison County SWM District talk about how to measure success.



Amy Cabiness, Northeast NAHMMA President and professor at Mitchell College in CT talks about how to increase participation.





NH Trooper First Class Jeffrey Dade talks about working as a bomb technician and how coordinators should and should not respond to explosives at collections.



Attendees at the HHW Coordinator Workshop from NH, VT, ME, NY, MA, and CT.



Sydney Hausman-Cohen of the Product Stewardship Institute talks about alternatives to HHW collection for certain hazardous products using Extended Product Responsibility.

On September 23, 2015, eight HHW Coordinators from around the State met in Concord to review their collections for the summer. Victoria Davis gave a review of her attendance at the North American Hazardous Materials Management Association conference in Austin, Texas in mid-September. Dean Robinson of the NH Department of Environmental Services gave an update of HHW collection education funding from the State. The group discussed the need for a Statewide social media campaign to educate citizens about HHW collection and nontoxic alternatives to hazardous products.

Victoria Davis shared e-mails with HHW Coordinators around the state related to HHW including free webinars provided by the Product Stewardship Institute.

7. *Explore Partnerships with Hartford, VT for Permanent HHW Collection Site.*

Two meetings were held with municipal leaders about a permanent HHW collection facility on October 28, 2014 in Lebanon, and November 25, 2014 in Hartford, VT. At the second meeting, the group had a site visit to the Hartford, VT facility that has been sitting idle for over 20 years. Hanover, Lebanon, and Norwich, VT are willing to assist in the building evaluation including electrical and the site reclamation including the delivery of fill. On February 24, 2015, the RPC took representatives from Norwich, VT; Hanover, NH; and Hartford, VT to visit two permanent HHW and composting facilities in Middlebury and Burlington, VT. This was a great experience to meet people who deal with a permanent facility everyday. Connections were made with facility managers who can assist the group in developing their own permanent facility.

On March 10, 2015, representatives from Hanover, NH; Norwich, VT; and Hartford, VT met with Vermont Department of Environment to evaluate the HHW building for a regional permanent site. Communication between these Vermont officials and New Hampshire officials has occurred to determine any barriers.

NH municipal public works officials met with Don Maglienti of the Addison County facility in Middlebury to look at the Hartford building and discuss its potential. Drawings were done by the Hanover DPW of the existing building with existing sumps and ventilation equipment with potential for shelving and other storage. An additional pole barn structure is currently being considered for additional storage.

Victoria Davis and Adam Ricker of the UVLSRPC worked up an estimated quantities and storage requirements for the facility including NH and VT municipalities. These are provided in the Task 1 Appendix.

## Task 2: Nontoxic Cleaning Program

1. *Expand Existing Healthy Home: Clean Safe & \$ave Program.*

Middlebury College student Jenevra Wetmore joined our staff as an intern. She is a highly motivated young woman who researched nontoxic recipes and products. She helped update the Healthy Home: Clean Safe & \$ave Program web site and Facebook page.

2. *Provide Two Public Workshops to Make Nontoxic Cleaners.*

Jenevra held three public workshops including one at the Food Co-op education center in Lebanon on June 26. She also held a workshop at the Newport public library on July 2 and a third at Dartmouth-Hitchcock Medical Center (DHMC) on August 24. She prepared a Power Point presentation (see Task 2 Appendix) and provided hands-on learning to make nontoxic cleaners. The participation was low at the first two workshops, however, the attendees were very enthusiastic. Outreach at outdoor public events described below had much greater participation due to the beautiful summer weather. The DHMC workshop was attended by about 25 employees attending during their lunch hour.

Jenevra and workshop participant begin making a nontoxic all-purpose cleaner



DHMC employees make their own nontoxic cleaners.



3. *Follow Four Volunteers Who Have Switched to Non-toxic Cleaners.*

Staff attempted to keep in contact by email with nine participants from the three workshops, tracking how effective they found the cleaners and recipes. Although not all participants responded after agreeing to do so, six did respond (see Task 2 Appendix). In general, they were pleased with the effectiveness of the nontoxic cleaners they made.

4. *Follow Two Commercial or Institutional Volunteers.*

Contact with businesses in the area proved to be a challenge, possibly due to the fact that people in charge of cleaning and businesses have more than their own self-interest to think of, including the satisfaction of customers, rules and regulations, and cost.

Contact with Hypertherm, an international plasma cutting manufacturer was met with little interest due to an existing program. An initial meeting with the Lebanon Co-op looked promising, as they were looking for a way to keep their bathrooms smelling good without using artificial fragrances; however their interest waned. We provided them with non-fragrance air fresheners (using essential oil), but never heard back despite multiple attempts at contact.

The most successful business relationship was formed with the CCBA gym in Lebanon, who expressed interest in learning more about a new supplier, “Swish.” Jenevra met with them at least twice and stayed in contact by phone and e-mail. After meetings with the CCBA, three main recommendations were made: 1) that they switch to microfiber mops; 2) that they switch to a green certified floor stripper that was non-carcinogenic (unlike their current product); and 3) that they attempt to eliminate air fresheners, or to work with their supplier to make one that used more essential oils and less artificial fragrance. In addition they inquired about their disinfectant Swish Quato 44 Disinfectant Cleaner, Germicide used on locker room floors. It was recommended they switch to just a floor cleaner, not a disinfectant. Jenevra also contacted their distributor to set up a demonstration of microfiber mops which are excellent for cleaning and removing bacteria unlike traditional mops. (See Task 2 Appendix.)

5. *Work with Local Health Organizations:*

Jenevra contacted local health organizations including the Dartmouth Hitchcock Medical Center (DHMC) to see how we could work together on this project. DHMC invited Jenevra to set up an educational table in their entrance and later to hold a workshop for DHMC employees.

6. *Use Testimonies on Web Site and Facebook.*

Testimonials from participants in Jenevra’s nontoxic cleaning workshops have been put on the website at <http://hhw.uvlsrpc.org>. There is also a YouTube video of a workshop for those that missed Jenevra’s live workshops. This was put on the web site and the Healthy Home Facebook page: <https://www.facebook.com/HealthyHomeProgram>. An ad was purchased to boost the viewing.

7. *Provide Outreach at Public Events.*

Before the addition of an intern, UVLSRPC staff presented at a “Spruce Up Your Home” event sponsored by the Hanover Area Chamber of Commerce at the business of a local home designer on April 7, 2015. Staff distributed to participants posters of various toxic cleaning products easily found on the grocery shelf and had participants read the tongue-twister list of ingredients and the danger statement from the labels. They were then shown how to make their own non-toxic cleaners. This was a fun and informative event for the 10 participants.

Our intern, Jenevra staffed an information table at the Lebanon and Hanover farmers markets, had a table outside of the Lebanon Co-op, and a table in DHMC. At each of those tables either window or all-purpose cleaners were made with participants, pamphlets were distributed, and staff answered green cleaning questions. All of these tables were successful in reaching a new set of people.

**Research and development of workshops**

This research covered environmental, monetary, and health reasons, to use non-toxic cleaners. Staff experimented with different cleaning recipes and learned about important resources such as Annie Berthold-Bond and [www.ewg.org](http://www.ewg.org). With this knowledge-base, Jenevra created a PowerPoint to use as part of the workshops as well as a new recipe brochure (see Task 2 Appendix).



Jenevra at the Lebanon, NH Farmer's Market



Healthy Home: Clean Safe and \$ave Table at the Food Coop Patio (sign made from broken window shade)

## Task 3: School Chemical Safety Workshops

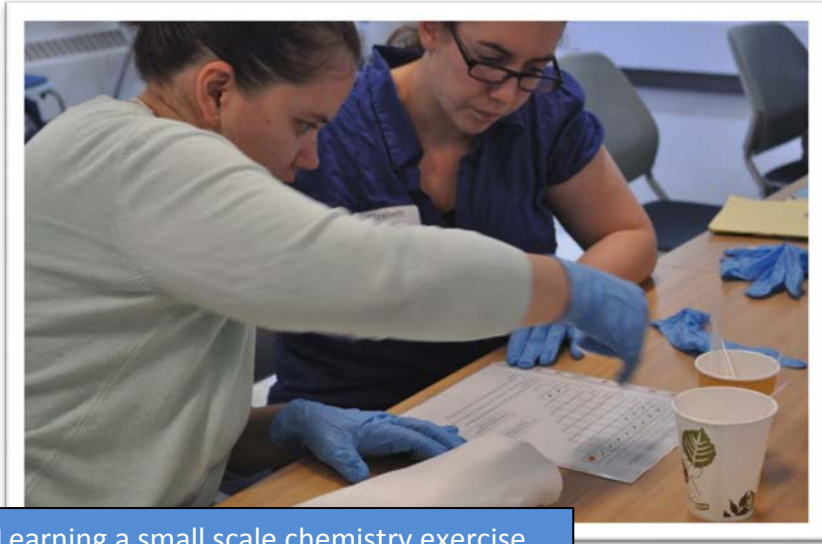
### 1. *Develop Workshop for School Chemistry Teachers and Other Faculty.*

A School Chemistry Safety workshop took place on May 28, 2015, at the River Valley Community College in Claremont, NH. There were 18 registrants. Evaluations were excellent and a summary is provided in the Task 3 Appendix along with the flyer and agenda for the workshop. The primary speaker was Dave Waddell of Waddell Environmental in Seattle, Washington. Dave has worked for King County, Washington for many years as their Senior Environmental Investigator, Pollution Prevention Inspector, School Laboratory and Art Chemical Hazards Project. He authored the King County Laboratory Waste Management Guide, created and maintains an on-line School Chemicals Database, and created the award-winning “Rehab the Lab” program. We felt very grateful to have Dave share his experience at our workshops. He is extremely experienced, skilled, and engaging (as well as entertaining).

The workshop focused on proper segregation, storage, use, and disposal of laboratory chemicals as well as safety in the lab. A combination of lecture with Power Point, demonstrations, a visit to a school lab for a mock inspection, and hands-on chemistry exercise made the day interesting and engaging.



Dave presenting PowerPoint and preparing science teachers for an exercise.



Learning a small scale chemistry exercise to share with their students



A Spill Clean-up Demonstration

2. *Develop Workshop for Art Teachers and Artists.*

On May 29, 2015, an Art Teachers and Artists workshop was held at the River Valley Community College in Claremont, NH. There were 20 registrants. Again, the evaluations were excellent and a summary is provided in the Task 3 Appendix.

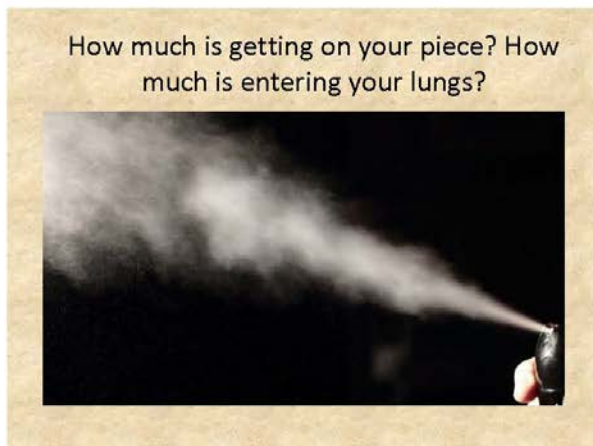
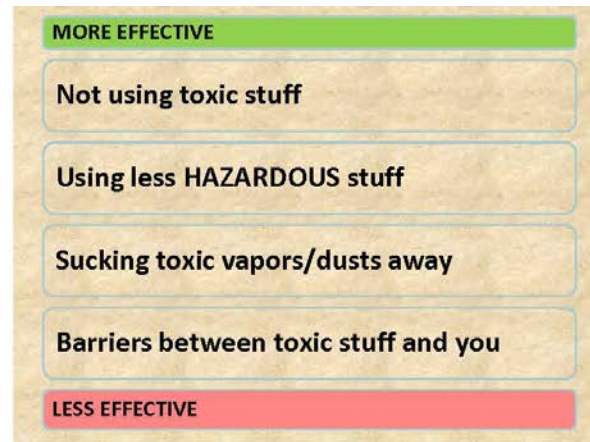
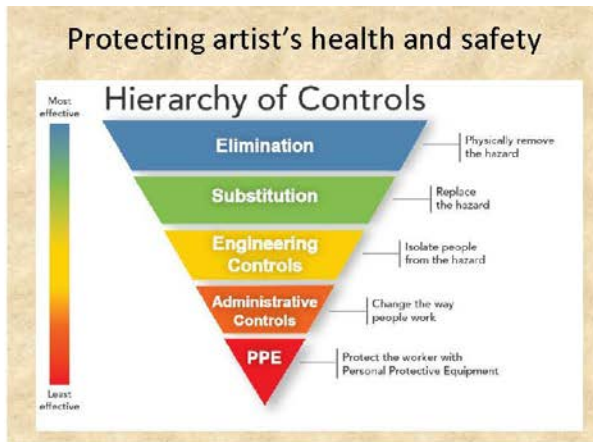


Dave presents to the art teachers.



The art teachers take a lunch break at the River Valley Community College lunch patio.





Spray adhesive solvents  
All are flammable, toxicity varies

Higher toxicity ↑

- Toluene
- Hexane
- Cyclohexane
- Acetone
- Heptane
- Petroleum naphtha
- Methylpentane

Lower toxicity ↓

Which should we choose?

Used with permission from <http://www.parmodels.com/>

Sample Slides from the PowerPoint Presentation for Art Teachers

3. *Work with State and Nonprofit Organizations.*

Contacts with the state agencies and statewide associations including the NH Department of Education, the NH Science Teachers Association, the NH Art Association, and AVA Gallery in Lebanon helped with publicity. The State of Vermont also worked with us to advertise the art workshop. Sponsors of the workshops were USDA Rural Development, NH Department of Education, NH Department of Environmental Services, Primex, Property Liability Trust, WorkWise NH, and River Valley Community College. The US EPA, NH DES, and NH WorkWise provided speakers, and the River Valley Community College provided the workshop space at no charge. A fee was charged to registrants to cover the cost of their breakfast, lunch, and materials.

## Task 4: Transfer Station Attendant Technical Assistance

1. *Attend Maine Composting School.* Victoria Davis attended this week-long training at the University of Maine Experimental Station near Augusta, Maine. This was an incredible learning experience with expert teachers, lots of hands-on activities, several field trips, and interesting lectures. After testing, Victoria received a Certificate of Technical Ability in Compost. The regional planning commission is recommending this workshop to municipalities considering starting a composting facility.
2. *Provide Training for Increasing Metal Recycling:* On September 3 at the Lebanon Landfill and Recycling Center, Lebanon employees demonstrated taking the capacitor off of microwaves so the microwave can be placed in scrap metal recycling instead of being treated as an electronic. They also demonstrated fire extinguisher disassembly for the same purpose. Unity employees demonstrated removing the motor from dryers and oil filter draining. An Enfield employee provided information about recycling cords from electronics.



George Murray, Lebanon Landfill Manager provides training to dismantle microwaves and fire extinguishers for scrap metal recycling.

3. *Provide Training on Customer Service and Safety.* The NH Bureau of Education and Training provided a workshop on August 20, 2015 to 18 municipal participants at the Grantham Town Offices. (See Task 4 Appendix for agenda.)



Municipal workers share stories of bad service that they have received.

On June 4, a private organization, Scott Lawson Group facilitated a full-day safety training for transfer station attendants. The workshop was held in Sunapee and there were 16 attendees. (See Task 4 Appendix for agenda.)

4. *Provide Universal Waste Training.* NH DES provided training in at the Grantham Town Offices on April 23, 2015. We had about 60 registrants. Four NH DES staff provided information about proper management of Universal Waste, State and Federal requirements, and potential grant resources.
5. *Provide Composting Training.* Mark Hutchinson of the Maine Compost School provided a municipal food scraps training for an afternoon at the Sullivan County facility (prison and nursing home) on May 7, 2015. Doug Kemp of the NH DES also presented at the training to give an update of future NH regulations making it easier to compost with food scraps in New Hampshire. The workshop was well received by the registrants. Hands-on activities made the event very interesting and a great learning experience. (See Task 4 Appendix for agenda.) We would love to expand this training in another year.



Mark directing an activity to learn what materials go together to make a good compost. Would you mix horse manure with hay?



Examining compost piles at the Sullivan County Facility

6. *Assist with Transfer Station Operating Plans and Educational Materials.* Victoria Davis held a training on writing operating plans and closure plans to meet State requirements on November 20, 2014. This resulted in requests for assistance from several towns. Victoria Davis assisted in writing operating and closure plans for the towns of Enfield, Unity, Wilmot, and New London. New London required two operating and closure plans for their transfer station and their brush & metal recycling facility. She also reviewed the Lempster plan and made suggestions for modifications.

Victoria Davis reviewed all municipal web sites for solid waste education information. She provided information to towns to add information about HHW, unwanted medicines, sharps, and universal waste.

## Task 5: Unwanted Medicine Disposal Education

The UVLSRPC partnered with two organizations to develop an educational program and teach people how to safety use, store, and dispose of medication: Communities United Regional Network of the Greater Sullivan County Regional Prevention Network and the Upper Valley Substance Misuse Prevention Partnership (recently renamed “All Together”). Combined, these two organizations serve the same area as the UVLSRPC. Below are the many tasks they achieved.

One of the first accomplishments was to develop a new web site and a Facebook page so there was a resource to reference in the media campaign: [www.twinstatesafemeds.org](http://www.twinstatesafemeds.org) and [www.facebook.com/TwinStateSafeMeds](http://www.facebook.com/TwinStateSafeMeds).

1. *Work with pharmacies to provide customer information.* A drug reconciliation program was held in September in partnership with the Lebanon Police Department. Pharmacists help participants review their prescription and over-the-counter medicine to ensure they are taking compatible medicines. Expired or undesirable meds were then disposed at the police department drop box. More events are being discussed at Dartmouth Hitchcock Medical Center. Also see item 2 below.
2. *Work with pharmacies to advertise collection points.* A “staple-on” information slip was developed to be stapled to prescription bags. The information lets prescribers know that they can dispose of unwanted medicines at police station drop boxes. It also references the web site for more information on safe use, safe storage, and safe disposal, as well as a map of police stations with drop boxes.

Three thousand (3,000) copies were printed and they are being used in a pilot program at the Dartmouth Hitchcock Medical Center pharmacy. More copies will be printed and distributed to other local pharmacies throughout the region. Work continues to expand this staple-on project to the local and corporate pharmacies in the region.

Staple-on information slip for pharmacy prescription bags. Actual size is a bit larger than shown.



In Sullivan County, a survey was done of over 20 pharmacies and medical providers to find out if they are using the Prescription Drug Monitoring Program (PDMP). New Hampshire was the next to last state to adopt this program which allows prescribers and pharmacists to be aware of drug seeking practices by individuals for the intention of abuse, sale, or diversion to others. Six replied to the survey explaining that they do not use the electronic program as it is difficult to navigate with difficulty logging in and accessing patient records. They further stated that even if they realized someone was purchasing multiple prescriptions for inappropriate uses, the prescribers have no training to know how to respond to the situation. This is critical information to address to make the state-wide program succeed. Recommendations were developed so that the Sullivan County Regional Network can support increased use of the PDMP. These recommendations include sending the PDMP training guide links to all pharmacies and prescribers. A data base of prescriber and pharmacist contact information will be maintained and used to continue to connect them with training opportunities and training events that are being offered by the State.

3. *Work with local media to develop campaign.*

Several radio spots were created to play around the region to teach people about using medications safely, storing them to prevent misuse, and disposing of them properly. All the 15 and 30 second spots included the web address for the Twin State Safe Meds. There were 17 different spots including:

- The three steps: safe use, safe storage, safe disposal.
- A sergeant at the Hartford, VT police department.
- An ad telling how a young girl got her drugs from her grandmother's medicine chest.
- The Hartford, VT Chief of Police.
- A sergeant at the Enfield, NH police department.
- The Canaan, NH Chief of Police.
- A captain at the Lebanon, NH police department.
- The Hanover, NH Chief of Police.

Close to 700 spots played around the northern part of the region (Grafton County/Upper Valley) and 700 spots in the southern part of the region (Greater Sullivan County) at various radio stations.

Newspaper ads were developed and published on the transaction ads page (large format) of the Valley News, the Kearsarge Valley Shopper, and the Eagle Times.

Display materials, stickers, magnets, sticky-note, and postcard-size educational materials have been produced to point people to the new web site and inform them of medication drop-box locations near them. Educational materials were first utilized at the Hanover, NH Home & Trade Show in late March 2015. It is estimated that close to 9,000 people go through the Show.

Posters and postcards were distributed to all 27 towns for public display referencing the

new web site. These posters have been spotted all over the region. These posters and postcards will continue to be distributed.



Logo made for the web site and publications.

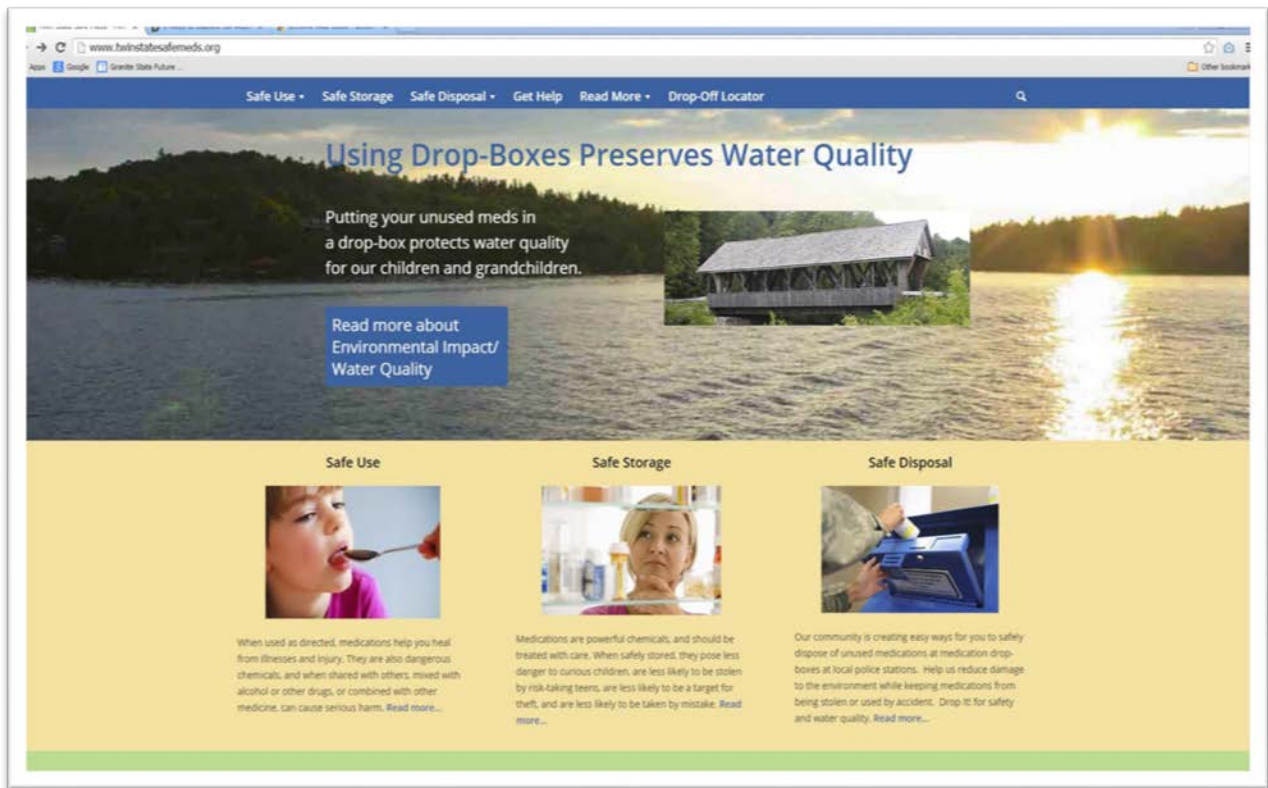


Street post banners (24"x47") to be installed periodically in towns on light posts.

Also made horizontal banner for across the street measuring 3'x24".



Pill magnet for public distribution to provide new web site address.



Screen shot of [www.twinstatesafemeds.org](http://www.twinstatesafemeds.org) “Using Drop-Boxes Preserves Water Quality” is one of four rotating themes on the home page.

This web site provides an updated list of police stations in New Hampshire and Vermont that take unwanted medicines. It also tells viewers how to safely store unwanted meds as well as why to properly dispose of them.



# Safe Use

## Use Medications as Directed

Learning how to use medications safely can keep you and your family safe.



# Safe Storage

## Store Medications Away from Curious Hands

Locking and safely storing your medications can keep your medications out of the wrong hands.



**TWIN STATE  
SAFE MEDS**

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

Section from display panel used at public events like the Home & Life Show.



Above: Four postcard design fronts Below: Back of postcards

The infographic is titled 'Safe Use', 'Safe Storage', and 'Safe Disposal'. It features three horizontal sections, each with an image of a medication-related item, a blue box with the title, and a green arrow pointing to a large green box on the right containing summary text.

- Safe Use:** Image of various pills and bottles. Text: 'Use medication as directed, do not share with others, and be open with your health care providers about medications and alcohol and drug use.'
- Safe Storage:** Image of a 'LOCKMED' pill container. Text: 'Locking and safely storing your medications can keep your medications out of the wrong hands.'
- Safe Disposal:** Image of a 'MedReturn' drop box. Text: 'Medication drop boxes in many towns are easy and environmentally safe places to dispose of unwanted or unused medications.'

**Summary Text (Right Side):**  
 Protecting water quality for our children and grandchildren.  
 Keeping medications from being stolen, used by accident or misused.  
**Drop It! For safety and water quality.**

These Upper Valley police stations offer medication drop boxes for easy disposal of unused medications:  
 NH – Canaan, Claremont, Enfield, Hanover, Haverhill, Lebanon, New London, Newport, Plymouth. VT – Bellows Falls, Chester, Hartford, Royalton, Rutland, Springfield, Windsor, Woodstock.  
 Learn more at: [www.twinstatesafemeds.org](http://www.twinstatesafemeds.org)

**TWIN STATE SAFE MEDS** logo is located at the bottom right of the infographic.

# PROTECT



When flushed or put in the trash, medications wind up in water tables, streams, rivers, and lakes, eventually ending up in our drinking water.

Medication drop boxes are easy, environmentally safe places to dispose of unwanted and unused medications.




**TWIN STATE SAFE MEDS**  
www.twinstatesafemeds.org

# PROTECT



Medications can be dangerous if mixed up, misused or used by others.

Being safe with medications means using them as directed, not sharing with others, and being open with your health care providers about medications and alcohol and drug use.

Medication drop boxes are easy, environmentally safe places to dispose of unwanted and unused medications.




**TWIN STATE SAFE MEDS**  
www.twinstatesafemeds.org

Set of Four 12" x 18" Posters aimed at different audiences.

# PROTECT



Locking and safely storing your medications can keep your medications out of the wrong hands.

Medication lock boxes can be purchased for \$20 +/- and you can often find them at pharmacies near where you live.




**TWIN STATE SAFE MEDS**  
www.twinstatesafemeds.org

# PROTECT



Locking and safely storing your medications can keep your medications out of the wrong hands.

Medication lock boxes can be purchased for \$20 +/- and you can often find them at pharmacies near where you live.




**TWIN STATE SAFE MEDS**  
www.twinstatesafemeds.org

4. *Perform public outreach.* Twin State Safe Meds information was taken to about 30 public events to talk to people about safe use, storage, and disposal. Venues included the UVLSRPC Annual Meeting, the Hanover Home & Life Show, the Valley Regional Hospital Health Fair in Claremont, the Ruger Employee Health Care event, several Farmers' Markets, the Claremont Back to School Festival, the Newport Chamber Days, and the Cornish Fair. In September, All Together had an information booth at a Suicide Awareness Walk with a viewing of the movie, Anonymous People about living with long-term drug addiction recovery. They also provided Twin State Safe Meds information at the Opioid Symposium in Hanover, the Lebanon Safety Fair and Bike Rodeo, Hartford Neighborhood Block Party, and the Canaan Farmer's Market.

All materials are on the website and have been shared with other drug abuse prevention organizations including the NH State Substance Misuse Prevention Coordinators and the Windsor (VT) County Prevention Partners. Twin State information was provided to Seniors through the Sullivan County Nutrition Service and included distribution to the senior centers in Claremont, Newport, and Charlestown. The local Visiting Nurse association representatives, the Sullivan County Nursing Home, and Summercrest Senior Living were provided information as well. Representatives of these venues were very appreciative of the information and informed us on several occasions of changes in disposal practices based on the information provided or planned to change their practice.

A street banner and post banners were made to be hung in towns to get people to think about medicine use, storage, and disposal. These banners include the web address. Several towns have the capacity to hang these banners.



Young volunteers at the Newport Chamber Day distributing information about drug use, storage, and disposal.

5. *Develop short video clips for web sites, Facebook, and community access TV.* Working with intern Jenevra Wetmore, the Greater Sullivan County organization produced two public service announcements to be aired on local television. Both were on the safe usage, storage, and disposal of prescription medication. Information was included in community television community announcements on a continuous basis for Newport, Sunapee, and Claremont residents. This information will continue to be visible as long as useful to support proper disposal.

6. *Work with graphic designer to develop logos.* Discussions with Mount Ascutney Prevention Partnership (VT) have led us to a joint initiative with common messaging. This allows us to broaden our partnerships and the spread of the safe disposal message; especially important as there is a good deal of movement of population within the areas of the grant.
  
7. *Provide youth-directed education.* Information was provided to the Newport Youth in Prevention Students who volunteered at over 10 of the community outreach events to present the information to the community members.

## Task 6: Police and Pharmacy Medicine Collection Programs

1. *Meet with municipal selectboards and police to establish interest.* Contact was made with all regional municipalities eligible for this program. Discussions were held with town managers, selectboards, and chiefs of police.
2. *Work with interested parties to establish drop boxes.* All towns capable of having a police drop-box for medicines were contacted and encouraged to adopt a drop-box program.
3. *Provide up to four drop boxes and two sets of surveillance equipment.* The Police Department in the Town of Canaan, NH was provided with surveillance equipment and installation so they could participate in the program. They already had a box. Boxes were provided to the towns of Charlestown, New London, Plainfield, and Sunapee. The Town of Newport and the City of Claremont installed boxes as an indirect result of this program. We purchased signs for three towns to advertise the drop-box program in their own town or a nearby town: Canaan, Orange, and Plainfield. Other towns had received similar signs to advertise HHW collections and can use those signs for unwanted meds programs as well (see Task 1). We will send out reminders to these towns to use their signs for unwanted meds drop box programs.

This was very successful, and we have great coverage with drop boxes throughout the region.

4. *Provide “A Police Department’s Guide...” to interested police departments.* This document which was developed by a northern NH police department was provided to participating or interested towns with a drop box. It was helpful to departments to have this information for policy development.
5. *Work with Attorney General’s Office to waive requirements for smaller towns to share police officers.* This had been determined to be a problem by the police departments at the time of our application submittal, however, these departments learned that it was not difficult to take the medicines to the Concord incinerator when they were traveling there for other business.

All Together and Greater Sullivan County Regional Prevention Network continue to have conversations with local police chiefs about take back programs and combining efforts of departments to drive unwanted medicines to the Concord, NH incinerator.

6. *Work with pharmacies, State Pharmacy Board, NH Association of Pharmacists, and State Attorney General’s office to support collection programs.* The Sullivan County Sheriff and some of the town police chiefs engaged with the State Attorney General’s office in developing disposal procedures. Police departments find the procedures that were developed to be feasible and not a burden. Further they continue to receive large quantities of meds for disposal from community members. We will continue to track use and utility of the disposal sites and offer support that is needed.



Example of police drop box.

## **Comparison of Actual Accomplishments with Goals and Objectives**

The projected tasks have been accomplished in a timely manner and project goals and objectives have been accomplished within the one-year period of the grant.

The total cash outlays for the year were **\$310,770** including **\$118,935** non-federal share of the outlay and **\$191,835** federal share of the outlay. The projected non-federal matching outlay for this year was **\$84,391**, so we provided substantially more in-kind. The projected federal outlay for this year was **\$200,000** so expenditures were **\$8,164** less than anticipated. This was due to having an excellent intern who required little oversight. In addition, one of our partners (through Dartmouth-Hitchcock Medical Center) decided they would rather pay for certain tasks out of their organization budget than do the paperwork required at DHMC to request payment from us as the applicant to USDA.