



OCTOBER 2019  
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# VILLAGE TIMES

## 7 Tips to Prepare for Disasters

**1. Learn about Potential Threats-** Learn what disasters or emergencies may occur in your area. These events can range from those affecting only your family, like a home fire or medical emergency, to those affecting your entire community, such as an earthquake or hurricane, depending on your geographical location.

**2. Locate Community Resources-** Identify how local authorities will notify you during a disaster, whether through local radio, TV or NOAA Weather Radio stations. Learn about community response plans, evacuation plans, and designated emergency shelters. Familiarize yourself with NOAA weather alerts such as watches and warnings and what actions to take in each.

**3. Plan Escape Routes-** Identify two ways to escape from every room. Practice your escape plan at least twice a year. Identify responsibilities for each member of your household and plan to work together as a team. Select a safe location away from the home where your family can meet after escaping.

Purchase escape ladders for rooms above ground level. If you see smoke or fire in your first escape route, use your second way out.

**4. Establish a Communication Plan-** Your family may not be together when disaster strikes, so plan how you will contact one another. Think about how you will communicate in different situations.

**5. Make an Emergency Kit-** You may need to survive on your own after a disaster. You can purchase a Red Cross emergency preparedness kit online or build your own. Assemble a disaster recovery kit and make sure everyone in the home knows where it is.



**6. Maintain Your Disaster Supply Kit**-Just as important as putting your supplies together is maintaining them so they are safe to use when needed. Here are some tips to keep your supplies in good condition:

- Keep canned foods in a dry place where the temperature is cool
- Store boxed food in tightly closed plastic or metal containers to protect from pests and to extend its shelf life
- Throw out any canned items that becomes swollen, dented, or corroded
- Write the date on all containers you store. Use foods before they go bad, and replace them with fresh supplies.
- Re-think your needs every year and update your kit as your family needs change
- Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers

**7. Make Emergency Contact Cards**-Complete an [emergency contact and health card](#) for each family member and keep the cards handy in a wallet, purse, backpack, etc. Include information about medications, adaptive equipment, blood type, allergies, immunizations, and communication difficulties, as well as emergency contact information.



**From the desk of Service Coordinator - Mrs. Beverly Jefferson**

**FALL PREVENTION CHECKLIST**  
For Older Adults

- ☐ 1. Always clear walk paths & repair as needed to prevent falls/trips.
- ☐ 2. Inspect & repair stairs or any unlevel area or change in height for safety & install rails or handrails.
- ☐ 3. Install non-skid material in high water areas such as bathtub or shower & non-skid material under rugs.
- ☐ 4. Remove throw rugs unless small & used in high water traffic areas & they should be secured in the corners & have non-skid material underneath to prevent slips & trips.
- ☐ 5. Install color contrast at top & bottom of stairs or at change in height of flooring.
- ☐ 6. Install adequate lighting in all areas of home indoors & outdoors & use nightlights in walk path from bedroom to bathroom & to kitchen.
- ☐ 7. Install grab bars or hand rails in bathroom for safety getting in/out of tub/shower.
- ☐ 8. Use equipment in bathroom where needed over toilet or in shower or tub for safety & assistance in transfers.
- ☐ 9. Have a physical therapy evaluation for fall prevention or home safety assessment for any needed equipment for gait or to assist in making other activities easier & safer.
- ☐ 10. Use a cane or walker for ambulation if you have balance problems or weakness.

# Anti-Bullying Word Search Puzzle

PERSISTENTUCGRQFXHXGFIE  
OKOHDEJNANAECCMLCKPXS  
VRVQSDLIGISLLNSOZIOEZVX  
UMEMYDNLPIXIKGTYTHLPWO  
RPLMEJQEDWNSRSGSPBDFSE  
LTHTY CUTNATROP MISTPUU  
SGWHWTPIQYRXSMQPAYBKIZ  
SEIQHPZTNDIRQENTIVLDCNA  
RQKRZNORQFADGTDWNEWSX  
HWZEFFYJGKSSNEECANDOKKI  
NVQWOWUNUADGROXMXFRC  
MREJGCPRNIQEASBHKFDRON  
SNNUVGFRNNAREJLFGGDHCQ  
TLMNMEAZOBUXAPARENTSOI  
OJSEFASIOOTTULEEZOICOSR  
EHCAETZCAPHRZHGUTTNVSIE  
JUWCGFJJFCSENTIIDRUVIEBRB  
APGGSHCMNPWANFNKYKNPP

ACTION	ANTIBULLYING
AWARENESS	CALM
CANDO	CONFIDENCE
COURAGE	FREEDOM
FRIENDS	HELP
IMPORTANT	LISTEN
PARENTS	PERSISTENT
PREVENTION	RESPECT
SAFE	SAYNO
SCHOOL	SPEAKUP
STOP	SUPPORT
TALK	TEACHER

**NON - MAINTENANCE RELATED PLEASE CALL  
(850) 933-6009 (Mr. O)  
ALL MAINTENANCE EMERGENCIES PLEASE CALL  
(850) 933-3019 (Mr. Gavin)**

**THE HAPPENINGS IN THE VILLAGE**

**October 4th - AKA's FAMU Homecoming Giveaway at 3-4 pm  
( YOU HAVE TO BE PRESENT TO RECEIVE)**

**October 11th - Massey Exterminator**

**October 24th - Tenant Meeting at 2:00 pm  
(Releasing of Balloons Breast Cancer & Domestic Violence Awareness)**

**October 25th - Tailgate Party 11:00 - 2:00 - For Those Who Signed Up  
(Wear Apparel of your Favorite Team)**

**October 29th - Senior Fraud Class 2:00 pm - Leon County Sheriff**

**OFFICE HOURS  
MONDAY - FRIDAY  
8:30 AM - 3:30 PM**

*Key to Independent Living*

