

# Newsflash

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Oregon Business Magazine Award Winner  
for best medium-sized nonprofit  
to work for in the state!  
2010, 2011 & 2012  
and  
Alfred P. Sloan Award Winner 2011 & 2012

## The Perks of Being Prepared

Why should you care about emergency preparedness? There are so many things to worry about that thinking about an emergency may seem like unnecessary stress. If you embrace the stress for a short while, and come up with a plan and a complete kit, the results could be life saving. Not to mention you will feel less stress knowing that you know what to do, and have things to survive if something were to happen.

What are some of the things you can do to prepare yourself? Educate yourself on what emergencies could affect your area. This will help you think about what you need to prepare for. A few things that could potentially affect Oregon are flooding, earthquakes, snowstorms or tsunamis. If you live in the hills, you will probably experience more snow and have more difficulty leaving your home in icy weather.

Make a plan for where you would go if you had to leave your home. Ask trusted individuals to be available to assist you, if you would need support. Make an emergency pack to take with you, complete with things you would need to live for a few days.

Make emergency kits for your home in case you have to stay inside for a while. These should include: bottled water, food for a week or more (that can go without refrigeration), warm clothes and blankets (in case the electricity goes out), a complete first aid kit (with extra medication), a battery powered radio (to keep up to date on the emergency), flashlights, batteries, emergency candles, extra food/water for your pet and anything else you might need to live.

Full Access has Red Cross starter kits available to individuals who need one. Ask your Personal Agent if you are interested in receiving a kit or additional information. You can also register with your County Emergency Notification System to get emergency messages on your home phone or cell phone. For Lane County, register online at: <http://www.lcog.org/alertme/> or for Deschutes County [http://www.deschutes.org/9-1-1-Service-District/Citizen-Emergency-Notification-System-\(CENS\).aspx](http://www.deschutes.org/9-1-1-Service-District/Citizen-Emergency-Notification-System-(CENS).aspx). You should also have an emergency contact list on paper and stored in your cell phone.

There are lots of resources online and at the library. Full Access Personal Agents try to keep up to date information and emergency plans in everyone's Individual Support Plan. If you have new information to share, or want more information or support with being more prepared, please contact your Personal Agent or support provider. Full Access wants everyone to be safe and prepared.



**Happy Valentine's Day!**



# Happy Birthday to:

Adrian L



Eric B



Leslie R



Robert A



Sherry G



Amber M

George H

Lillian N

Ronaele L

Tancy M

Carolee S



Jake D

Lisa G



Sandra W

Terry H



David F

Jamie H



Liza P

Shauna L

Thomas J

Dawn M



Jill V

Mark L



Sherlyn D



Tim T

Doug T

Nicholas F

Troy R



And to anyone we may have missed!!



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