

PREPARING MAKES SENSE

Get Ready Now

The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies from fires and floods to potential terrorist attacks. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared. This article outlines commonsense measures you can take to start preparing for emergencies before they happen.

Get a Kit Of Emergency Supplies

The first step is to consider how an emergency might affect your individual needs. Plan to make it on your own, for at least three days. It's possible that you will not have access to a medical facility or even a drugstore. It is crucial that you and your family think about what kinds of resources you use on a daily basis and what you might do if those resources are limited or not available.

Basic Supplies: Think first about the basics for survival – food, water, clean air and any life-sustaining items you require. Consider two kits. In one kit put everything you will need to stay where you are and make it on your own for a period of time. The other kit should be a lightweight, smaller version you can take with you if you have to leave your home. Recommended basic emergency supplies include: *Water*, one gallon of water per person per day for at least three days, for drinking and sanitation. *Food*, at least a three-day supply of non-perishable food and a can opener if kit contains canned food. Battery-powered or hand crank radio and a NOAA *Weather Radio* with tone alert and extra batteries for both. *Flashlight* and extra batteries. *First aid kit*. *Whistle* to signal for help. *Dust mask* to help filter contaminated air and plastic sheeting and *duct tape* to

shelter-in-place. *Moist towelettes*, *garbage bags and plastic ties* for personal sanitation. *Wrench* or pliers to turn off utilities. *Local maps*. Pet food, extra water and supplies for your pet or service animal.

If you take medicine or use a medical treatment on a daily basis, be sure you have what you need on hand to make it on your own for at least a week. You should also keep a copy of your prescriptions as well as dosage or treatment information. If it is not possible to have a week-long supply of medicines and supplies, keep as much as possible on hand and talk to your pharmacist or doctor about what else you should do to prepare. If you undergo routine treatments administered by a clinic or hospital or if you receive regular services such as home health care, treatment or transportation, talk to your service provider about their emergency plans. Work with them to identify back-up service providers within your area and the areas you might evacuate to. If you use medical equipment in your home that requires electricity to operate, talk to your health care provider about what you can do to prepare for its use during a power outage.

Additional Items: In addition, there may be other things specific to your personal needs that you should also have on hand. If you use eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries, and oxygen, be sure you always have extras. Also have copies of your medical insurance, Medicare and Medicaid cards readily available. **Include Emergency Documents:** Include copies of important documents in your kits such as family records, wills, power of attorney documents, deeds, social security numbers, credit card and bank information, and tax records. It is best to keep these documents in a waterproof container. Include the names and numbers of everyone in your personal support network, as well as your medical providers. Also have cash or travelers checks in your kits to purchase supplies.



VOLUNTEER VIEWS

Ellen Gold
Coordinator of Volunteers

THE HEART OF OUR PROGRAMS

A special thank you to all who help make our programs so successful. Without the support of all our volunteers, The Center would not be able to offer the quality and extent of services that we currently provide. We extend a hearty welcome to some terrific new volunteers: **Verna Nickelson** working in the office and the Maple Tree Shoppe; **Phebe Wallace**, driving in the Errand Runner program; **Maura Thor** and **Vicki Kiss**, delivering meals for Meals on Wheels; **Gloria Tramazzo** and **Rose Morace** collating the newsletter; **Jean Doyle** working in the health department; and **Juanita Demos**, helping in the kitchen. All of our volunteers are wonderful, always willing to go above and beyond the call to help our community. Thanks to you all.

MAPLE TREE SHOPPE

The Maple Tree Shoppe is looking wonderful thanks to new shelves purchased by the Friends group. In addition, there has been a general sprucing up of the shop – with new table arrangements, new tablecloths and window displays. Thanks to **Venessa O'Brien** for all her hard work and imagination to make the shop so attractive. The shop is very important to the Center as its proceeds support many of our programs. We appreciate all of you who have made donations to the shop as well as our dedicated customers.

Now that May is upon us, while you are spring-cleaning, please remember the Maple Tree Shoppe. We are always in need of quality household items, jewelry, gifts, decorative collectibles and women's clothing that are clean and in good condition. So roll up your sleeves, clean out your closets and make a donation to the Center.

MARK YOUR CALENDARS

We look forward to celebrating all the hard work we have done over the past year at our **Annual Volunteer Appreciation Luncheon**. The luncheon will be held on Thursday, June 12, 2008 at 11:30 am. Twin Hills Country Club will again be the setting for this wonderful event. We will be honoring all our volunteers with 15 years of service. Last year everyone had a wonderful time, so look for your invitation in the mail, arriving shortly. If you would like to help with the planning or set-up, let Ellen know. We hope to see you there.

VOLUNTEER OPPORTUNITIES

There are many volunteer opportunities available at the Adult Center. From working in the Maple Tree Gift Shoppe or driving for the meals program to becoming a friendly visitor there is a volunteer position for everyone. We at the Adult Center would love to have you join us as we give our best to all we serve. We would welcome any time you can give and do not require a weekly commitment. For information call Ellen at 565-4150.