

EXPERIENCE MATTERS



Linda Ehrich
Realtor
93 Moraga Way
Orinda, CA 94563
925.698.1452
Linda@LindaEhrich.com
www.LindaEhrich.com
DRE# 01330298



LINDA EHRICH



Movie Night 9/9
Encanto – 7:30pm

Moraga Commons



SMC students return to Moraga



Photo Gerry Serrano/SMC

Saint Mary's College class of 2026 was greeted on Aug. 25 during the Weekend of Welcome by student leaders (also known as WoWies). Also on hand were faculty, staff and SMC President

Richard Plumb and wife, Mary. The fall semester officially began Aug. 29, with the campus following the county's COVID and Monkeypox protocols. – V. Kochan

Moraga recognizes Aug. 31 as International Overdose Awareness Day



Photo courtesy Contra Costa County Meds Coalition

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Providing information to the public; encouraging discussions about overdose prevention and drug policies; as well as sending a strong message to current and former drug users that they are valued, are more of IOAD's goals toward community awareness.

Guest speaker during the council meeting proclamation was April Rovero of San Ramon, Calif. She is the founder and executive director of National Coalition Against Prescription Drug Abuse (NCAPDA), a nonprofit, volunteer-based organization. Rovero's youngest son, Joseph, passed away in 2009 from a lethal combination of alcohol and prescription drugs (prescribed by a doctor nine days before his death). It took Rovero only six months to form NCAPDA, using her grief to spur her on with the hopes that her organization could make a difference in the lives of others.

Two years later, Rovero founded Contra Costa County Meds Coalition in order to take overdose awareness to a more localized level. According to its website, drug overdose numbers are climbing with each passing year. With regards to Contra Costa County in 2020 alone, there were 296 emergency room visits; 144 opioid-related overdose deaths; 478,723 prescriptions for opi-

oids (excluding buprenorphine); and 93 opioid overdose hospitalizations.

CCC Meds Coalition strives to educate the community through awareness campaigns; classroom presentations; and community forums and events. They promote safe medication storage and disposal; encourage the use of medication drop boxes; and support the United States Drug Enforcement Administration's Prescription Drug Take Back Day.

CCC Meds Coalition also promotes Naloxone awareness by providing Naloxone-use training; distributing rescue kits; and increasing overall access. They are partnered with the healthcare community, education/prevention community and law enforcement.

During Aug. 31, IOAD will showcase a variety of statewide events in dozens of cities: training sessions on how to administer Naloxone/Narcan; discussions about the prevalence of Fentanyl; day of remembrance events; and symposiums featuring professionals sharing facts and information about drug-related overdoses.

For more information about National Coalition Against Prescription Drug Abuse (NCAPDA) visit: <https://ncapda.org> or call (925) 480-7723. For more information about Contra Costa County Meds Coalition visit: ccmedscoalition.org or call (510) 949-5691.



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CREEKSIDE WEEKEND COUPLES RETREATS

NEXT RETREAT OCTOBER 1ST AND 2ND



Have you noticed that your relationship is in need of a 'tune up'? Do you find communication difficult at times or have you fallen into habitual patterns of relating? Do you want more out of your relationship?

The purpose of the retreat is to create a more "Conscious Relationship". The goal of the conscious relationship is to be aware, present, and emotionally engaged. The retreat will also help couples to improve their communication, to deepen their emotional connection, to learn tools to negotiate conflict more effectively, and to begin or extend a conversation about intimacy and sexuality.

If you or someone you know might be interested in further information, I can be reached at (925) 935-8646. For more information about the retreat or about me or my practice, my website is www.DarrellChristian.com. **Next Retreat October 1st and 2nd**



When I say "good," you say "neighbor."

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