



Prepare for Winter with a Weather Survival Kit

Winter weather has arrived along with the challenges for staying safe. It is important to plan ahead for wintertime safety with a winter weather survival kit in case a cold weather emergency should arise.

The following items should be considered when planning your winter weather survival kit:

- Food-** Keep several days' supply of food on hand that requires no cooking or refrigeration such as canned foods, dried fruits, bread, crackers or cereal. Remember baby food

and formula if you have young children. Leave all water taps inside your house slightly dripping. In case water pipes freeze and rupture, make sure you have a supply of bottled water (1 gallon per person per day). Remember to keep any medications available that your family might need.

- Alternate heating supply** - It is important to have an alternate method to heat your home such as dry firewood for a fireplace or wood stove,

kerosene for a kerosene heater, fuel for a coal, propane or oil furnace in case of a power failure.

•**Important safety notes:**

Please use caution when using a fireplace, wood stove or space heater. Ensure they are properly vented to the outside and do not leak flue gas indoors.

- Do not place a space heater within three feet of anything that can catch fire and never place a space heater on top of

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Fall 2008 KOIN Workshop Review

We would like to thank everyone who attended our annual fall KOIN workshops that were held in Bowling Green, Elizabethtown, Lexington and Louisville. The workshops featured a new, interactive format where participants worked together through an emergency scenario and discussed ways to respond to a KOIN alert.

A primary goal of the sessions was to bring together KOIN members from the same communities and regions so that they could benefit from knowing one another. The KOIN's future success as it continues to grow and evolve will rely on establishing local working relationships and KOIN members' ability and willingness

to work together.

An additional goal of the workshops was for KOIN members to create an action plan that would help them strengthen their capacity to respond to a KOIN alert.

Participants were asked to review a new brochure for the Kentucky Department for Public Health (DPH), the

KOIN alert plan and the KOIN member checklist. Based on the valuable feedback we received, changes were made to the materials.

Thanks to a brilliant suggestion from a KOIN member, we have created a KOIN identification badge that can be worn in the time of an emergency to identify KOIN members as official information messengers. The front side of the badge can be filled in with the KOIN member's name/agency, and lists the

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Cold Weather (continued)

furniture, near water or near unattended children.

- Avoid using extension cords to plug in a space heater and make sure the cord is not a tripping hazard. Do not run the cord under carpets or rugs.
- Don't use a space heater that has a damaged electrical cord or produces sparks.
- Never use generators, grills or camp stoves indoors or inside the garage because carbon monoxide fumes are deadly.
- Avoid using candles if possible.

The following items would be useful to have readily available during cold winter months:

- Electric space heater with automatic switch-off
- Blankets
- Matches
- Multipurpose, dry chemical fire extinguisher

- First aid kit with instruction manual
- Flashlight
- Battery-powered weather radio
- Extra batteries for radio, flashlight and spare charged battery for cell phone
- Non-electric can opener
- Snow shovel
- Ice melt or rock salt
- Baby supplies - diapers, wipes, diaper rash cream, toys, baby bottles
- Special needs items - hearing aid batteries, wheelchair patch kit, Braille items
- Battery-operated carbon monoxide detector to protect your family from carbon monoxide poisoning.

Winter Survival Kit for Your Car

Don't forget about equipping your car with a winter survival kit to include:

- Blankets
- First aid kit and reflective safety triangle
- Windshield scraper
- Booster cables

- Road maps and compass
- Mobile phone
- Tool kit
- Paper towels
- Bag of sand or cat litter (provides extra traction on ice and snow)
- Tow rope and tire chains
- Small shovel
- Container of water and canned or dried foods and manual can opener
- Flashlight and extra batteries
- Canned compressed air with sealant for emergency tire repair
- A can and waterproof matches to melt snow for water

Adapted from the Centers for Disease Control and Prevention's *Extreme Cold Weather Prevention Guide*.



KOIN Workshop Review (continued)

contact information for the Cabinet for Health and Family Services (CHFS). The back side of the card lists the important steps for KOIN members to take to prepare for a KOIN alert. The cards will be distributed to KOIN members in the January-February 2009 timeframe.

The KOIN will be conducting a follow-up survey utilizing an online survey tool with KOIN workshop participants in Spring 2009 to assess their success in carrying out some of the steps in their action plans.

The KOIN Alert Plan and Checklist have been updated and the KOIN Training Video will also be revised to include these changes. An accompanying KOIN Video User's Guide is currently in development. The guide will identify strategies to promote KOIN within communities and workplaces.

Thanks again to all who attended the work sessions. They generated mean-

ingful information and insight relevant to the future direction of the KOIN, the overall preparedness level of KOIN members and how operational the network might be during an activation. The work session findings supported the direction that CHFS/DPH is considering for future KOIN work in terms of pushing preparedness down to the local level and developing regional KOINs.

Emergency Email Alerts

Would you like to receive email alerts related to emergencies such as severe weather, national security, Amber alerts, etc.? Visit www.emergencyemail.org today to sign up for the alerts you would like to receive.

KOIN Member Winter Preparedness Tips

- Leave all water taps slightly open so they drip continuously to avoid frozen pipes.
- Eat balanced meals and drink warm beverages to help maintain your body temperature.
- Dress warmly with several layers of loose clothing and remove layers when you feel too warm.
- Don't overexert yourself when shoveling snow or performing hard work in the cold.

Talking With a KOIN Member....Lanny Taulbee

We are happy to spotlight Lanny Taulbee in this edition of our newsletter. Lanny is a valuable KOIN member and serves as the Disabilities Coordinator for the Kentucky Commission on Community Volunteerism & Service. Now let's find out more about Lanny.

What do you like about your job?

As the Disabilities Coordinator for the Commission on Community Volunteerism & Service, I encourage people with disabilities to become AmeriCorps members. Once they do, I am available to assist with any accommodation needs they may require. The thing I like most about my job is that I can use my personal experiences to help others. Having gone through many of the same challenges as those I counsel has given me a distinct perspective that a formal education alone could not offer. My experiences with a wide variety of agencies, benefits and services have taught me that we can't focus on a single resource or service pertaining to an individual with a disability. We must coordinate all resources and services to assist the whole person, not just addressing one component or one need. If someone contacts me about food stamps and I discover that they may also qualify for a Medicare Savings Plan that pays their Medicare deductibles and co-pays or they may be eligible for Medicaid, I urge them to apply for those benefits as well. It is not a required component of my position to do this, but it is a way for me to give something back to my community. While education is power, education and experience is even more powerful. It is so rewarding to know that I can make a positive difference in someone's life.

What is your favorite hobby or past time?

I have always enjoyed drawing, painting and making crafts. It's amazing how paint, ink or pencil can be used to create an image that looks so real yet still be one dimensional. I have worked in oils, watercolor, acrylics, pencil, ink and other media. I have been involved in several exhibits throughout Kentucky. My latest exhibits were this past summer for VSA arts of Kentucky in Bowling Green and in Louisville at VSA's exhibit space with Bandy Carroll Hellige Advertising Agency. Through VSA I was able to explore the option of having prints and note cards made from my artwork. They are available through VSA and the Kentucky Appalachian Artisan Center in Hindman, Kentucky.

What is your favorite food?

I have always said that I eat to live not live to eat, but I would have to choose surf (shrimp), turf (rib eye steak) and chocolate pie as my favorite foods. My least favorite food would have to be cheese and any other product made from "spoiled" milk. I'm not allergic to it; I just don't like the taste, smell or texture of cheese, cream cheese, cottage cheese or any other "cheese" concoction.

Why are you a KOIN member?

I am a KOIN member because as a person with a disability – and considered one of the vulnerable populations – I am likely to need assistance during a disaster or emergency situation. KOIN not only keeps me in the loop as information becomes available, it allows me to assist others who may not have access to other forms of communication. When the KOIN is activated, I would receive vital information about an emergency or disaster and distribute it to those people in my network. By disseminating accurate information to those that might not otherwise receive it in a timely manner, I am reducing the time it takes to get the word out to everyone. This not only improves my own chances of surviving an emergency or disaster, it improves the chances of survival for my friends, colleagues and others who may not learn of an impending event other than through the KOIN communications system.



Lanny Taulbee

New Disaster Preparedness Materials to Assist Individuals with Chronic Disease Available

Newly developed disaster preparedness materials are now available to assist individuals and their caregivers with chronic disease to prepare for disasters and emergencies.

The disaster preparedness materials consist of a patient resource manual, a participant training manual and a kit that includes an instructor's guide, a participant training manual, patient resource manuals for conducting classes in local communities and a new Web site, www.chronicdiseasepreparedness.org. The informative materials highlight the needs of people with chronic disease during disasters, educating individuals with chronic disease on planning for disasters, instruction on developing emergency contact information to include personal medical information and action checklists, and helpful links.

The publications and Web site were developed by the University of Louisville through a Kentucky Department for Public Health (DPH) grant, supported by a cooperative agreement with the Centers for Disease Control and Prevention (CDC).

The free materials can be ordered directly from the Web site at www.chronicdiseasepreparedness.org. Community organizations such as churches, cooperative extension offices and KOIN members are encouraged to use the preparedness kits to conduct classes in their local communities.

For more information on chronic disease disaster preparedness materials, please contact DPH's Chronic Disease Prevention Branch at (502) 564-7996.

Division of Communications
Cabinet for Health and Family Services
275 East Main Street 4C-A
Frankfort, KY 40621

Phone: 502-564-6786
Fax: 502-564-0274
E-mail: BarbaraJ.Fox@ky.gov



HELPFUL EMERGENCY CONTACT INFO:

How to Get Help/Medical Emergency - Dial 911

Poison Control Hotline - 800-222-1222

Disease Reporting Hotline - 800-973-7678

**Division of Emergency Management -
800-255-2587 or 502-607-1611**

KY Dept. for Public Health - 502-564-3970

**Cabinet for Health and Family Services Office of
Communications - 502-564-6786**

We're on the Web!
**[www.chfs.ky.gov/dph/epi/
preparedness/KOIN.htm](http://www.chfs.ky.gov/dph/epi/preparedness/KOIN.htm)**

Mark your Calendars for February 17, 2009

Are you ready for the transition to Digital TV (DTV)? On Feb. 17, 2009 all full-powered television stations in the U.S. will stop broadcasting on analog airwaves and begin broadcasting only in digital format to allow stations to offer improved picture and sound quality and additional channels.

To find out more about whether or not you will be impacted by the DTV transition, go to www.dtv.gov or call the Federal Communications Commission (FCC) at **1-888-CALL-FCC** or **1-888-TELL-FCC** (TTY).

Migrant Farmworkers with Disabilities Employment Partnership

The Migrant Farmworkers with Disabilities Employment Partnership (MDEP) is a vocational rehabilitation intervention program for migrant and seasonal farm workers and their family members with disabilities in central Kentucky. The program develops and implements an innovative continuum-of-service system for the identification, assessment and job placement of disabled migrant and seasonal farm workers and their family members. Comprehensive outreach is also conducted into the migrant and seasonal farm worker community to make referrals to the Kentucky Office of Vocational Rehabilitation and other appropriate community resources to assist with employment opportunities.

To qualify for the program, you or a family member must meet the following qualifications:

- Must have a disability and are trying to find a job or keep one;
- Must have worked in agriculture;
- Are 14 years of age or older;
- Can legally work in the U.S.

If you answered yes to these questions, contact a coordinator listed below to see if you qualify to be referred to this program. If you do qualify, you could receive financial assistance to further your education, receive medical and psychological evaluation and care, and other employment-related services.

Israel Avelar, (859) 608-4335 (Shelby, Anderson, Carroll, Henry, Oldham, Owen and Spencer counties)

Esperanza Rivera, (859) 559-7631 (Madison, Clark, Estill, Garrard, Jackson and Rockcastle counties)

Marisol Valles, (859) 619-6830 (Fayette, Bourbon, Franklin, Jessamine, Scott and Woodford counties)

Referrals can be made to any county in Kentucky, but travel is restricted to the counties listed above.

Please contact Marisol Valles, Outreach Coordinator, if you have any questions or if you would like a representative to come and speak to your organization (churches, English as a Second Language (ESL) programs, community events, farms, conferences, coalitions or organizations) about the program. Marisol can be reached at (859) 619-6830 or email Marisol.Valles@uky.edu.