It’s back and it’s time again to start gathering those old documents that need to be discarded and to clean out your medicine cabinets! Shred-tastic is returning! “Shred-tastic” is a free shredding and prescription drug take back event. This event is for seniors ages 60 and over and their caregivers. It will take place Friday, September 22nd, from 11 a.m. to 1 p.m. at the Siouxland Center for Active Generations, 313 Cook Street, Sioux City. Those bringing items to shred or medications to discard will have the option of using an easy and quick drive up lane or can park and watch the shredding process provided by Document Depot. Sioux City police will be available to collect old or unused prescription medications. Shredtastics are held each May and Sept, with the May 2017 event shredding over 2.25 tons of paper in two hours.

With a focus on preventing seniors from becoming victims of identity theft, Shred-tastic offers seniors or their caregivers the opportunity to shred personal materials. Connections Area Agency on Aging and SHIIP (Senior Health Insurance Information Program) advises Medicare beneficiaries to carefully dispose of paperwork such as Medicare Summary Notices, explanation of benefits notices from insurance companies, bank statements, credit card billings and applications and other documents that contain personal information. “We all need to be aware that numbers assigned to us from Medicare and Social Security, as well as bank account and credit card information are valuable and sell-able commodities to many scammers,” stated Chris Kuchta, event organizer at Connections Area Agency on Aging. She continued, “We are excited to be able to continue to offer this service to seniors living in the Siouxland area.”

This event is for personal papers only. Items can include but at not limited to: Medicare statements – especially those that dates from 2010 or before, as they have full Medicare numbers, tax returns, credit card statements, bank statements and cancelled checks, and other documents with personal information. Paperclips and staples do not need to be removed. Items not accepted include papers from a business, magazines, phone books, plastic folders, corrugated cardboard, plastic credit cards, general trash, etc.

The Sioux City Police will be present to accept medications and will dispose of them by incineration. This event is a great opportunity to properly dispose of accumulated, unwanted, unused prescription drugs, keeping them from being flushed and entering our waterways. Medications should be in their original containers. Items not accepted include over the counter medications, sharp objects such as needles, lancets, or needle points, thermometers, home based care or durable medical supplies. In the last year, more than 2.1 million teens abused prescription drugs. Unfortunately most of those drugs were acquired from friends and family. Many of these teens or visitors in the home simply took the drugs in the medicine cabinets of grandparents, parents or even in the homes of friends.

For additional information, contact Connections Area Agency on Aging at 1-800-432-9209 or www.connectionsaaa.org.