



**Heart of the Valley  
SERVICES FOR SENIORS INC.  
(For immediate Release- July 26 2010)**

**The 5-D (Don't Dump Drugs Down Drains)  
Pharmaceutical Pilot Program A Success!**

**City of Santa Clara, Santa Clara County-July 26-2010-** The Associated Press reported anti-epileptic and anti-anxiety medications were detected in a portion of the treated drinking water in Southern California. Traces of sex hormones were found in San Francisco's drinking water. It is evident that the drugs going down the drains are finding their way into our drinking water. This is a growing concern for all. 5-D Program (Don't Dump Drugs Down Drains) pilot program grew from the Heart of the Valley Household Hazardous Waste Program. 60% of the seniors had old or unused pharmaceuticals and were unsure what to do with them. Many were either dumping them down the drain, toilet or putting them in the garbage. Heart of the Valley's the 5-D program is a solution to help our seniors with this problem of disposal of drugs.

Heart of the Valley is the only known volunteer effort in the country taking initiative to collect prescription medications and over the counter drugs from the homes of seniors. This service is offered for free to the senior. Heart of the Valley trained volunteers, along with a plain clothes officer from the Santa Clara Police Department to implement the 5-D (Don't Dump Drugs Down Drains) pilot program. Over a three month period they collected old or unused drugs from 15 households for proper disposal. The 5-D pilot project was able to collect 1.25 pounds of drugs per household. Heart of the Valley's goal is to demonstrate that a group of volunteers can be successful in helping to safeguard the community and environment from the effects of improper disposal of pharmaceuticals. Heart of the Valley hopes to expand across Santa Clara County and also to inspire other communities that they too can make a difference.

**About Heart of the Valley- SERVICES FOR SENIORS INC.**

Heart of the Valley is committed to facilitating, advocating and supporting independent living for seniors residing in West Santa Clara County. Heart of the Valley recruits dependable volunteers, who will provide seniors with a variety of in-home services, including escorted transportation. Our volunteers span all ages and professions. Heart of the Valley serves adults 59-years-of-age and older who reside in West Santa Clara Valley.

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