



CAMANO PREPAREDNESS GROUP

May 2022 NEWSLETTER

Monthly Meetings: Every Second Thursday



Preparedness and Those with Functional Needs

Preparedness measures are pretty much the same for everyone, though they may be more challenging for individuals with functional needs. This is a broad category of individuals and includes those who use mobility aids, those who require medication, oxygen or other pieces of equipment such as dialysis machines, those who use service animals, those who have serious vision impairment, or who require alternate formats for receiving information due to hearing or speech impairments, and those who rely on a caregiver.

Regardless of your situation, you should learn what kinds of risks face our community. Have an evacuation plan including a destination, should leaving the home or the area be required. Know where shutoff valves for water, gas, electricity are located and know how to shut them off. Have a designated contact who lives out of the area, preferably out of state and know where to find that person's contact information quickly. Know your neighbors!

For those who have functional needs, you know your capabilities and limitations. Do not be afraid to share that information with trusted friends and neighbors. Inform them as to the layout of your home and in what manner you may need assistance. If you have critical medications or equipment, be sure to let the friend know where those are located. You may wish to leave a house key with a couple of neighbors, in the event of an emergency/disaster in which you are unable to get to your door to unlock it. If you have a service animal, make certain it has an ID.

For those without such needs, know who in your neighborhood is likely to require assistance. Add a waterproof tablet and marker to your preparedness supplies to help you communicate with someone who has hearing or speech issues. In an emergency or disaster, be sure to make eye contact with them. Facial expressions can often make it clear to them the importance of giving you their full attention. Do not let anyone interrupt you as you communicate the nature of the

emergency/disaster by means of writing or drawing pictures or using sign language/gestures. Those who are blind will likely be unaware of obstacles in their homes caused by a tree falling on it or by an earthquake. Work with them to identify alternate safe ways for them to escape their home, should such a disaster occur. If an individual uses mobility aids, have them demonstrate their use of them and let them explain in what manner they may need assistance. If possible, in the event of a disaster, take those aids with them when they leave. If there is a service animal, do not separate the individual from the animal.

Let the individual with the functional need take the lead. They know their capabilities and limitations far better than you. Be willing and ready to assist them where assistance is needed.

We are very blessed to live on an island with such an amazing sense of community. Together, we can overcome any emergency or disaster.

Meetings

The May CPG board meeting will be held on May 3rd. If you are interested in attending, contact Rhonda Paulson for time and location.

The general meeting will be held on May 12th from 1-3 pm at the Camano Community Center (606 Arrowhead Rd, Camano Island). The program will be a video with Dr. Tona McGuire. Dr. McGuire is a Behavioral Health member of the Disaster Clinical Advisory Board and a member of the State Disaster Medical Advisory Committee which advises the State Secretary of Health. The topic of the video is "**Managing Stress in Difficult Times**". With the pandemic, stress has been the order of the day for more than two years, now. Whether dealing with the pandemic or the loss of a loved one or caregiving for someone or having to face the effects of an earthquake, managing our emotional and mental health is as critical as managing our physical health.

**Beginning with our June 9th meeting, we will be returning to the Vista Madrona Fire Station with meetings held from 7-9 pm.

Planning Ahead for May

An ongoing look at spreading the cost of preparedness over the year, and at other measures you can take to prepare for an emergency/disaster.

Items to Locate or Purchase:

Unscented chlorine bleach Hand soap
Exam gloves Garbage bags
Waterproof portable container for critical papers
Bucket with lid and plastic liners for toilet
Large plastic food bags
Sleeping bags Extra blankets
Plastic sheeting Aluminum foil
Plastic wrap

Actions to Take:

Locate an appropriate area for storage and assemble your disaster supplies. Include extra clothing for each member of the household. Install emergency ladders for the upper floors of your home. Photo inventory all household items and store in a lockbox or with an out-of-state friend or family member. Check batteries in items requiring them. Replace where needed – this includes smoke alarms and carbon monoxide monitors.

Useful Websites

CPG – www.camanopreparednessgroup.org

CPG Facebook –

www.facebook.com/CamanoPreparednessGroup

FEMA – <https://training.fema.gov>

CIFR – www.camanofire.com

ICDEM (Island County Dep't. of Emergency Management) –

<https://www.islandcountywa.gov/DEM/Pages/Home.aspx>

Earthquake Country Alliance –

www.earthquakecountry.org/prepare/

Map Your Neighborhood –

<https://mil.wa.gov/map-your-neighborhood>

[MapYourNeighborhood booklet.pdf \(ncna.info\)](#)

Stanwood Camano Amateur Radio Club –

www.scarcwa.org

Robert Mitchell, MD, FACOG – Disaster

Medicine Project –

<https://www.facebook.com/DisasterMedicineProject>

US Coast Guard – <https://uscgboating.org/mobile/>

How to make a Crisco Emergency Light -

<https://youtu.be/xnNHM4OLkvE>

Disability Related Preparedness Resources –

<https://www.ready.gov/disability>

<https://www.redcross.org/prepare/location/home-family/disabilities>

<https://www.wasilc.org/coalition-on-inclusive-emergency-planning>

CPG Contacts:

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***The Camano Preparedness Group is a non-profit 501-C3 organization working to help Camano residents develop the skills necessary to make it safely through whatever major events we may encounter. We provide programs at monthly meetings, presentations for neighborhoods and local groups, and make available a wealth of materials at community events.

**Tax deductible donations welcome and can be sent to CPG, P.O. Box 1325, Stanwood, WA 98292 or can be made through our FaceBook page. You can also designate us as your choice for donations through Amazon Smile.

Preparedness is a State of Mind.

