

EMERGENCY PREPAREDNESS NOTES FROM GRAHAM KERR'S PRESENTATION AT WARM BEACH SENIOR COMMUNITY - FEBRUARY 2020.

This Document is a summary of the presentation given by Warm Beach Senior Community resident, Graham Kerr, in Beachwood Lounge in February 2020. Mr Kerr provided a handout during his presentation and this document incorporates those notes. Graham brought to his presentation his own personal emergency preparedness kit items as a demonstration to his neighbors of how it can be done – along with a strong encouragement that in doing our best to prepare for our own needs ahead of time we will find ourselves in a better position to respond and care for our neighbors in an emergency. There are many organizations and government agencies which provide excellent resource lists for putting together an emergency preparedness kit.

“READY TO GO? In an emergency we may need to vacate our living quarters within a short period of time. We may be without power or water and it might also be either at night or in pouring rain. Of one thing we may be sure, we will be concerned for those who may, for many reasons, be at added risk ... our neighbors whom we love. This lecture and list seek to provide some supplemental ideas that came to light during our last disaster drill. They are submitted as thought joggers and not as a defined/required list of musts.”

PLANNING AHEAD – KIT #1: “Currently many of us in our community have a ‘ready to go’ kit under our beds. A backpack works well.” Graham’s under the bed kit included:

- Shoes with heavy solesin case of broken glass
- Plastic Helmet/Hard Hat ... in case of falling debris.
- Flashlight ... for nighttime without power
- The ‘MAP YOUR NEIGHBORHOOD SHEET’ ... which has our neighborhood details, including our neighbors’ skills and equipment. (For more about how to get help with the Map Your Neighborhood Sheet you can visit <https://snohomishcountywa.gov/2843/Map-Your-Neighborhood>)
- YELLOW HELP sign ... for window display if needed.
- First Aid Kit ... with essentials for immediate use.
- Cottonelle flushable wipes 240 for \$16 on Amazon.
- Nitrile gloves. not essential but could be of use in special cases

PLANNING AHEAD – KIT #2: Emergency Food Kit suggestions

“A great many people throughout the world are sustained quite well on a diet of 'rice and beans' and bread. The following idea can be eaten cold from the can, needs no refrigeration and can be easily and quickly heated. Each portion provides about 300 Calories and 60 grams Carbohydrate (listed for Diabetic guidance). Quantity will be up to each individual but will provide 10 oz servings that will be filling over some time 4-6 hours (satiety).” Graham’s kit included:

- Lindbergh Red Jasmine Rice precooked in vacuum pouches (each pouch is 8 oz and 380 calories) OR Veetee Sticky White Jasmine Rice 6 x 10 oz pouches, precooked. Total cost is \$ 8.55 on Amazon.
- Bush's Vegetarian Baked Beans 16 oz can 480 calories
- B and M Brown Raisin Bread 17 oz can 1,040 calories
- This totals 33 oz (using 8 oz rice) and almost 3000 calories
- ESSENTIAL TO HAVE A MANUAL CAN OPENER.
- Your preferred energy bars ... such as KIND nut bar 24 count for \$28 on Amazon.
- Metamucil chocolate wafers 12 servings, \$8 Amazon
- EQUIPMENT:
 - Coleman Portable Butane Stove with case is \$19.99
 - Butane Canisters (4 in a pack) \$13.30
 - Spoons,
 - Stirring spatula
 - Saucepan 2 Quart.
 - Knife to cut bread.
- FRESH WATER: You may need about 1 gallons of water a day per person. We should plan to have a 3-day supply for each person.
 - Lifestraw Go water filter bottle \$ 36.84. Amazon
 - A water bladder usually provides 3 liters (.8 gallon).
 - We should plan to have a 3-day supply
 - Swiss Military Surplus 5-gallon water bladder (fill from hot water tank) costs \$13 incl ship online at SportsmanGuide.Com

3) PLANNING AHEAD – KIT #3. Graham had a wheeled duffel bag for this. He shared that his bag was an OLYMPIA 33-inch Black is \$38.50 Amazon. In which he packed:

- LIGHTS.
 - Energizer Tap Light. 4 pack \$19.99 on Amazon. Needs AA batteries.
 - An Amber flashing light like Blazer C43A \$29.99 on Amazon.
 - Spare batteries for your flashlight.
- Cell phone battery recharger such as AUKEY wireless Charging Power Bank \$27 on Amazon will recharge most cellphones 2-3x.
- Bible and or other religious texts that encourage
- Personal journal, Family pictures
- Small umbrella
- Magnetic name tags
- It is also warmly suggested that you pack the duffel bag with a complete set of your personal clothing needs for a four-day period.
- You should be able to include your KIT #2 (Food) items in this duffel bag. But pack them together in a separate plastic bin for organization.
- The only other thing to add is personal toiletries, a bath towel, and pillow.

4) PLANNING AHEAD – KIT #4. One small backpack which can always be carried with you. Graham had an Adidas Alliance Sack pack \$18.00 on Amazon. His backpack included:

- A 2-week supply of any daily medications is recommended.
- Any special documents such as a passport, etc.
- You may also want to have at least \$100 in cash in small denominations of \$1's and \$5's

CHECK LIST OF ITEMS REMOVED FOR USE. “There may well be times when you want to use items in your TO GO kits. When you do so it is essential that you note its removal on a sheet of paper pinned to the duffel bag to be used as a check list during an emergency. Do not trust your memory when during a potentially distracting situation.”

CONCLUSION: “Our Goal is to be 'ready to go' so that we can be focused upon helping those around us who need our full attention as soon as possible. Bless you as you prepare for the worst and are, as a result, a support for those who will need our love.”