

Emergency Preparedness Quiz – How Ready Are YOU?

Take the quiz and return to the Adult Center prior to Thursday, September 18th to be eligible for the Emergency Kit Raffle.

1. A Family Emergency Plan should NOT include which of the following?

- The name and phone number of an out-of-town contact person
- A list of important phone numbers, including those of doctors and emergency services
- Arrangements for each person in the family to be at a specific land line telephone at a specific time
- A central meeting spot outside your home and one outside your neighborhood in case you need to leave the area

2. When preparing for a possible emergency situation, it's best to think first about the basics of survival. Which of the following is NOT considered a necessity for survival?

- Drinking water
- Food
- Clean air
- Comfortable shoes
- Warmth

3. Which of the following items should NOT be included in a basic emergency supply kit?

- Water (one gallon per person per day for drinking and sanitation)
- Non-perishable foods
- Battery-operated radio
- Dust mask or cotton fabrics
- Whistle
- Important family documents
- Candles
- Flashlight and extra batteries
- Manual can opener
- Plastic sheeting and duct tape
- Garbage bags and plastic ties
- Wrench or pliers

- First aid kit
- Unique family needs such as infant formula or prescription medicines

4. Which of the following is NOT a recommended action for emergency preparedness?

- Creating a family emergency plan
- Stockpiling antibiotics
- Becoming knowledgeable about types of potential emergencies and responses
- Getting an emergency supplies kit

5. Which steps should pet owners take when preparing their pets for emergencies?

- Assemble an emergency supply kit with enough pet food and water for three days, as well as medications, medical records, leashes and ID tags. Develop an emergency plan that considers the pets' needs and make a list of animal shelters or veterinary hospitals in other cities where a pet may need to be temporarily sheltered in the case of an evacuation.
- Plan with neighbors, friends or relatives to make sure that someone is available to care for or evacuate pets if you are unable to do so.
- To alert rescue workers during a fire or other emergency, place "Pets Inside" stickers on doors or windows, including information on the number and types of pets.
- All of the above

6. Which of the following is the federal government's Web site that provides information about how to get prepared for a natural disaster or other emergency?

- www.prepared.gov
- www.safe.gov
- www.ready.gov
- www.protected.gov

Name: _____

Telephone: _____



VOLUNTEER VIEWS

Ellen Gold
Coordinator of Volunteers

TREASURES FROM GRANDMA'S ATTIC

The **Adult Center's Annual Sale** will take place on Friday and Saturday, October 24 and 25, 2008. We are looking for high quality items – if you have any unwanted gifts, holiday decorations or other suitable items, we would appreciate your donation. We are accepting the following in **VERY GOOD** and **CLEAN** condition: household goods, collectibles, baby/children's equipment, appliances in working condition, small furniture, jewelry and women's clothing. We will **not accept** broken items, footwear, men's or children's clothing, toys, suitcases, exercise equipment, record albums, linens, and fabric pieces. Due to limited space, please call the Center at 565-4150 prior to making a donation. If you are interested in working at the sale for a three-hour shift, please call Ellen at the Center.

COA BOARD

The Council on Aging Board of Directors is the appointed as the link between the Select Board and the Adult Center. The COA Board recommends policies and oversees programs and identifies service needs of the elderly. We want to welcome newly appointed members of the Board: **Marilyn Hurst, Margaret Jenkins, and Rose Morace**. They join Board members: **Patricia Camerota**, Chair; **Diane Nadeau; Ernest Blake; Charlotte Burke; John Carey; Saul Finestone; Anamarie Friberg; Alana Hoffman; James O'Donnell; George Pennington; Betty Rochford**

and **Eleanor Stolar**. Thanks to all of you for your support of our Center.

DEDICATED VOLUNTEERS

We offer our sincere thanks to our wonderful Meals on Wheels drivers. These dedicated volunteers deserve all our thanks for enduring the terrible conditions of our unending summer rains and high temperatures. They all have been working hard – driving additional routes, covering vacations and illnesses with a smile. We express our gratitude to: **Lorraine Ahladas, Dawn Barkman, Kathy Brennan, Bill Brennan, Ralph Brown, Christine Cates, Leah Cates, Scotti Danalis, Paula Davitt, Gundel Deex, Oliver Deex, Tina deMeza, Sherri Ehrenberg, Caroline Ehresman, Dolores Farrell, Joseph Flanagan, Shawna Frazer, Charles Frueh, Don Gaffney, Linda Glenn, David Grimes, Emmie Grimes, Mike Hodges, Pat Hodges, Alana Hoffman, Winnie Hopfe, Don Hoyer, Tom Johnson, Meri Kassanos, Eunice Kavanagh, Vicki Kiss, Dick Kmetz, Hilde Kmetz, Joanna Krol, George Krol, Barbara LaBar, Ed Lucas, Sue Lucas, Marilyn Marr, Ray Marr, Jan Metoxen, Donna Melchionna, Arlene Miller, Ben Miller, Judith Miller, Denise Mulcahy, Claire Nowicki, Charles Paquette, Alice Parker, Wendy Pollack, Stephanie Pons, Judy Portier, Ann Preston, Vicki Purugganan, Michael Rappaport, Peter Santos, Marge Steiger, Carl Stephan, Marilyn Sutton, Mona Swanson, Hilary Tatum, Maura Thor, Caroline Toner, Fred Wilochka, Elaine Young and Josie Zimmer**. If you interested in joining, call Ellen at 565-4150.