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The President's Corner


Summer greetings residents of Rolling Ridge:

Summer has descended upon in a big way; lots of sun, heat, and humidity. With these summer temps be especially careful when doing outdoor activities, drinking plenty of fluids and taking breaks from your labor. If you are planning on a vacation away from home become a defensive driver.

Let's all have a safe, happy, and fun filled summer!

Respectfully,

John E. Shoop

President of Phase III Association. 

WELCOME TO THE NEIGHBORHOOD

Rolling Ridge is a friendly and growing community. If you see new neighbors out and about, make sure you stop and say hello to welcome them to the community.

JESSICA GAYNOR
14 Greenbriar Drive

MARCUS & KARA SHERRELL
8 Crestview Drive
(moved from Greenbriar Drive)



Our Community Needs You!

An attractive feature of living in a community association is that it eliminates much of the responsibility of home ownership. But the price of that convenience is sometimes the creation of an atmosphere for apathy. As owners in community associations we tend to allow that elite group known as "them" or "they" to operate the Association, attend related meetings and make important community decisions. We need to realize that "them and they" are always made up of "I, we, you, and us". We all tend to be too busy to participate in association affairs and expect others to stay up-to-date on the affairs of our community association. If our association is to be successful, individual owners must become active and participate in association affairs. We welcome and look forward to your participation!

How to Dispose of Unused Medicines

An article taken from FDA Consumer Health Information - www.fda.gov/consumer

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 and updated in October 2009, 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.
- 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. The Drug Enforcement Administration, working with

state and local law enforcement agencies, is sponsoring National Prescription Drug Take Back Days (www.deadiversions.usdoj.gov) throughout the United States.

- If no instructions are given on the drug label and no take-back program is available in your area, 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.

FDA's Deputy Director of the Office of Compliance 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.

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."

Semi Annual meetings for Townhomes and Single Family Association

SCHEDULE OF MEETINGS:

Rolling Ridge Townhomes

(open to townhome owners)

Monday July 9th at 7 pm at Milton Borough Hall

Rolling Ridge Phase III Association

(open to both single family & townhome owners)

Monday July 16th at 7 pm at Milton Borough Hall

Please plan to either attend these meetings or send in your proxy statement so that the necessary quorum for attendance is met and business at the meeting can proceed. 6 month financial statements for each Association will be mailed the first week of July to all homeowners of record.




ANY work done on the outside of your home such as adding landscaping, sheds, patios, decks, etc., must be approved by the ARC committee.

For single family, contact Tom Lang

For townhomes, contact Pat Sheatler

If you do the work without approval, you are in violation of the covenants and restrictions.



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- 28 years experience working for Fogarty Homes
- Helped do much of the plumbing work in Rolling Ridge development and has skills in all areas of construction
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For all you real estate needs, whether you are buying or selling, please give Rolling Ridge resident Terry McLaughlin of Villager Realty a call. 523-3244 - office or 490-1002 - cell.



Upcoming Events

Rolling Ridge Women's Group

A social group has been started for Rolling Ridge resident women. It's a way to meet your neighbors and enjoy some light refreshments and conversation. Please feel free to join us, and bring a friend. We usually meet on the 3rd Wednesday of the month at 7:00pm. If you want to be notified of activities and meeting dates, email me at carolh@ptd.net and I will put you on the email list

For more information contact
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If you have some local news like someone's graduation, birthday, milestone anniversary, accomplishment, or perhaps an article that might be of interest to Rolling Ridge residents, contact the editor for inclusion in this newsletter.