



PREPARE YOUR HOME FOR EMERGENCIES.

BY MEGAN MILLER

When disaster strikes, it doesn't discriminate. Whether you own a home or rent, the importance of being prepared cannot be overstated. Unfortunately, the reality is only 55% of people have an emergency water supply, while 82% have three days' worth of nonperishable food. Don't forget that emergencies can happen anywhere – at home, work, even in our vehicles. With that in mind, below are a few basic tips to get your emergency plan started:

- Store a three-day supply of water (one gallon per person, per day) and at least a three-day supply of nonperishable food that's easy to prepare. If you have pets, be sure to also set aside a three-day supply of food and water per pet.

- Gather emergency supplies, such as flashlights, a can opener, battery-operated radio, cell phone charger, extra batteries, blankets, etc.
- Purchase two first-aid kits – one for home and one to keep in your vehicle – and make sure everyone in your household knows where they are.

In addition to these tips, working smoke detectors and carbon monoxide alarms in your home could save your family's life. While about 95% of U.S. homes have at least one smoke alarm, only 42% have a working carbon monoxide alarm. You should have a smoke alarm in every bedroom and level of your home, and a carbon monoxide alarm on each floor.

Sources: United States Census Bureau, "Measuring America" Infographic. census.gov/library/visualizations/2015/comm/how_ready_are_we.html. Accessed 25 July 2017.
Centers for Disease Control. emergency.cdc.gov/preparedness/pdf/infographic-are-you-prepared.pdf. Accessed 25 July 2017.

National Fire Protection Association. nfpa.org/news-and-research/news-and-media/press-room/news-releases/2014/nfpa-and-cpsc-announce-carbon-monoxide-alarm-safety-toolkit. Accessed 25 July 2017.

IN THIS ISSUE

- 2 How You Can Help in Disaster Relief
- 3 Urgent Care vs. the Emergency Room
- 4 Harvest of the Month: Apples

Smart Facts

80%

of Americans live in counties that have been hit with weather-related disasters.

890 LIVES

could be saved every year if all homes had working smoke alarms.

3 GALLONS

of water per person in the household is considered an emergency water supply.

Sources: Revised Fact Sheet on the Danger of Home Fires. redcross.org/images/MEDIA_CustomProductCatalog/m4340088_FireSmokeAlarmFactSheet.pdf. Accessed 18 July 2017.

United States Census Bureau, "Measuring America" Infographic. census.gov/library/visualizations/2015/comm/how_ready_are_we.html. Accessed 18 July 2017.

Federal Emergency Management Agency. fema.gov/news-release/2015/04/28/sixty-percent-americans-not-practicing-disaster-fema-urges-everyone-prepare. Accessed 18 July 2017.



HOW YOU CAN HELP IN DISASTER RELIEF .

BY MECHELLE MEADOWS

While most of us might not ever be personally impacted by a large natural disaster, they happen regularly and their effects can be felt even far away from the site of the disaster. For those located in Indiana, we recall the tornado that flattened the Starbucks in Kokomo just last year. However, disasters like Hurricane Katrina in 2005 and the earthquake that shook Haiti in 2010 can take a large toll on the widespread community, even to an international level.

When disasters hit, they trigger many emotions: Fear when it strikes nearby, relief when it passes over your own home and family, uncertainty of how to move forward, and compassion that ignites the urge to help.

For those wanting to take action, there are many ways to get involved both directly or from afar through donations or other support. These ideas can help aid in situations ranging in scope from small house fires to widespread disasters.

Here are three ways you can help when disaster strikes:

1. **Organize a fundraiser.** Check with your workplace, school, or place of worship to host a fundraising event, such as a chili dinner, bake sale, or 5k run/walk. Donate the proceeds to an organization such as the Red Cross or UNICEF, or determine how to allocate funds directly to the people affected by the disaster.
2. **Host a donation drive.** Work with an organization or gather feedback to determine what supplies are most needed and host a donation night in your community or social circle. Items might include clothing, personal hygiene items, nonperishable food and water, and household furnishings.
3. **Just listen.** Spending time with people affected by natural disasters can give them the emotional support they need to get through an extremely trying time. If someone in your circle has been impacted by a disaster, give them space to process and let them know you are there to lend a hand with whatever they most need.



Each of us is uniquely equipped to offer something to others in a time of need, so don't be afraid to start small.

Each of us is uniquely equipped to offer something to others in a time of need, so don't be afraid to start small.

Sources: Red Cross. redcross.org/volunteer/volunteer-opportunities. Accessed 7 August 2017.

Red Cross. redcross.org/about-us/our-work/disaster-relief. Accessed 7 August 2017.

Kids Health. kidshealth.org/en/teens/natural-disaster.html. Accessed 7 August 2017.

URGENT CARE vs. THE EMERGENCY ROOM.

BY JOHN THOMAS

Sometimes when someone in your family needs medical care, you face a decision: Should we go to urgent care or make a trip to the E.R.? After all, the options seem comparable. You don't need an appointment, you can get pretty quick attention, and both can be billed to your insurance.

There are, however, key differences to consider when deciding where to go. Urgent care facilities should be used for basic non-life-threatening illnesses and injuries when your family physician is not available. Urgent care facilities cost less and typically have shorter waiting times than the E.R. If you have a life-threatening condition, or an illness or injury requiring advanced or specialized care, you should go to the E.R. The benefit of the E.R. is that it is always open and will ensure you receive care faster the more serious your condition is.

Below are some examples of illnesses or injuries you might have that would require you to go to each type of facility.

Urgent Care

- Flu and cold
- Coughs and sore throat
- Fevers without rash
- Vomiting, diarrhea, stomach pain
- Cuts, severe scrapes, minor injuries, and burns

Emergency Room

- Severe shortness of breath, loss of consciousness, or symptoms of a heart attack or stroke
- Poisoning
- Life or limb-threatening injuries
- Coughing or vomiting blood
- Allergic reactions to food, or animal and insect bites

Before you go anywhere, do what you can to make sure the facility is in your network and that you have information on all your current medications, insurance, and your family physician. After your visit, make an appointment with your family physician for a follow-up visit.



September is National Preparedness Month

National Preparedness Month is sponsored by the Federal Emergency Management Agency within the Department of Homeland Security. The Ready Campaign encourages Americans to take steps to prepare for emergencies in their homes, schools, workplace, organizations, and communities.

Source: Federal Emergency Management Agency. [fema.gov/news-release/2016/09/01/september-national-preparedness-month](https://www.fema.gov/news-release/2016/09/01/september-national-preparedness-month). Accessed 27 July 2017.

HARVEST OF THE MONTH: APPLES

BY RACHEL SAVIEO

As the cooler months of fall approach, it's the perfect time to include apples as part of a healthy diet. Apples peak during the fall, and the crisp, tart flavor ties in nicely with the season. If there is an apple orchard in your area, taking an afternoon to pick apples is a great way to create family memories and stock up on apples for the season. When you get home, use the crop to make fresh applesauce, or share a bag or two with your friends and neighbors. Apples are also a portable, easy-to-eat snack that can be included in school or work lunches.

How to Select

Look for firm fruits with rich color. There are several types of apples to choose from, so decide whether you want a sweeter or more tart fruit based on your plans to enjoy them cooked or raw. Keep in mind that Red and Golden Delicious apples are among the sweetest apples. Braeburn and Fuji apples are slightly tart, and Granny Smith apples are the most tart, but retain their texture well during cooking.

How to Store

Apples can be stored for a relatively long amount of time (3 to 4 months). Storing them in the refrigerator can help minimize loss of nutrients. The saying "one bad apple can spoil the whole bunch" is true. Bruised apples damage other apples by releasing ethylene gas. It's important to handle



apples carefully and remove any damaged ones from those being stored in bulk.

How to Prepare

Apple skin is high in nutrients, so even if the recipe you're using requires peeled apples, consider leaving the skins for their nutritional value. Thoroughly rinse the entire apple under a stream of pure water while gently scrubbing the skin with a natural bristle brush for 10-15 seconds to remove any pesticide residues or other contaminants. Prevent apple slices from browning by putting them in a bowl of water with a spoonful of lemon juice. Sliced apples freeze well in plastic bags or containers for use in future recipes.

Sources: Best Health Magazine. besthealthmag.ca/best-eats/nutrition/15-health-benefits-of-eating-apples. Accessed 31 July 2017.
The World's Healthiest Foods. whfoods.com/genpage.php?tname=foodspice&dbid=15#healthbenefits. Accessed 31 July 2017.



Recipe: Quick Applesauce

Ingredients (makes 4 servings):

4 McIntosh apples, peeled and chopped
1 Tbsp brown sugar, or more to taste (optional)
Pinch of cinnamon

Directions:

1. Place apple pieces in a medium microwaveable bowl. Cover and microwave until softened, about 4 minutes.
2. Transfer to a food processor and add brown sugar and cinnamon if desired. Puree until desired consistency.
3. Cover and refrigerate up to 5 days.

Nutrition Information:

PER SERVING: 77 calories, 0g fat (0 g sat), 2g fiber, 21g carbohydrates, 0g protein, 0mcg folate, 0mg cholesterol, 16g sugars, 61IU vitamin A, 6mg vitamin C, 9mg calcium, 0mg iron, 0mg sodium, 145mg potassium

Source: Eating Well. eatingwell.com/recipe/249079/quick-applesauce. Accessed 31 July 2107.