



Successful Aging Institute

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September
2016

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Class Highlights for September 2016

CLASS NAME : Mutual Funds: The Good, the Bad and the Fine

Print

Date: September 8th
Time: 1:30 PM - 3:30 PM
Cost: Free
Location: Willamalane Activity Center

CLASS NAME: Become a Senior Companion

Date: September 9th
Time: 1:30 PM—2:30 PM
Cost: Free
Location: Willamalane Activity Center

CLASS NAME: Personal Care Aide Preview Class

Date: September 29th
Time: 5:30 PM—6:30 PM
Cost: Free
Location: Lane Community College—Downtown Campus Room 105

CLASS NAME: Yoga for Stress Reduction

Date: September 29th—October 27th
Time: 7:15 PM—8:30 PM
Cost: \$38.00
Location: Eugene Yoga—Downtown Location

Successful Aging Institute
Lane Community College
Downtown Campus
101 W 10th Avenue
Suite 133
Eugene, OR 97401
541.463.6262

www.lanecc.edu/sai

Barbara Susman
Director

Beth Brooks
Senior Companion Program
Project Specialist

Elaine Eiler-Mough
Instructional
Coordinating Specialist

Disaster Preparedness for Seniors

Emergencies and disasters can strike quickly and without warning and can force you to evacuate your neighborhood or be confined to your home. What would you do if your basic services—water, gas, electricity or communications—were cut off?

Local officials and relief workers may not be able to reach everyone right away. You can deal with disaster better by preparing in advance and by working with those in your support network: your family, neighbors, caregivers and friends as a team.

The Three Steps to Preparedness

- 1. Get a Kit**
- 2. Make a Plan**
- 3. Be Informed**

1. Get a Kit

Disasters can happen at any moment. By planning ahead you can avoid waiting in long lines for critical supplies, such as food, water and medicine and you will also have essential items if you need to evacuate.

For your safety and comfort, have a disaster supplies kit packed and ready in one place before a disaster hits.

Assemble enough supplies to last for at least three days. Store your supplies in one or more easy-to-carry containers, such as a backpack or duffel bag.

You may want to consider storing supplies in a container that has wheels.

Be sure your bag has an ID tag.

Label any equipment, such as wheelchairs, canes or walkers, that you would need with your name, address and phone numbers.

Keeping your kit up-to-date is also important. Review the contents at least every six months or as your needs change. Check expiration dates and shift your stored supplies into everyday use before they expire. Replace food, water and batteries, and refresh medications and other perishable items with “first in, first out” practices.

Basic Needs and Supplies

- ☐ Water — one gallon per person, per day (*3-day supply for evacuation and 2-week supply for home*)
- ☐ Food — it is a good idea to include foods that do not need cooking (canned, dried, etc.) (*3-day supply for evacuation and 2-week supply for home*)
- ☐ Flashlight with extra batteries and bulbs (*do not use candles*)
- ☐ Battery-operated or hand-crank radio
- ☐ First aid kit and manual
- ☐ Medications (*7-day supply*) and medical items
- ☐ Multi-purpose tool (*several tools that fold up into a pocket-sized unit*)
- ☐ Sanitation and personal hygiene items (*toilet paper, plastic garbage bags*)
- ☐ Copies of personal documents (*medication list and pertinent medical information, deed/lease to home, birth certificates, insurance policies*)
- ☐ Cell phone with an extra battery and charger (s)
- ☐ Family and friends' emergency contact information
- ☐ Cash and coins (*ATMs may not be accessible*)
- ☐ Emergency blanket
- ☐ Map (s) of the local area
- ☐ Whistle (*to attract the attention of emergency personnel*)
- ☐ One change of clothing
- ☐ Manual can opener
- ☐ Pet supplies (*including food and vaccination records*)
- ☐ Extra set of keys (*car, house, etc.*)
- ☐ Pack of cards to provide entertainment and pass the time

2. Make a Plan

Meet With Your Family and Friends

Explain your concerns to your family and others in your support network and work with them as a team to prepare. Arrange for someone to check on you at the time of a disaster. Be sure to include any caregivers in your meeting and planning efforts. Assess yourself and your household. What personal abilities and limitations may affect your response to a disaster? Think about how you can resolve these or other questions and discuss them with your family and friends. Details are important to ensure your plan fits your needs. Then, practice the planned actions to make sure everything “works.”

Family Communications Plan

Carry family contact information in your wallet.

Choose an out-of-town contact person. **After a disaster, it is often easier to make a long-distance call than a local call from a disaster area.**

Community Disaster Plans

Know about your community’s response and evacuation plans (e.g., hurricane, nuclear emergency, severe weather). If you do not own a vehicle or drive, find out in advance what your community’s plans are for evacuating those without private transportation or make arrangements with a neighbor who would drive you.

If you receive home care, speak with your case manager to see what their plan is in times of emergency and how they can assist with your plan.

Cold Climate Supplies

It is possible that you will not have heat during or after a disaster. Think about your clothing and bedding needs. Be sure to include one set of the following for each person:

- ☐ Jacket or coat
- ☐ Long pants and long-sleeve shirt
- ☐ Sturdy shoes
- ☐ Hat, mittens and scarf
- ☐ Sleeping bag or warm blanket

Supplies for Your Vehicle

- ☐ Flashlight with extra batteries and extra bulbs
- ☐ Maps
- ☐ First aid kit and manual
- ☐ Tire repair kit
- ☐ Jumper cables
- ☐ Flares
- ☐ Bottled water
- ☐ Non-perishable foods such as granola bars
- ☐ Shovel
- ☐ Sand
- ☐ Tire chains
- ☐ Windshield scraper
- ☐ Florescent distress flag

Summer

Sunscreen lotion SPF 15 or higher, shade item

(umbrella, wide-brimmed hat, etc.)

Escape Routes and Meeting Places

- Plan the best and quickest escape routes out of your home and evacuation routes out of your neighborhood.
- Decide on a meeting place outside your neighborhood in case you cannot return home.
 - If you or someone in your household uses a wheelchair, make sure all escape routes from your home are wheelchair accessible.
- Know the safe places within your home in case you need to shelter during extreme weather events (*e.g., tornado*).
 - Practice your escape drill every six months.
- Plan for transportation if you need to evacuate to a shelter.

Post Emergency phone Numbers Near Your Phones

Post emergency numbers near all of your phones. Include the numbers of those in your support network. Remember that in some emergencies telephone lines might not be working. Consider having alternative plans for contacting those in your network.

Plan for Those With Disabilities

Keep support items like wheelchairs and walkers in a designated place so they can be found quickly. This step is essential for those who have home-health caregivers, particularly for those who are bed bound.

Plan for Your Pets or Service Animals

Take your pets with you if you evacuate. However, be aware that pets (except service animals) are not permitted in emergency public shelters for health reasons. Prepare a list of family, friends, boarding facilities, veterinarians and 'pet-friendly' hotels that could shelter your pets in an emergency.

Utilities

Talk to your utility company about emergency procedures and know how and when to turn off water, gas and electricity at the main switches or valves. Share this information with your family.

Smoke Alarms and Carbon Monoxide Alarms

Test your smoke alarms and carbon monoxide alarms regularly.

Insurance Coverage

Talk with your agent and know what is covered and what is not.

Vital Records and Documents

Keep copies of vital family records and other important documents in a safe location, like a fire safe or safe-deposit box.

Hearing Aids/Cochlear Implants

If you wear hearing aids or assistive devices, consider storing them in a bedside container that is attached to your nightstand using Velcro. Some disasters may shift items that are not secured making it difficult to find them quickly.

Maintain your kit and practice your plan every six months.

Change the batteries in all devices at least once a year.

3. Be Informed

Preparing for a hazard that is most likely to happen in your area will help you be prepared for any disaster.

Before a disaster happens, have a conversation with those in your support network. Family, friends, caregivers and neighbors. Let them know your needs in an emergency situation.

Take responsibility by planning now.

Useful Resources

- EWEB (eweb.org) -*electric outage* 1.844.484.2300– *water emergency* 541.685.7595
- SUB (subutil.com) - *electric outage* 541.726.2395 or 541.746.8451– *water emergency* 541.726.2396 during business hours 541.746.8451 after hours
- Rainbow Water District (rwdonline.net) - *water emergency* 541.746.1676
- Blachly-Lane (www.blachlylane.coop) -*electric outage* 541.688.8711
- American Red Cross (www.redcross.org) 862 Bethel Dr. Eugene Oregon 97402 541.344.5244
- AARP (www.aarp.org)
- Department of Homeland Security (www.ready.gov)
- Emergency Prescription Assistance Program (<http://www.phe.gov/Preparedness/planning/epap/Pages/about.aspx>)
- Emergency Management Risk Services Division/Community Emergency Response Team CERT (<https://www.eugene-or.gov/382/Community-Emergency-Response-Team-CERT>) 541.682.5860

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We also thank Lane Senior Guide for Publicizing SAI

Thank you, for taking the time to read our newsletter.

We welcome your input at sai-eneews@lanecc.edu