

# Stars in Action

## The Mercer County MRC Newsletter



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### ***National Preparedness Month***

September is National Preparedness Month. This month serves as a reminder that we should all take actions to prepare, now and throughout the year, for emergencies that could affect us where we live, work, and travel.

This year's theme is "*Don't Wait, Communicate. Make Your Emergency Plan Today.*" Weekly activities highlight the following focus areas:

September 4-10: Preparing family and friends

September 11-17: Preparing through service

September 18-24: Individual Preparedness

September 25-30: Lead-up to National PrepareAthon Day

In honor of preparedness month, Mercer LINCS will be sponsoring a video contest for our volunteers. Please see inside for more information about this exciting event!.

*As always, thank you for taking the time to help make Mercer County more prepared for emergencies.*

**DON'T WAIT. COMMUNICATE.**  
**MAKE YOUR EMERGENCY PLAN TODAY.**



FEMA AMERICA'S **PrepareAthon!** Ready

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## *Preparing family and friends*

Everyone should have an emergency family communications plan. Because your family may not be together if a disaster strikes, having a communications plan in place will help ensure peace of mind regarding the safety and security of your family members. Before an emergency occurs, you should have a plan in place that outlines how you will send and receive information from your family. This plan should then be activated during the emergency. The following are questions to consider and elements to include in your emergency plan:

| <i>Family Communications Plan</i> |       |
|-----------------------------------|-------|
| Contact name                      | _____ |
| Telephone                         | _____ |
| Out-of-town contact               | _____ |
| Telephone                         | _____ |
| Neighborhood meeting place        | _____ |
| Meeting place telephone           | _____ |

*What if something happens and I'm not with my family?" "Will I be able to reach them?" "How will I know they are safe?" "How can I let them know I'm OK?"*

Your plan should be able to answer these questions and provide a method to address the following:

- How your family/household will receive emergency alerts and warnings
- How your family/household will get to safe locations
- How the family/household will get in touch with each other if cell phone, Internet, or landline doesn't work?
- How members of the family/household will let ones know they are safe?
- How the family/household will get to a meeting place after the emergency

Planning in advance will help ensure that all the members of your household—including children and people with disabilities and others with access and functional needs, as well as outside caregivers—know how to reach each other and where to meet up in an emergency.

For more information on creating a family emergency communications plan, visit: <https://www.ready.gov/make-a-plan>

## ***Preparing through service***

This month, Mercer LINCS celebrates our MRC volunteers who:

- Understand the importance of community preparedness.
- Get involved in their community
- Help highlight local preparedness efforts in their community and assist with those efforts



Mercer County MRC volunteers joined MRC volunteers from across the state on August 10th to help assemble Zika Prevention kits for pregnant women.

## ***Video Contest!***

In honor of National Preparedness Month, Mercer County LINCS will be sponsoring a video contest for our MRC volunteers. Using the theme, “Don’t Wait, Communicate,” we’d like our volunteers to show us their creative side by creating a 60- to 90-second video on preparing for emergencies.

Prizes will be awarded for first, second, and third place finishers. Criteria for judging will focus on: content, integration of the theme, ability to engage the viewer, and the video’s overall take-home message.

Please contact John Arulmohan at: [ja2@njlincs.net](mailto:ja2@njlincs.net) for instructions on how to submit your video. The deadline for video submissions is Sept. 20.



***Winning videos will be shown at an upcoming MRC meeting!***



## Individual Preparedness

This week (Sept. 18-24) focuses steps you can take to prepare for an emergency. Some items to consider are:

- Understand actions you can take to be prepared for an emergency
- Be aware of specific needs you may have if an emergency strikes including: medication, power needs, eye glasses, devices that you may count on, pet needs, etc.
- Understand safety tips and protective actions you can take before or during a disaster.
- If you have large animals and need to evacuate:
  - Ensure all animals have some form of identification.
  - Evacuate animals whenever possible. Map out primary and secondary routes in advance.
  - Make available vehicles and trailers needed for transporting and supporting each type of animal. Also make available experienced handlers and drivers.
  - Ensure destinations have food, water, veterinary care and handling equipment.



### Resources:

- Download the FEMA app for disaster resources, weather alerts, and safety tips
- Visit: <https://www.ready.gov/animals> for information on preparing your pets for emergencies

***Be informed, make a plan, build a kit, get involved.***

## ***National PrepareAthon Day***

National PrepareAthon Day is on September 30. America's PrepareAthon is a grassroots campaign for action to increase community preparedness and resilience by preparing people for emergencies that could strike their communities. America's PrepareAthon! is asking everyone to take action, be counted, and spread the word. Join others around the country to practice your preparedness. Be Smart, Take Part, Prepare!

*Here are ways to participate in America's PrepareAthon:*

- Find out where preparedness events are happening in your community and join the fun
- Conduct your own preparedness activity such as assembling an emergency supply kit or updating your kit.
- Add your preparedness activity to [www.ready.gov/prepare](http://www.ready.gov/prepare).
- Encourage others to do a preparedness activity and register it on [www.ready.gov/prepare](http://www.ready.gov/prepare).
- Share images of you and your community doing a preparedness activity.
- Drill or practice emergency response
- Plan with neighbors
- Share stories of how being prepared made a difference using #PrepareAthon.

***Join us!***

If you know someone who may be interested in joining the MRC, or you are currently not a member and are interested in joining, please contact

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[smendelsohn@mercercounty.org](mailto:smendelsohn@mercercounty.org) or call 609-989-6898