



A.W.A.R.E. News

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A.W.A.R.E WITH CARE ENTERS SECOND YEAR

The Municipality of Anchorage's program **AWARE with CARE** enters into its second year with many successes to be told. The program is centered around individuals in our community who may require special assistance during a disaster. **AWARE with CARE** will focus on three particularly vulnerable populations: senior citizens, persons with developmental and/or physical disabilities, and persons who are frail or homebound.

Through out the year over 1500 emergency kits were distributed to Anchorage Seniors. These kits contain a variety of supplies for natural disasters. Water packets, a glow stick, small first aid kit,

matches and candle, a food source and a small space blanket. Seniors are requested to add items they might need in addition to these supplies. Kits can still be distributed. If you are interested in having one, contact the AWARE office at 343-4491 for information.

Over 156 different classes or presentations were made to agencies, groups, senior centers, faith-based groups and other interested citizens. These classes ranged from the basic introduction of the AWARE program; to the full AWARE Academy; to a First Aid/CPR class aimed at senior citizens. All sections of the classes are taught by professional educators and volunteers.

One very popular class is the Fire Plan where volunteers present instruction on fire prevention, fire extinguisher knowledge, and evacuation techniques.

Many of the volunteers come from within their community, whether it be an individual's neighborhood, senior living complexes, school setting or places of worship.

Special points of interest:

- #Alaska has 5000 earthquakes a year
- #You need 5-7 days of water and food until help arrives
- #You need a listing of your medications
- #Emergency personnel will go to the largest damage areas
- Be self sufficient

FIREWISE—SAFETY FOR THE SUMMER

The risk of wildfire in Anchorage is real. For homeowners, remember that if your home doesn't ignite, it won't burn. Remove all flammable materials away from your house. Check out the MOA

web site at www.muni.org for more information. The wood lots are open. The lot is located off Minnesota and C Streets from 10—6 Thursday—Mondays.

Home evaluations can be scheduled by calling 267-4956

Protect your home by practicing an evacuation route for your family and neighborhood.

The Eight Essential Emergency Kit Items

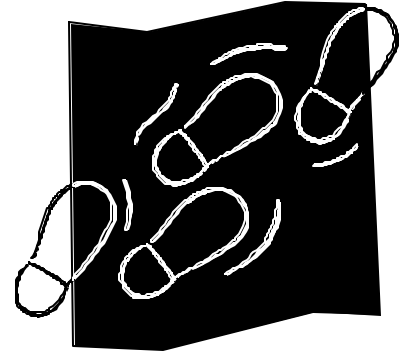
You can create a family disaster kit, by following the Essential Eight Plan.

1. Water—one gallon of water per person per day. Gather 5-7 gallons.
2. Food—gather food that required no refrigeration, preparation or cooking. 5—7 days worth
3. First Aid Kit—basic items plus prescription drugs, medical info, spare glasses, hearing aid etc
4. Clothing— depending upon the season warm layering type clothing, sturdy shoes,

gloves, hats etc.

5. Sanitation Supplies - toilet items, towelettes, personal hygiene products, Water might be out.
6. Tools—flashlight, portable radio with extra batteries, matches, candles, shovel or trowel, duct tape, wire, flares and pressed fireplace logs are all handy, Don't forget the large and small plastic trash bags.
7. Documents, cash and coin—wills, insurance, disposable camera, immunization records and banking records.

8. Special items—comfort kits for children and infants, pet supplies



Make the Decision: Evacuate or Shelter in Place Summer Fires

While you may be advised by the Fire or Police Dept to evacuate when a wildfire is approaching, you must be prepared well in advance for the event. Being prepared for a wildfire or other emergency can save your life. It is important to know how to be prepared. The same holds for making the decision to shelter in place. Listed are some guidelines to help as informational only. It is important that you understand the risks involved with both options:

Making the Decision

- The decision to evacuate or shelter in place is personal
- A fire within site or smell is a

threat

- It is more likely that an unattended house will burn down
- More people are injured and killed in the open than in houses
- Once embers start falling, it may be too late to evacuate.

- Do you have enough time?
- Could you safely exit by foot?

For more information contact the Firewise office or view the www.muni.org for timely articles

If you decide to evacuate:

- Do safety zones exist near the house
- Do you know the evacuation route?

Anchorage Firewise;

267-4920

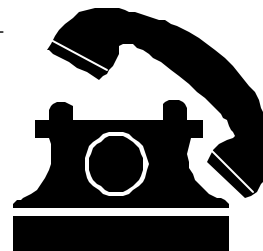
AWARE Neighborhoods

Do you know your neighbors? Most do not, and that is where AWARE Neighborhoods might be just the ticket to let neighbors help neighbors in a disaster setting.

The Municipality is recruiting local groups to set up a program that will help make our community better prepared for natural disasters like earthquakes, winter storms, wildfires.

Here are some questions that you can start with:

- Is there any large buildings we could use as a shelter?
- What large facilities might be a hazard for us?
- Are there any schools or child care that might need shelter?
- Who is trained or has



Neighbors helping neighbors.

some medical experience?

- What neighbor might need special assistance—homebound elderly, disabled?

If you want to become a AWARE Neighborhood contact the AWARE office at 343-4491

AWARE Ambassadors Step Out

The AWARE with Care Ambassador program was created to enhance the AWARE program for seniors and others who want to contribute a little more to the city's program.

Interested persons have a variety of functions they can perform.

- Calling or checking in on a senior
- Assist at AWARE classes
- Pass out flyers on upcoming events to your neighborhood
- Assisting with information hand-outs

- Manning an AWARE booth at functions
- Work on a safety team within your living complexes
- Maintain a Watchful eye within living areas

Volunteers receive additional training, First Aid/CPR, Disaster response techniques, and other client driven classes. The classes are designed from interviews with other seniors who have concerns about safety in their homes and what they need to do.

In order to become an Ambassador, volunteer at least

one AWARE training session per quarter, assist in at least 2-4 AWARE functions per quarter and keep account of volunteer time.

All Ambassadors are valuable members to the city of Anchorage. Over 100 Ambassadors have sign up so far. If you want to become a member of this great Team contact the AWARE office at 343-4491.

Personal Support Network

Do you have someone that will check in on you or your check in on them? If you rely on personal assistance services they may not be available at the time needed when a disaster strikes.

Buddy systems can work as long as they notify each other when they are gone and work as a team.

Having your emergency plans and medication list in a central place known to the Buddy is a key to the program. Choose people who are dependable and have the ability to contact others if you need help.

When you make a plan think about what you will need, how you want it done

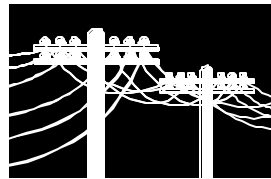
and what kind of things you want to share.

- Phone numbers of others that know you
- List of medications/equipment
- Disaster Kit
- A current photo of you.

Emergency Kits and Emergency Cards for Anchorage Seniors

Emergency Kits are available for Anchorage Seniors. A short application form is all that is requested. Inside the kit is water packets, a food source, candle, hand warmer, small first aid kit, light stick and matches. These kits are from the MOA's Homeland Security Special Needs federal grant. They are available for Anchorage Seniors, homebound and frail populations.

An Emergency Medical Information card endorsed by the Fire Dept and AARP is also available. It is designed to be placed on your refrigerator, so in the event of an emergency local EMT providers can get it and go.



Stay in touch with someone.

All items can be picked up at the Mabel T. Caverly Sr. Center located at 3rd and Cordova. Call 276-1496 or the AWARE office

343-4491

AWARE with Care
MOA/DHHS/ AWARE
PO Box 196650
Anchorage, Alaska
99519-6650



What is AWARE with CARE?

Anchorage Watchful Alert Ready for Emergency

AWARE with Care is a Anchorage program hosted by the Department of Health and Human Services. Its primary goal is to provide emergency preparedness to the vulnerable citizens of Anchorage. Senior citizens, homebound and frail, physically and mentally challenged, and small children are all vulnerable to disasters.

Citizens are taught by volunteers and professionals in preparing an emergency plan, build a disaster kit, prepare an emergency health card and other valuable classes.

The program has worked with all agencies, faith-bound and groups that work with it focused citizenry.

Handy Phone Numbers



Anchorage Police
Non Emergency

786-8500

Anchorage Fire Dept

Non Emergency

267-4900

Anchorage General Emergency Hot line

343-1400

Poison Control

261-3193

AWARE

343-4491