



Prepare For An Emergency

Would you be prepared if a disaster or extended power outage struck and you and your family were without electricity, water, or telephone service for several days or more? You may want to consider collecting some supplies to help you get through an emergency situation more easily. **Here are some ideas:**

DEVELOP A PLAN

- Make a plan with your family. Decide what to do in case of fire, flood and severe weather and how to take care of your pets.
- Choose a place to meet right outside your home and also one outside your neighborhood in case you have to leave your home.
- Designate an out-of-state friend or relative to be your family's contact person.

STORE FOOD for at least 3 days

- Bottled water - one gallon per person per day
- Disposable eating utensils
- Canned fish, fruits and vegetables
- Canned juices, soups and powdered milk
- Nut butters, whole-grain crackers, granola bars and trail mix

OTHER ITEMS

- Copies of important documents in a waterproof container
- Books, games and puzzles
- Extra set of keys to home, car and safe deposit box



COLLECT SUPPLIES

- First Aid Kit
- Can opener (manual)
- Cash
- Cell phone
- Clothing
- Contact information
- Dust mask for each person
- Medications
- Matches
- Paper towels, toilet paper
- Pet supplies
- Plastic sheeting and duct tape
- Radio with extra batteries
- Sleeping bags or blankets
- Toiletries including moist towelettes
- Tools (scissors, knife, pliers)
- Trash bags



Store supplies in a rolling receptacle or small coolers or boxes.

Helpful Web sites for more information:
www.ready.gov
www.prepare.org
www.ci.minneapolis.mn.us/emergency

Article written by Joy Gordon

NORC Mission: To enable older adults to stay in their homes and community for as long as they can, with the support they need to remain healthy, safe, engaged citizens. NORC is funded by grants from the Administration on Aging and the Minnesota Department of Human Services.

THANK YOU

*to our partners for strengthening
the safety net for seniors.*

*Park Health & Rehabilitation Center
Changing Futures & Reinventing Lives*

- Short Term Transitional Care
- Long Term Care
- Respite Care
- Wound Management
- Medically Complex Care
- Post Surgical Reconditioning
- Out-Patient Therapy
- Private Suites Available

Park

HEALTH AND REHABILITATION CENTER

4415 West 36th Street
St. Louis Park, MN 55416
952-927-9717

*Texas Terrace Care Center
Changing Futures & Reinventing Lives*

- Stroke Recovery Program (SPARC)
- Secure Memory Care Unit
- Parkinson's Management Program
- Short Term Transitional Care
- Long Term Care
- Respite Care
- Wound Management
- Medically Complex Care
- Post Surgical Reconditioning
- Out-Patient Therapy
- Private Suites Available

Texas Terrace
CARE CENTER

7900 West 26th Street
St. Louis Park, MN 55426
952-920-8380



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**NORC is a program of
Jewish Family & Children's Service of Minneapolis**

NORC Free Health & Wellness Lectures

FALL 2007

**Parkshore Senior Campus
3663 Park Center Blvd., St. Louis Park**

Financial Planning for Seniors

WEDNESDAY, SEPTEMBER 19 ■ 2:30 PM

Presented by Bridget Andruscavage, attorney and owner of AND Law Offices. Her practice focuses on estate planning, probate, real estate and business law.

Bridging the Generation Gap

WEDNESDAY, OCTOBER 17 ■ 2:30 PM

Presented by Bernie Saunders, M.A.T., photographer, author, organizational trainer, founder of the Center for Living Art and faculty member at the Centre for Applied Leadership and The College of St. Catherine.

Conscious Aging

WEDNESDAY, NOVEMBER 14 ■ 3:00 PM

Presented by Marcy Tavernier, M.A., teacher of yoga, group facilitator at Pathways Health Crisis Resource Center and holistic health consultant.

These lectures are co-sponsored by the St. Louis Park Senior Program, Hopkins Activity Center and NORC. For more information, call Joy Gordon, NORC Community Liaison, at 952-542-4819 or visit our website at www.norcmmn.org.

For free respite care at AlterCare Adult Day Program for your loved one during the lecture, call 952-922-1147 to make a reservation.



Hopkins Senior Summit

OCTOBER 2, 2007 ■ 9:00 AM – 1:00 PM

**at Gethsemane Lutheran Church
715 Minnetonka Mills Road, Hopkins, MN 55343**

This **first ever Hopkins Senior Summit** will focus on educating seniors by presenting important information and resources to give seniors choices and options in order to stay connected to what they need to know in the community. The theme of the summit is **Live Well, Plan Well, Care Well, Age Well** and will include keynote speaker, Joan Kennedy, author of *What's Age Got to Do With It?* The summit format is designed with educational breakout sessions to address a variety of topics. This event is organized by Hopkins Area Senior Providers. Call 952.697.3842 to RSVP by September 25, 2007. Space is limited to 200, so RSVP early! **FREE ADMISSION, LUNCH, PRIZES AND HOPKINS RESOURCE DIRECTORY WILL BE PROVIDED.**

The NORC vision is to create an environment that nurtures healthy aging for community residents and inspires residents of all ages to work toward this goal.