

HC DrugFree: Keeping Howard County *in the KNOW!*
...knowledge is power, so just say KNOW



**HC DrugFree's Team
Wishes You a Safe and Happy Thanksgiving**

And don't forget...

Be sure family and friends visiting your home can't access your medication. Keep your children, grandchildren and all of your loved ones safe this holiday week and throughout the year. [Learn More about Medication Storage](#)



Have a Plan to Stay Safe

THIS THANKSGIVING PLAN A SOBER RIDE

A group of four people (two men and two women) are sitting around a table, celebrating Thanksgiving. They are holding glasses of wine and beer, and there is a turkey on the table. A white gravy dispenser is pouring gravy onto the turkey. The word "Gravy" is written in large, stylized, orange letters across the bottom of the image. To the left of the image are four circular icons: a beer mug, a wine glass, a martini glass, and a crossed-out alcohol glass. To the right of the image is the text "buzzed driving is drunk driving" and the NHTSA logo.

AND THE REST IS

Gravy

buzzed
driving is
drunk
driving

NHTSA

Don't get basted this Thanksgiving. Historically, Thanksgiving is not only one of the busiest travel days of the year, but one of the most dangerous due to driving under the influence.

What does "under the influence" mean?

If you have ingested alcohol, medication, drugs, or any other substances that alters your state of mind, you are considered "under the influence" of that substance. If you feel different, you'll drive differently.

If you choose to drink or use any other substance this week season, please call a sober friend, taxi, or rideshare to get you home safely.

Looking for 18-25 Year Olds

If you are a Maryland resident between 18-25, you could win up to \$95 by completing a 10-minute survey about perceptions and use of alcohol among

people your age. The MD Young Adult Survey on Alcohol Launch (MYSA) 2024 survey is now open. [Learn More](#)

How Gratitude Can Improve Your Overall Well-Being



[Watch Video](#)

Research shows that an “attitude of gratitude” can measurably improve your overall well-being. Watch this video to learn more!

Teens: Get Involved and Earn Community Service Hours

HC DrugFree invites **all Howard County students in grades 8-12** to join our Teen Advisory Council (TAC.) Members of TAC meet monthly and serve as student ambassadors in their schools and in the community.

Why join TAC?

- Earn community service hours
- Gain experience for job & college applications
- Volunteer opportunities year round
- Be a leader and role model in Howard County!

Join our teens at the next TAC meeting on **Monday, December 2** from 5:30 to 7 p.m. on Zoom. Register early to get the meeting link. [Download TAC Registration Form and Learn More](#)

[Register for the December 2 TAC Meeting](#)

HC DrugFree's Take Back Event Slideshow



[Watch Video](#)

In case you missed it, please enjoy HC DrugFree's commemorative slideshow of our October 26 drive-thru medication and sharps collection. Thank you to the community, our partners, and our dedicated and caring team. Together, we collected 1,169 lbs. (45 white bins) of medication in four hours. The additional 27 red bins of sharps were not included in the weight. HC DrugFree, the Howard County Police Department, and the Drug Enforcement Administration (DEA) have been partnering on these semi-annual events since 2012.

No Need to Wait for Giving Tuesday!

If you are grateful for HC DrugFree's many FREE services and resources, please donate today by using the Donate Button below or mail or deliver your check to our office. Our address is below. Thank you!

[Donate Today](#)

HCDrugFree is ...

giving
thanks

For the generosity
of our HoCo community!

Newsletter Survey

Please take our 2 second survey to let us know how satisfied you are with this newsletter!

[Take Survey](#)

For more information, contact

Joan Webb Scornaienchi
Executive Director
HC DrugFree
5305 Village Center Drive, Suite 206
Wilde Lake Village Center
Columbia, MD 21044
Admin@hcdrugfree.org
www.hcdrugfree.org



HC DrugFree | Wilde Lake Village Center 5305 Village Center Drive, Suite 206 | Columbia, MD 21044 US

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