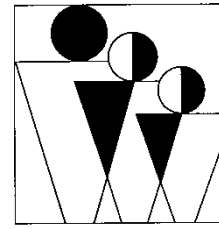


Shawano County UW-Extension
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Working for Wisconsin Families

Nancy Schultz, Family Living Educator
Shawano County UW-Extension

September/October/November 2013

FAMILY LIVING EDUCATION

Being Prepared for Emergencies – A tip sheet for caregivers and older adults

The Four Steps to Preparedness

1. Get a Kit

- For your safety, have a disaster supplies kit packed and ready in one place before disaster hits.
- Assemble enough supplies for each person to last for at least three days.

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 or 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
 - * Have a NOAA weather radio (they are really quite affordable) and keep batteries available.
 - * Flashlight and extra batteries (do not use candles or matches)
 - * First aid kit-including necessary quantity of medication and supplies.
 - * Whistle to signal for help
 - * Dust mask
 - * Moist towelettes, garbage bags and plastic ties for personal sanitation
 - * Wrench or pliers to turn off utilities
 - * Pet food, extra water and supplies for your pet or service animal
-
- Store your supplies in one or more easy-to-carry containers that will seal out water and pests.
 - Be sure your container has an ID tag. Do not store flammables.
 - Label any equipment, such as wheelchairs, canes or walker, which you would need with your name, address and phone numbers (preferably mobile since landlines may be down).
 - Keep your kit up-to-date. Review the contents at least every six months or as your needs change.
 - Use a waterproof marker to put dates on items. Check expiration dates and shift stored supplies into everyday use before they expire. Use a “first in, first out” practice. (**Tip:** do not store batteries in an item, but put them in a zip-type plastic bag and put both in a gallon zip bag.)



COOPERATIVE EXTENSION SERVICE - UNIVERSITY OF WISCONSIN-EXTENSION
Courthouse-Room 101, 311 N. Main St., Shawano, WI 54166 (715) 526-6136

Working for Wisconsin Families

Hello Friends,

It is hard to believe how fast summer has gone by, and it won't be long before school will be starting. Here in Wisconsin we have an occasional severe storms that can knock out our power or cause flooding. So if you had no power for three days, would you be prepared? In this newsletter you will find tips to help you as an individual or caregiver be prepared for any emergency. If you have never thought about have an emergency plan, invest the time today, and be prepared just in case.

It seems like we just planted our gardens, but now we are in full swing of harvesting them. If you are looking for ways to preserve that excess produce, consider joining me for some food preservation classes at the Shawano Middle School. You can register on the Community Education Website or contact 715 526-2912 ext 3202.

I would also personally like to invite you to the HCE Learn-In on September 25th, 2013. It will be held at The Main Event, in Cecil. Our speakers include Marti Matyska, Tom Tuma, Jason Roe and Mad Dog and Merrill who are nationally recognized as self-proclaimed Grillologists. Join us for a fun day of learning

Sincerely,

Nancy Schultz
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Family Living Educator
Nancy.Schultz@ces.uwex.edu

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2. Make a Plan

Planning ahead reduces anxiety. Prepare now for a sudden emergency and remember to review your plan regularly.

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 should there be a local disaster. Assess yourself and your household. Discuss any concerns with your support network. Details are important as is practicing the planned actions to make sure everything "works."

- Carry family contact information in your wallet.
- Choose an out-of-town contact person. After a disaster, it is often easier to call long-distance than a locally. Texting on a cell phone may also be easier to do.
- Know how to turn off your gas and electricity; get to know your neighbors.

3. Be Informed

Community Disaster Plans

Know about your community's disaster plans (e.g., severe weather, power outages,) including any evacuation plans for those without transportation. If a care recipient receives home care, speak with the provider to see what their plan is in times of emergency and how they can assist you. Read literature that will help educate you on disaster preparedness and recovery. Talk to your insurance agent to make sure your residential coverage is adequate – likewise if you own a vehicle. This is personal planning. But that doesn't mean doing it all on your own. If you can, work through a preparedness checklist with a family member or friend (see below for link).

4. Be Ready

Take care of yourself and keep your body's natural immunity as strong as possible. Eat right. Drink plenty of water. Get your rest. Make physical exercise, including falls prevention, a regular part of your day. Get an annual Flu Shot and necessary vaccinations.

Invest the time today, and then get on with your life. It's the smart thing to do, just in case.*

*This information was condensed in part from the following resources on behalf of the GWAAR Emergency Preparedness Team:

Aging in Stride: http://www.aginginstride.org/emergencyprep/docs/Just_in_Case.pdf

Disaster Preparedness-For Seniors By Seniors:

http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4640086_Disaster_Preparedness_for_Srs-English.revised_7-09.pdf

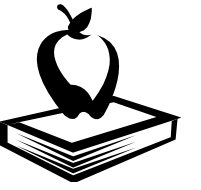
Emergency Planning Checklist - Recommended Tool For Persons With Medical Needs Living At Home, Their Family Members, Guardians & Caregivers: <http://www.ltcombudsman.org/sites/default/files/norc/CMS-Checklist-Persons-Medical-Needs-Living-At-Home.pdf>

For more information on the being prepared for emergencies: Contact the Shawano County UW-Extension Office, 311 North Main Street, Shawano, WI 54166 ▪ 715-526-6136 ▪ <http://shawano.uwex.edu/>



EDUCATIONAL OPPORTUNITIES

For more information on these programs or to register call the
Shawano County UW-Extension office at: 526-6136 or 866-526-2128.



Share The Bounty - 2013

The Hunger Prevention Project Program runs July through October.

A hunger prevention program that allows area gardeners to donate extra home-grown fruits and excess vegetables to those in need. Gardeners bring their produce to drop-off sites in Shawano County where it is distributed to those who can use it. It's a simple program. No income requirements and no paperwork! All varieties of fruits and vegetables are accepted in quantities both large and small. Produce should be reasonably clean. Containers are provided on site. This is a "win-win" situation because gardeners' produce will not go to waste and recipients get healthy food at no cost.

2013 Drop off and pick up sites:

SAFPARC – 218 E Richmond, Shawano

Lutheran Counseling & Family Services Thrift Store
2324 E. Richmond St.

Goodwill Industries – 300 Lakeland Rd. Shawano

St. Martin's Catholic Church

407 S. Warrington Ave. Cecil – 4th Tuesday Morning drop off 9am to 1pm

Wittenberg

Community Center -Tuesdays from 9am to 5pm

2013 Fall Learn-In

The Shawano and Waupaca County HCE will be hosting the 29th Annual Learn-In at The Main Event in Cecil on September 25th from 8:30 am to 3 pm. Everyone is welcome to attend this fun-filled day of learning. This year's main topics will include: The Hankie Lady-Marti Matyska, Drugs and You-Tom Tuma, Lunch will be catered by Sally's Catering, Strong Women-Nancy Schultz, Staying Upright-Jason Roe and Mad Dog & Merrill. If you are interested in attending the cost is \$18 for the day, lunch included. For more information or a registration form please call the UWEX office at 715-526-6136. Deadline to register is September 18th.

Shawano Community Education

Come and join Shawano Counties Master Food Preservers. Linda, Nancy & Sandi will be hosting Food Preservation Classes and Food Classes this fall at the Shawano Community Middle School. The classes will be Basics of Canning, Salsa, Pickling, Dehydration and Sampling, Make you own Mixes: SOS & All-Purpose and Meats & Seasonings and Mixes for Gift Giving. If you would like to get you Christmas Baking done in one night? Make sure you sign up for the Christmas Cookie Exchange, this class will run 4 different nights. The first class starts on September 11th! So register now before they fill up. For more information you can contact Sandi or Jill at 715-526-2192 x3202 or check out the web site at: <http://ce.shawanoschools.com>

Enjoyable Learning for a Lifetime

Here's a glimpse of this wonderful event!!

Thursday, October 24, 2013 8:30 a.m. - 3:30 p.m.
Hillside Assembly of God Church, 5890 State Hwy
22, Gillett

Register by October 10th – Registration brochure can be found at the Oconto County UW-Extension website (<http://oconto.uwex.edu/>).

Bring a friend, your spouse, or your adult children.

8:30-9:00- Registration & Light Refreshments

9:00-9:15- Welcome and Announcements

9:30-10:30- Keynote Address

10:45-12:00- Session 1

12:00-12:45- Luncheon

12:45-2:00- Session 2

2:15-3:30- Session 3

Keynote Address:

CCC Camps "Dollar-A-Day Boys"

Bill Jamerson, Author/Filmmaker/Songwriter

A fun, nostalgic look at the 1930's Federal Works Program that gave employment to 3.5 million men.

Available Classes:

Bracelet Making

Celebrate What's Right with the World

Drying Herbs

Introduction to Beekeeping

More Than Bones & Biscuits: Therapy Dogs at Work

Taxidermy-Preserving the Memories

The ADRC and You

Caregiver Stress

Container Gardening Flowers & Vegetables

The Conversation

Money Matters

Potato Bag

The Basics-Memory Loss, Dementia & Alzheimer's

How to Kill a Tree in 10 Easy Steps

Soup or Sauce Mix

Home Care & Home Health Care-What Every Senior Should Know

