

# Watch Out!

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THIS NEWSLETTER IS WRITTEN, BY AND FOR CONSUMERS, WITH A GRANT FROM FAR NORTHERN REGIONAL CENTER. WE HOPE YOU ENJOY IT.

## My Safety Plan

By Arlen Lowery

The place where I live has a great emergency plan. When someone new moves in, we have a safety meeting and go over the safety plan. We show the new person where the fire extinguishers and first aid kit are located. We also see a safety video. We show them where the alarm system is in each room. In case you fall and cannot get up you can pull a string that sets off an alarm at the main office, the owner's home office and an alarm monitoring company.

Emergency routes are posted on the wall at the main entrance, the back door, and in all the bedrooms. Bedrooms one and two have emergency exit doors going out into the parking lot. The other rooms exit out the back door and the main door. All of those doors have exit signs above them. Everyone knows the meeting place in the parking lot in front of the house. The emergency food supply is stored in the pantry in case we need to leave quickly.

My emergency plan is to have my medications, flashlight, energy bars, clothes, water, space blanket, first aid kit, snake bite kit, and a battery or hand-crank radio all ready to go in a backpack. I would learn the location of the nearest emergency shelter. I would also let my friends and relatives know I am safe and at a shelter and give them the number of the shelter if they need to contact me. Always be prepared for an emergency because you never know when one is going to happen. The reason I know this is because I was in Glenoma, Washington when Mt. St. Helens erupted in 1980.



*Arlen Lowery*

## From the Editors . . .

Emergencies happen when you least expect it. It's important to be ready for emergencies NOW rather than wait for the moment when it's already too late.

*Continued on page 3*

## Ricky Sedillos Honored

By Ricky Sedillos

Hi, my name is **Ricky Sedillos**. I am 30 years old. This year I walked in "Walk a Mile in Her Shoes," a Redding community event sponsored by the



*Ricky Sedillos holding his award*

Shasta County Women's Refuge. I went door-to-door and to local businesses asking for donations. I completed almost 5 pages of donations, collecting \$1,260. This is the second year I've done the walk.

On April 29, I was awarded a plaque, at a Redding community event, for having the most sponsors. I was very proud and happy to receive the plaque from the Shasta County Women's Refuge.

I'm very thankful for this award. First of all, I would like to thank God. I also would like to

thank FNRC and my day program. I would like to thank my community. I would like to thank People First. I would like to thank my family. I would also like to thank the local businesses in Redding for their support, and everyone else who gave money to this cause.

## Big Words and What They Mean

**Disaster:** An event like a fire, flood, hurricane or earthquake that causes serious loss, damage, hardship, or death.

**Emergency:** An unplanned and sudden event like a fire, flood, earthquake or car accident that must be taken care of quickly.

**Emergency Exit doors:** A way to get out of a building to a safe place. Emergency exit doors use a lighted "EXIT" sign so you know where they are.

**Emergency Food Supply:** Food and water that you don't eat or drink right away, but set aside in case there is an emergency.

**Evacuation:** Making people leave from a dangerous place. You must leave, you must get out to be safe.

**Fire Extinguishers:** A metal container, usually painted red, that uses foam or liquid to spray onto a fire in order to put it out. Never use water on a grease fire!

**Go Bag:** A backpack or suitcase where you keep emergency supplies, food, water, and a list of your current medication.

**Shelters:** A safe place to stay in case of an emergency.

## From the Editors (continued from front page)

It's important to plan ahead for yourself, but also if you have a pet, you must plan ahead for them too (see page 6). There's a lot to do to get ready for an emergency: make sure you have a "Go Bag" packed (see page 3); have a plan in place in case you need to leave your house fast and practice your plan (see front page); and learn about community services offered to people with disabilities such as SNAP (see page 6/7), local shelters, and the Red Cross. There are a lot of people who will teach you how to be ready if you need help (see page 4 and 5). But don't wait until it's too late!

If you don't understand what people are telling you to do during an emergency, you need to say, "I don't understand," and have the person say it again so that you do understand. We hope you learn a lot from this issue, just like we did!



*The Editors of Watch Out! from left: Meghean Skinner, Cory Smith, Glen Pollock, Shelly Anderson and Sherri Douglas*

## Emergency Planning: The "Go Bag"

By Sherri Douglas

What is a "Go Bag?" It is an emergency backpack that was developed by the Consumer Advisory Committee of the Department of Developmental Services. This bag has lots of things you will need if there is an emergency: things like food, water, clothing, phone numbers, a list of your medications, medical supplies, a radio and a flashlight. Things like these will help you feel more comfortable in an emergency if you have to leave your home for a few days.



*The "Go Bag"*

Having your "Go Bag" close to an exit or front door will make it easy for you to reach when you have to leave your home quickly. The "Go Bag" can save your life and save the lives of others. This bag can make us all feel safer if an emergency were to happen.

FNRC has some bags already put together which they plan to hand out in June. They are for people who live independently and who get Independent Living Services (ILS) or Supported Living Services (SLS). They are also going to help people learn how to put together their own "Go Bag" at Feeling Safe, Being Safe workshops.

## Emergency Planning: R

*Emergency Planning: Ready or Not?* By Cory Smith

Get "READY" for a new twist on being ready for an emergency! The "Theatre in the Now" cast have produced another original play that asks us if we're ready for when an emergency happens, called "Ready or Not?" Not only is the play inspired by actual life experiences of the actors themselves, it also features an original song that is performed by the one who helped write it, **Matt Stephenson**.



*Matt Stephenson*



*The cast: (from back row left) Diane, Kara, Misha, Ty, Glenda, Cory, Rachelle, Cody, Robin, Matt, and Amadia*

The play deals mainly with emergencies that have affected us recently, fires and storms! Among the many subjects covered and discussed, "stop, drop and roll" is the one that I have become the most familiar with since I have joined the cast earlier this year. Besides being the one that teaches stop, drop and roll, I'm also a narrator, the person that helps tell the story and explains what is going to be shown on stage next! This has given me a special opportunity to not only become involved, but also to learn how I can be more ready myself for when the next storm or fire or whatever emergency comes!

So, ready or not, we're coming to a stage near you! We're right now scheduling shows, so make sure you get your program or group on our list by contacting Natalie: 809-1288 or [nvalencia@mainsl.com](mailto:nvalencia@mainsl.com).

*Emergency Planning: Feeling Safe, Being Safe Workshop* By Shelly Anderson

In April, FNRC had workshops on how to get ready for an emergency. **Debra Beeter** and **Patti Simpkins**, both members of the Consumer Advisory Committee of Department of Developmental Services, were teachers at this training. The workshop was called "Feeling Safe and Being Safe."

Debra and Patti explained about "Think, Plan, Do." This means think about what you need to do, make a plan, then do it or put your plan into action. This helps you be ready when the time comes.

They said we should all have a "Go Bag" in case of an emergency, like a fire, a flood or earthquake. They showed what was in their "Go Bags": a flashlight,

*Story continues on the next page*

## Feeling Safe, Being Safe

clothes, canned food, bottled water and medication for up to three days. You should put your "Go Bag" by the door or where you know where it is. Also, you should tell the support people in your life where you keep your "Go Bag," and why it is important to you. If you have a pet you should add their food and supplies to your bag (see page 6 for more about pets).

You should share phone numbers with your neighbor so you can help each other in an emergency. If you go to one of the trainings in the next couple of months, you will get a refrigerator magnet and instructions on how to fill it out. This will help the people supporting you in an emergency.

Do not be afraid to talk to the police or a fireman or any other official person if they come pounding on your door. If they tell you to leave your house, grab your bag and go. You need to stay calm and know what to do in case of an emergency. Think. Plan. Do. Let's do this together!



*Roger Pulliam learns how to pack an emergency Go Bag*

### *Emergency Planning: New Peer Teaching Project* By Glen Pollock

Everyone is talking about getting ready for an emergency. Recently, **Peggy Englert, Shelly Anderson, Roger Pulliam, Danette Schons, and Glen Pollock** went to the Feeling Safe, Being Safe training in Chico. The training was exactly for this purpose.

We all learned about what needs to be done in case there is an emergency. Consumers and service providers are going to go around and teach people in our area what needs to be done in case there is an emergency.



*Peggy Englert studies the Feeling Safe, Being Safe workbook*

The peer teachers are going to have two presentations: this year they will teach Feeling Safe, Being Safe, and next year they are going to add more information and give a fun, hands-on presentation around our area.

We are all going to learn from each other, and if any of you has a question about what needs to be done and what should be packed in "Go-Bags," we will be there to help you find the answer. We want you to be ready for an emergency, and we want you to be able to help others too.

## Emergency Planning: P

### *Emergency Planning: What to do with your Pet* By Rosie Johansen

If you love your pets as much as I do, please use this information to plan ahead and have your pets ready for any emergency. We all must be responsible for our own pets.



Rosie Johansen and cat Mika

Plan ahead – Shelters for people will not take your pets unless they are a certified service animal! A prescription for a companion animal from your doctor is not good enough. Make arrangements with family or friends who live in another area to take your pet. You can also call your veterinarian to ask if they will charge you a low-price rate to board your pet. If you cannot find anyone else, you can call your local animal shelter. Know what animal shelters are in your area.

Have a "Go Bag" ready – A "Go Bag" for each of your pets should have: your pet's shot record and, if your pet is a service animal, you must also have their service animal certificate in a plastic ziploc bag. You will need food and water for three days for each pet. A cat or small dog will need four bottles of water and a large dog will need five gallons of water. You will also need two bowls, one for water and one for food, a leash, a collar or harness (cats should have a harness), and your pet's I.D. tag. Each pet must have their own crate to live in during an emergency, not a cardboard carrier. Don't wait for an emergency, work with your pet so they will be happy in their own crate.

If you can't find your pet after the emergency is over, call your local animal shelter or animal control office. For a fee, you can get pets micro-chipped so their owners will be easier to find if they get lost.

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### *Emergency Planning: Evacuation Awareness* By Scott Douglass

I live in Chico, and we had a bad storm last year that put the electricity out for 5 days in some places around town. I was one of the lucky ones; my electricity only flickered on and off briefly.

In preparation for the next storm, I went out and bought a lantern, five heavy duty flashlights and long-lasting candles. My wife and I have extra blankets, bottled water, bottled drinks, canned foods and a can opener ready to go if we are without power for a long time.

My county worker gave me a red plastic envelope that goes on the fridge called a SNAP (Special Needs Awareness Plan) packet. Inside the packet is a

*Story continues on the next page*

## Feeling Safe, Being Safe

medical history form, who to contact if I am evacuated (made to leave) from my home, a paper that I am need to fill out and take to the local Office of Emergency Services. This way they will know where I live and what kind of accommodations I might need during a disaster. There are also several lists of what to put in an emergency evacuation kit, including a brochure on how to prepare my pet for a disaster and a bright green card that says SNAP on it to put in my window when there is an emergency. This will help police or fireman know that I have a disability, and I need help leaving my home. I was told they will even help people with these signs evacuate sooner than others.



*Barbara and Scott Douglass*

### *Emergency Planning: A Lesson Learned* By Angela Agostino

Ted and Susan Hess said they were scared last summer when the fires started in Paradise. Susan got a phone call from the Far Northern Regional Center to evacuate their home. Ted was not home from work, and this scared Susan even more. Ted was stuck on the bus coming home in bumper-to-bumper traffic for four hours. Susan was crying when he got home.

They called their landlord who told them they were ok, and they did not have to leave their home. Then Susan called her parents who told them not to leave unless they got call from 911 or the police came.

Susan and Ted packed their stuff in case they had to go. Susan's parents came to stay the night so they would all be together if they did have to leave. They

had to wear masks when they were outside because of all the smoke.

That summer, Susan worked shorter hours, and one of her coworkers gave her a ride home. Ted had a hard time getting back and forth to work in Chico because the public transportation had to drive the long way to and from Paradise.

Now Ted and Susan say they are working with their workers to set up an emergency "Go Bag" in case something like this happens again, and they have to leave in a hurry. Susan said there is paperwork for people with disabilities that she plans to fill out with her worker and take it to town hall so police and fireman know to help them in an emergency.



*Ted and Susan Hess*

**INSIDE THIS ISSUE:**

Emergency Planning: My Safety Plan	<b>1</b>
Ricky Sedillos Honored Big Words	<b>2</b>
From the Editors... The "Go Bag"	<b>3</b>
Ready or Not? Feeling Safe, Being Safe	<b>4</b>
Emergency Planning: New Peer Teachers	<b>5</b>
What to do with your Pet Evacuation Awareness	<b>6</b>
Emergency Planning: A Lesson Learned	<b>7</b>
Disabled Means What?	<b>8</b>

## Disabled Means What???

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### Special Thanks

Myra Morris, Shasta  
County Animal Shelter

### A poem by Jenelle Alfred

Disabled means what? I can't get a regular job?

Disable means what? I can't manage my own money?

Disabled means what? I can't go to  
school or college?

Disabled means what? I can't get  
married or have children?

I'm a human being like everyone else  
who has dreams and desires and  
choices.

For all of us I say:

We may need extra help on things,  
but we should be able to live a life  
with freewill and freedom of choice.



*Poet Jenelle Alfred*