

Exceeding Expectations!

NEWS & INFO FROM HIRED HANDS INC. FALL 2006

Greetings!...

Hi there!... and welcome to the latest edition of **Exceeding Expectations**. As always, our aim with this newsletter is to provide our community with valuable insight and information, relating specifically to seniors in our community.

The heat of summer is finally subsiding, and the crispness of fall is upon us! As the seasons turn, I thought it might be a great time to focus on another sort of change.

This year we recognized the anniversaries of two monumental occasions. February brought the 100 year anniversary of the disastrous 1906 San Francisco earthquake. More recently, we have looked back at the past year since the devastation of Hurricane Katrina.

So... what does this have to do with change you may ask? While we understand the significance of these events, very little has been done to prepare ourselves for such a catastrophic disaster.

Now is the time that we must use what we have learned from these events, and work hard to prepare ourselves and our communities. This is going to take change, both in actions and mindset. After all, it is not really a question of IF it will happen, but more so of WHEN?

Thus, the main focus of this edition is going to be spent on the critical topic of emergency preparedness. We've included some great information and resources to help you and yours begin to get prepared. Remember, thinking about it is one thing. Now is the time to change our behavior, and act to prepare ourselves! Being prepared could mean

the difference between life and death.

On a different note, we're very happy to shed some light on 3 more members of our incredible Caregiving team. We're extremely appreciative of and proud to work with Grace, Laurie, and Anita. They constantly go out of their way to assist our clients—and to them we say a big THANK YOU!

We're honored by the trust our community has placed in Hired Hands for over 12 years now. As always, we will continue striving to **Exceed your Expectations!**

**Mark Winter, President
HIRED HANDS INC.**

Inside this issue:

Earthquakes & Our Community—Are You Ready?	2-4
Upcoming Events of Interest...	2
Additional Emergency Preparedness Resources	2
A few of Our Favorite Stars!	3
Earthquake Resource Lists	Insert

Earthquakes & Our Community – Are You Ready? by Mark Winter

The availability of food and water will also be drastically affected. The personal safety of self and loved ones will be unknown.

In April of this year, we commemorated the disastrous 1906 San Francisco earthquake. As we know, disaster can strike at any time, without warning. Now is exactly the time that we, as a community, do everything we can to prepare for the inevitable. Remember, the question is not IF, but WHEN.

When such a disaster occurs, the following is expected: Police and Fire departments will be instantly overwhelmed with calls. Transportation throughout our community will become extremely difficult, and impossible in some places given our geography. Utilities will most likely be interrupted. Hospitals and health centers will be overwhelmed, and possibly inaccessible. The availability of food and water will also be drastically affected. The personal safety of self and loved ones will be unknown.

The above scenario sounds uncomfortable at best. As a community, the best thing that we can do to cope with such a situation is to be prepared. Obviously, even a small bit of preparedness

will go a very long way in the event of such a natural disaster. Please get together with your neighbors, and discuss how to best work together should an earthquake occur.

An important first step is to prepare a Home Earthquake Plan, or what you and your family members will do in the event of a quake. Consider the best way to communicate with family members and neighbors. Many communities are developing systems where designated contact people should be reached, to know who is ok and who needs immediate assistance. You will want to review exactly how to turn off your utilities, as to avoid any compounded problems. **PG&E** should be contacted 24/7 at **1-800-743-5000**, and will come out to show you where and how to turn off your utilities. Expect disruption of service. Examine your home, and decide where the safest locations are from a structural point of view. Create an emergency contact list that includes the names and phone numbers of family, neighbors, doctors and the

like. Also, have an accurate and up to date list of any medical conditions and medications, and share this information with your contacts.

A good next step is to have an easily accessible Earthquake Safety kit. Important items range from a first aid kit, to plastic toilet bags. These essential items can help one sustain themselves until help can arrive, or help others close by in need. Enclosed in this newsletter is a great checklist, which may serve as a primer to get one prepared.

Obviously, food and water will be a primary concern. Many food suggestions are included on the enclosed Emergency Supplies Checklist. You will want to choose foods that are enjoyable, require little or no cooking, require no refrigeration, and those that meet any special dietary needs of the members of your family. Please remember to include food for any pets. It may be wise to rotate your emergency food supply every 6-12 months to ensure freshness.

Access to clean water will be
(Continued on page 6)

Upcoming Events of Interest

Wed. October 11 - Marin Senior Information Fair. Marin's largest Senior Info Fair. Flu shots, entertainment, food & beverages. Marin Exhibit Hall (behind the Marin Civic Center) . 9am–3pm.

Fri. October 20 - The Petaluma Senior Expo. Flu shots, info & resources, coffee & snacks. 9am–noon. Petaluma Community Center, 320 N. McDowell BLVD. 707-778-4399

Thur. Oct 26 - Novato Senior Health Services Fair. All things health related, flu shots, hearing & eye exams. 9am–noon. Margaret Todd Senior Center, 1560 Hill Rd., Novato 899-8290.

ONLY a start... The info and resources here should serve only as a beginning for Emergency Preparedness. Other great resources include:

www.getready94920.org — A super resource brought to you by emergency professionals and community members.

www.redcross.org - A huge amount of great information!

www.72hours.org - A great site done by the San Francisco Office of Emergency Services. Lots of useful lists!

Emergency Supplies

In the event of a major disaster, you might need to rely on your own resources. You may be sleeping outdoors. Plan on what you will need to eat, sleep, cook, and generally survive on your own, with or without the shelter and comfort of your home, for a minimum of 2-3 days.

Eating & Cooking

- ◇ Paper/plastic plates, cups, utensils
- ◇ Paper towels (can double as napkins)
- ◇ Manual can opener
- ◇ Alternate cooking source & fuel
- ◇ Chlorine bleach & eye dropper to purify water
- ◇ Pet food & leashes

Sanitation

- ◇ Portable toilet or bucket with lid
- ◇ Toilet paper
- ◇ Disinfectant
- ◇ Feminine hygiene supplies
- ◇ Plastic garbage bags
- ◇ Twist ties
- ◇ Shovel
- ◇ Diapers & baby wipes

Tools

- ◇ Wrench (shut-off valves)
- ◇ 1/2" rope (20 ft)
- ◇ Duct tape
- ◇ Broom
- ◇ Axe
- ◇ Flashlight
- ◇ Extra batteries
- ◇ Portable radio
- ◇ Fire extinguisher
(2-A:10=B:C)

Health & Safety

- ◇ First Aid kit
- ◇ First Aid manual
- ◇ Soap, detergent, shampoo
- ◇ Toothbrush, toothpaste
- ◇ Medication
- ◇ Heavy work gloves
- ◇ Sturdy shoes
- ◇ Space blanket or sleeping bag
- ◇ Tent or other camping equipment
- ◇ Hearing aid batteries
- ◇ Dust masks
- ◇ Goggles or safety glasses
- ◇ Scissors

Emergency Food

Food should be dated, require little or no water or cooking to prepare, not increase thirst (i.e. low sodium and low fat), and be things that your family will enjoy. For example:

- | | |
|--|--|
| <ul style="list-style-type: none">◇ Canned fruits, vegetables (the liquid in which they are packed can also be consumed)◇ Canned meat, stew, pasta◇ Dried fruits◇ Dry cereal◇ Crackers (low sodium)◇ Canned tuna◇ Granola bars (fat free)◇ Canned nuts (unsalted)◇ Peanut butter | <ul style="list-style-type: none">◇ Fruit or vegetable juices◇ Powdered milk◇ Bottled soft drinks◇ Baby food and food for others on special diets◇ Water (minimum of 1 gallon per person per day for 3 days) |
|--|--|

Note: This checklist, and additional information herein has been graciously supplied by www.getready94920.org, which is a great community group sponsored by the cities of Belvedere and Tiburon, their police and fire departments, the Belvedere Community Foundation, and the Tiburon Peninsula Foundation. These material present basic information on preparing for emergencies. Neither HIRED HANDS INC., nor any of the above mentioned organizations, nor their members and/or employees, assume responsibility nor liability in how the reader uses the information, or the effect of any recommended practice, procedure, item, or product specified in this handout or newsletter. This information should act as a simple guideline in basic emergency preparedness.

Mini-Survival Kits

There is no guarantee that you will be home when disaster strikes. What would you need if you must stay at work for several days, or rely on your car for short-term shelter, or be forced to make your way home on foot? Storing your supplies in a small backpack will make them convenient to carry if you need to walk home.

Car Mini-Survival Kit

- ◇ Nutritious low sodium, low fat snack food
- ◇ Bottled water
- ◇ Local maps and compass
- ◇ Comfortable shoes and socks
- ◇ Sweats or jogging pants
- ◇ Heavy work gloves
- ◇ Coins for pay phone
- ◇ Cash (\$50-\$100)
- ◇ Flashlight & batteries
- ◇ Waterproof matches
- ◇ Portable AM radio
- ◇ Extra batteries
- ◇ Toilet paper and sanitary supplies
- ◇ Small first aid kit
- ◇ Mylar space blanket
- ◇ Tools: screwdriver, pliers
- ◇ Fire extinguisher: A-B-C type
- ◇ Flares
- ◇ Reading material
- ◇ Pencil and pad of paper
- ◇ Heavy-duty trash bags
- ◇ Duct tape
- ◇ Scissors

Work Mini-Survival Kit

- ◇ Nutritious snack food
- ◇ Bottled water
- ◇ Comfortable shoes and socks
- ◇ Small first aid kit
- ◇ Blanket
- ◇ Flashlight with extra batteries
- ◇ Portable AM radio
- ◇ Heavy work gloves
- ◇ Toilet paper and sanitary supplies
- ◇ Whistle
- ◇ Cash and coins for phone calls
- ◇ Heavy-duty trash bags
- ◇ Duct tape
- ◇ Scissors

*Tip...
Never let your gas tank fall below one quarter full.*

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Introducing Just a FEW of our STARS...

Plain and simple—Hired Hands is ALL about PEOPLE. Twenty-four hours per day, 365 days a year, our compassionate and flexible team goes to the Nth degree to make sure that our clients are receiving the absolute best care. It is an honor to shed the spotlight on three of our most recent Employees of the Month. Grace, Laurie, and Anita - we cannot thank you enough for all you do for our clients, and we're extremely proud to have you as members of the HIRED HANDS Team!



Many have had the great opportunity to work with Grace Holaday, considering that she has been wowing us and our clients since early 1998! When recently asked exactly what it is that makes her shine, she replied that "when I can brighten a client's day, make someone's life more comfortable, put a smile on someone's face... I know my work is meaningful, and I am blessed to have this opportunity. In return, each of my clients over the years has profoundly enriched me by sharing a part of their lives, their wisdom, and love."

Laurie Tagamolila has not been with HIRED HANDS for nearly as long, but has quickly wowed us and her clients with an enormous amount of both skill and compassion. Laurie pays close attention to the details, and notes that "it makes me feel good when my clients are happy with my work".



Anita Micheli began working with Hired Hands in early 2004, and continues to be one of our most versatile employees. Her flexibility and dedication have been unbelievable over the past couple of years, and she consistently puts 110% into all of her clients. Anita pretty much summed it up when she replied "I love feeling like I am making a difference in someone's life." Anita, we couldn't agree more!

Earthquakes & Our Community
Get the Scoop inside... and MUCH more!

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Earthquakes & Our Community – Are You Ready? . (continued from page 2)

The
effort put into
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critical in the event of a catastrophe. It is suggested that you store a minimum of 1 gallon per person per day, and to have at least a 3-day supply. Standard bottled water should typically last 1-2 years. Please remember to store extra water for any pets.

As we know, an earthquake could happen at any time. If you are indoors, stay there! Move away from any window, shelves, or bookcases. The immediate response would be to duck, cover, and hold. It is preferable to take cover under something sturdy such as a table or a doorway. If you are outdoors, quickly move to an open area away from any objects that may fall. You must be aware of your surroundings, and act accordingly.

After an earthquake, you want to take care of self first. The best place to seek shelter is typically going to be your own home, as long as it is safe to do so. Check for utility leaks. Do not turn on lights or light any flames until you are certain there are no gas leaks. Do not turn off you gas unless you suspect a leak, and never attempt to turn back on by yourself. Emergency teams will be immediately aware of the event, so do not call 911 unless you or those close to you have a life-threatening emergency. Locate your emergency supplies, and do your best to make sure that you are safe and secure. Once you and your loved ones are ok, check in with neighbors and family. Although difficult, try to stay off the telephone, as the systems will most likely be very tied up. Tune into 740, 810, or 840 on the am radio for emergency information and bulletins, and stay prepared for after shocks.

Individual communities are working on exact specifics regarding emergency shelters. Local shelter locations may include town community centers, as well as local town halls, schools and churches. Plans are also underway for communities and the Red Cross to set-up Emergency Medical Centers away from the hospitals in locations such as major shopping centers. Again, please tune your battery operated radio to 740, 810, or 840 AM for up to date information in the event of an emergency.

Please note that the information in this article and newsletter should serve as only an example of how one might prepare themselves for a catastrophic event such as a major earthquake. It is impossible to completely prepare and protect oneself against such an event, but the effort put into preparation before such an event could mean the difference between life and death.

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