

Sudbury Emergency Preparedness Series 2006-2007

“I saw the news today, oh boy . . .” that’s more than just a lyric from a classic Beatles song. We are all bombarded with information about earthquakes, volcanoes, floods, epidemics and terrorism. But while there is not a lot one person can do to prevent a natural or man-made disaster, no one has to be helpless in the face of such challenges.

In the next few months, the Senior Center will be presenting helpful, hands-on workshops to assist people in thinking through their responses to emergency situations and in developing a personal and family plan to survive, even if you are cut off from help for a day or two. The workshops will be facilitated by local experts in planning, and will be offered at no charge.

September 18, 1:00: Kicking off the series will be Richard Simon, chair of the Sudbury Local Emergency Planning Committee (LEPC). Richard will provide a general overview of planning for a disaster, speak a little about the local and regional efforts, and offer a quick overview of the basic elements of planning that an individual needs to consider.

October 23, 2:00: Making a Good Emergency Plan: This hands-on workshop will provide information about the basic elements everyone should have in their emergency plans, and provide an opportunity to develop an individual emergency plan right on the spot.

November 20, 2:00: Your Home Disaster Kit: A speaker from the American Red Cross will provide detailed information about what everyone should have on hand in an emergency survival kit, with examples of what should be included.

January 17, 2007, 7:00 PM: Families with Special Needs: This evening workshop will help families with members who are dependent or have disabilities plan for emergencies.

February 5, 2007: Emergency Plan for Pets: One lesson from hurricane Katrina is that people with pets are reluctant to leave them behind, even when their own lives may be at risk. Emergency planning for pets is crucial. This workshop will help individuals develop a personal pet plan.

March 20, 2007 Flexible Planning: What you do in emergencies may vary depending on the type of emergency. No one response fits every situation. This workshop will focus on specifics. Assistant Fire Chief Mike Carroll will speak on the ways the fire department is prepared to help.

April 23, 2007 Emergency Planning: Take your Medicine: Pharmacist Joe Gammas will speak on safe handling of medication and medical supplies such as oxygen in emergencies, as well as items to have on hand in case of an emergency.

May 2007 Evacuation Plans: Lt. Rick Glavin of the Sudbury police will speak about emergency evacuation plans and routes, and planning safe ways to leave you home.