



## SENIOR NUGGETS - JULY 2014

### DO YOU HAVE A DISASTER SUPPLY KIT?

Hurricane and tornado season is here. Disasters can happen at any moment. The following will assist you in preparing your own disaster supply kit. Input came from a group of seniors who experienced a two-week power outage (massive ice storm and Hurricane Sandy on the East Coast).

#### DISASTER KIT – WHAT TO HAVE ON HAND:

- WATER: One gallon per person, per day (three-day supply) for evacuation and two-week supply for home)
- Food: Include foods that require no cooking (canned, dried, etc). Three-day supply for evacuation and two-week supply for home.
- Manual can opener, scissors, trash bags
- Flashlights: (several) with extra batteries and bulbs, (do not use candles)  
NOTE: solar lights from outside are useful for indoor use at night
- Battery-operated or hand-crank radio
- First aid kit and manual
- Medications (seven-day supply) and medical items
- Multi-purpose tool (several tools that fold up into a pocket-sized unit) (Swiss Army knife)
- Sanitation and personal hygiene items (e.g., toilet, paper, wipes, plastic bags) portable commode, if available
- Copies of personal documents (medication list and pertinent medical information, deed/lease to home, birth certificates, insurance policies, include car insurance policies, credit card information)
- Cell phone with an extra battery and charger(s)
- Family and friends' emergency contact information



GOD BLESS AMERICA

Your comments, suggestions for future “Nuggets” are welcome.

- Cash and coins (ATMs may not be accessible)
- Emergency blanket for all in the home
- Keep extra bread, rolls, butter in freezer for thawing and usage
- Place all items in designated area in a ‘safe room’ and advise family
- Arrange an emergency gathering place to determine if someone is missing
- Map(s) of local area
- Whistle (helps to attract attention to your location)
- Change of clothing for each person in household
- For those with infants: baby food, diapers, lotions, plastic bags
- Pet supplies (including food and vaccination records)
- Extra set of keys (car, house, safe deposit box)
- Plastic cups, cutlery, paper plates
- Tissue, paper towels, wet-ones
- Hand sanitizers
- Boxed shelf-milk
- Boxed cereals
- Small and large trash bags
- IMPORTANT - Keep gas in car(s)
- Have cards and board games on hand for entertainment/passing time
- Many of these items are available in dollar stores



## **HAPPY BIRTHDAY TO ALL HAVING A JULY BIRTHDAY**

**MARK YOUR CALENDAR: ANNUAL ATHOLTON SENIOR DAY  
WILL BE IN OCTOBER - MORE DETAILS TO FOLLOW**