






“Service Above Self”

Muskegon Rotary in Motion

http://www.muskegonrotary.org




Ginny Sprague, President
 Tim Arter, President-Elect
 Dave Alexander, President Nominee
 Jane Clingman-Scott, Past President
 Kristi Nagengast, Treasurer
 Don Hutchins, Secretary
 Kim Boersema, Club Coordinator



Muskegon Rotary Club

Club 16 (2809) – District 6290, Chartered May 1, 1916

Next Mtg—Sept 14, 2023, 12-1:30pm

The Lake House

ReWine Sat Club—Next mtg 9/23 5:15 pm

Walkers (in the Delta)



Aaron Maike, Director
 Roger Morgenstern, Director
 David Ramos, Director
 Asaline Scott, Director
 Marty Sytsema, Director
 Brandon Turnbull, Director
 Roger Morgenstern, RIM Photographer
 Roger Morgenstern, RIM Reporter
 Lori Weiler, RIM Editor



THE FOUR WAY TEST THAT ROTARIANS USE IN MAKING ETHICAL DECISIONS:

Is it the **truth**? Is it **fair** to all concerned? Will it build **goodwill** and better **friendships**? Will it be **beneficial** to all concerned?

Next Meeting (9/14/23) — Mission for Area People

“This is it: the absolute edge of no return: to turn back now and make home or sail irrevocably on and either find land or plunge over the world's roaring rim” - William Faulkner

MEETER - GREETER

Monica Turnbull

Upcoming & Recent Birthdays

Ryan Sterkenburg	Sep 8
Jonathan Wilson	Sep 9
Belinda Barbier	Sep 13
Jeff Lewis	Sep 17
Justin Kitchka	Sep 18
Todd Rexford	Sep 19
Nicolas Morano	Sep 21

[Caring Connections Fund](#)

(Remember to donate \$10 on your birthday for this great cause!)

PROGRAMS / EVENTS

Sep 7 Musk County Medical Take-Back

Sep 14 Mission for Area People

Sep 21 Rotary Peace Building Committee

Muskegon Rotary Board

Ginny Sprague	Aaron Maike
Tim Arter	Roger Morgenstern
Dave Alexander	David Ramos
Jane Clingman-Scott	Asaline Scott
Kristi Nagengast	Marty Sytsema
Don Hutchins	Brandon Turnbull

Please email Club Board

Members through this [link](#):

VISITORS & GUESTS



Jackie Farrar introduced her guest,
Brandy Carlson



Contessa Alexander introduces her
guest, Elizabeth Briseno, who
encouraged all of us to stop down at
Saturday's Latino Festival at Hackley
Park



Michael Ramsey introduces his guest
A'Yonna Ray.



Carla Flanders introduces her guest,
Tabitha Muskovin



Carim Calkins introduces his guest and
proposed member Walter Mrotz



Marty Sytsema with our student guests
from West Michigan Christian High
School: Counselor Josh Scholma and
students Beymi Tapia and Molly
Kooistra

THIS WEEK'S PROGRAM: Muskegon Area Medication Disposal Program

RIM Reporter: **Roger Morgenstern**

Introduced by: **Dave Alexander**

Speakers: **Michael Poulin**, Carrie Uthe,
and Brian Harris

Once again, our Club learned how Muskegon County is leading the way across Michigan in a positive and collaborative way, this time with the Muskegon Area Medication Disposal Program (MAMDP).

Leading off the program was one of our own, MAMDP co-chair **Mike Poulin**. As Muskegon County Sheriff, Mike admitted he was skeptical when it launched in 2009 that a medical disposal program would be effective, but he's happy he's been proven wrong.

The problem of improper medication disposal is well documented across our country. A U.S. Geological Survey study conducted from 2004 to 2009 measured effluent samples from three wastewater treatment plants. It showed medications in the water were traceable up to 18 miles downstream from the wastewater treatment plants. And these plants are not designed to detect or treat this waste.

Part of the issue that nearly a third of unneeded drugs are flushed down the toilet, according to a 2010 local community survey. In addition, about 10 percent of all medication taken by individuals is not processed by the body and ends up in the wastewater system.

Proper disposal has certainly made a difference in Muskegon, our presenters showed.

Carrie Uthe, co-chair of the MAMDP, said collaboration across the county has made the program successful. She said Coalition Members include: City

Muskegon County Contributions



- **Muskegon County Sheriff's Office**
 - Sheriff is CoChair to the program
 - DEA and local authorities collaboration
 - Stored and incinerated medications
 - Visible presence at each event
- **Public Health**
 - Provided medication lock boxes, supplies and flyers.
 - Staffing to assist with education
 - Visible presence at each event
- **Norton Shores Police Department**
 - Chief is the program's Financial Officer
 - Coordinated event activities
 - Visible presence at each event



of Muskegon Police, Muskegon County Sheriff, Norton Shores Police, Public Health – Muskegon County, Trinity Health Muskegon Health Project and Trinity Health Muskegon Hospital/Pharmacy.

Coalition Partners, who help in many ways, including hosting drop-off events, include: Call 211, City of Muskegon, City of Norton Shores, Drug Free Muskegon, Lakeshore Reg Entity, Muskegon Fire Department, Muskegon Township Fire Department, the Muskegon Opiate Task Force and the Norton Shores Fire Department.

Uthe said in the 31 public drop off events from 2010 through April 2023, there have been more than **25 tons** of medication collected. Some of the other cumulative numbers of what's been collected also help show the impact:

- Approximately **1,674 pounds** of controlled substances or medications of unknown types;
- Approximately **16,028 pounds** of non-controlled and over the counter medications;
- Approximately **17,488 pounds** collected from retail pharmacy drop off boxes and **16,462 pounds**

collected from drop off boxes at law enforcement offices.

- Approximately **22,416 pounds** of "sharps" (any type of injection device, from insulin needles to EpiPens.)
- Approximately **291 pounds** of donated new, unused medications.

While Muskegon County was the first medication disposal program launched in the state and still the only community collaborative program in Michigan, other localities have joined the effort. And it is making a difference. Michigan has taken back more than **213 tons** of medications according to U.S. Drug Enforcement Administration data from 24 documented collection events.

Uthe said having less prescriptions written and for smaller doses is making a difference too. In 2010, there were more than 18.9 million controlled substance prescriptions dispensed in Michigan. In 2022, this had dropped to more than 17.5 million.

"We are becoming more educated and aware of the problem" with prescriptions, Uthe said. "We want to end this program but the collections remain popular." In the last public event alone, on April 22, almost **1 ton**

of medications were collected. There were 260 vehicles that attended.

The twice yearly drop off events, where people can drive up and dispose of their medications without even leaving their car, have proven very effective, Poulin said. "With our drive thru set up, you're in and out probably faster than ordering something at McDonald's."

And where does all of this get properly disposed? At the Kent County Waste to Energy Plant near downtown Grand Rapids, said MAMDP committee member and events organizer Brian Harris.

Harris, the Norton Shores Police Department's evidence custodian, said the waste to energy plant has a special permit from the DEA to incinerate the material. The plant, which also burns household waste, generates electricity that is put on the grid. *(A side note from this RIM correspondent and former electric utility guy who's toured the facility, it is pretty cool, but the garbage still stinks when it arrives!)*

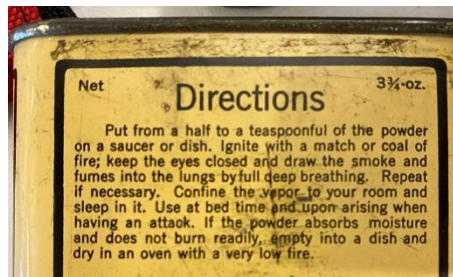
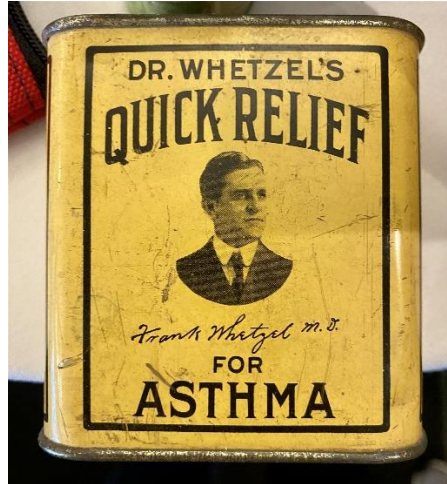
This is a cost-effective solution for MAMDP, Harris said, because the next closest facility with a similar burning permit is 500 miles away.



(Speakers pictured l to r: Brian Harris, Carrie Uthe, Michael Poulin)

As part of MAMDP's educational effort, the presenters displayed, literally, a suitcase full of very old medications previously in medicine cabinets from across the county. "Every medication has a story" Poulin said, reading from the label of a

potion used to treat asthma. Among the instructions...light the medication on fire and breathe in the fumes!



The next in-person free "Take Back Event" is **10 a.m. to 2 p.m. Saturday, Oct. 28** at Muskegon Fire Department's Central Fire Station, 770 Terrace Street, Muskegon, MI 49440.

In the meantime, there are things each of us can do to keep medications safe and practice proper disposal, Harris said. For example:

- Develop safe medication/sharp/vape disposal practices in your home by:
 - Lock up medications using a lock box/bag;
 - Cleaning out biannually expired or no longer used medications;
- Don't flush medications or throw in the trash;
- If a prescriber, encourage patients to request only medications that are needed;
- Ask your pharmacy to fill 10-15 tablets initially to see if a new medication works for you;

- Avoid sharing medications/needles;
- Use year-round safe disposal drop box sites.

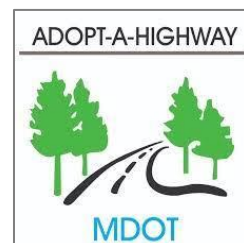
Learn more about this important community program at www.mamdp.org. The site has important information on year-round drop off sites, upcoming drop off events and more!

Announcements



Roger Morgenstern shared that the **Oct. 26** Harvest Fest downtown at the CIM will feature **three** raffle drawings for up to **\$500 cash!** Get your \$65 tickets [here](#) before they become \$75 tickets later this month!

Adopt-A-Highway is looking for volunteers!



Our next pickup for the Muskegon Rotary stretch of highway on I-96 will be on **Saturday,**

September 23. Volunteers will meet promptly at 8:50am for a short safety talk, then head out on the road to pick trash. (We will finish no later than 11:00am, sooner if we get a lot of help 😊).

If you can help, please contact Esther Ricco, estherricco@hotmail.com and she can provide you with details. Be a part of keeping our adopted stretch clean and taking action to protect our environment!

Member Spotlight: Randy Lindquist



This week's member spotlight features **Randy Lindquist**. Randy is in his second year as superintendent of the Muskegon Area Intermediate School District and has been with the MAISD since 2007. He joined Rotary in 2014 and spent nine years as chairperson of the Interact Committee and is now co-chair of the club's New Generations Services Council. Randy's entire family are educators, with a strong commitment to service so he thinks his profession and Rotary's motto of "Service Above Self" link perfectly. Randy said he enjoys getting more involved in Club events, saying "the connections you make at Rotary are tremendous." View the video [here](#).

RIM Reporting Team

Susan Besteman
Kathy Moore
Meredith Smillie
Jackie Farrar
Roger Morgenstern
Lori Weiler
Roger Morgenstern & Mark Alpher, Photographers
Bill Johanson, Contributor
John Noling, Contributor
Mike Vogas, Contributor

A Microforest Begins



We brought some more hope to the world today!

Check out [this video](#) of all the volunteers who dug deep to get this amazing project done!

