

Summit Recap

In celebration of National Preparedness Month, All Ready held its first All Ready Community Summit on September 6, 2012. More than 150 community leaders, representing 75 community organizations came together at the vonGontard Conference Center at Mercy Hospital in Creve Coeur to focus on the critical needs for emergency preparedness in the St. Louis area, particularly among those living with disabilities.

The Summit included a morning session in which all attendees discussed emergency preparedness needs and resources among their organizations and communities. All Ready and community leaders provided resource materials on various emergency and disaster situations, stressed the importance of an emergency disaster kit and informed attendees of special considerations that those living with disabilities must make in order to be prepared for an emergency.

"It is particularly critical that the disability community take action to be adequately prepared for emergencies," said David Newburger, commissioner on the disabled for St. Louis. "We hope that All Ready Community Summit attendees left with the motivation and resources they needed to get individuals and organizations talking about emergency preparedness and thinking about ways to take action."

The afternoon session, featured a train-the-trainer session specifically for the disabled community, allowing Summit attendees to leave with the ability to educate their organizations and communities on emergency preparedness. To help them in their efforts, attendees were given a basic emergency preparedness kits—donated by the American Red Cross St. Louis Area Chapter and assembled by members of the Anheuser-Busch InBev—that they may use to help demonstrate to members within their organization how to create their own.

A crucial message brought away from the Summit was to always be ready, because help may not be on the way. Community members must remember that first responders are our partners in preparedness; we must prepare to help ourselves so that they can better perform their jobs.

"We have great first responders but they can't be in every place every single time. Plan ahead," stated Margaret Donnelly, director of Missouri Department of Health and Senior Services, who served as the keynote speaker at the event.

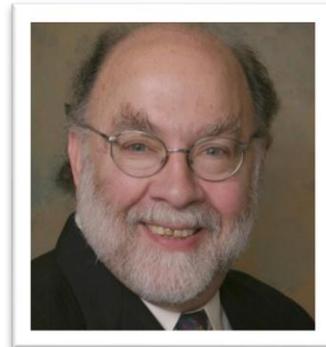
At the close of the Summit, a consensus statement detailing the many findings and best practices discussed throughout the day was released to the public in order to serve as a guide on how best to address emergency preparedness in the St. Louis area. Additionally, 150 attendees signed commitment cards, pledging to take active steps toward increasing the level of preparedness in the St. Louis region. In the coming weeks and months, All Ready will be reaching out to attendees to ensure that they have the resources and information needed to act on their commitments and begin working to help *all* St. Louis area residents be better prepared for emergencies.

If you have any comments or questions regarding the All Ready Community Summit, or would like additional information about future All Ready events, please contact us at AllReadySTL@gmail.com.

Show Me Your Kit

The All Ready Campaign strongly encourages all St. Louis area residents to have a basic [emergency kit](#), and to update their kit regularly to ensure that is not only up-to-date for the current season, but also fits your specific needs.

David Newburger, leader of the All Ready Steering Committee and St. Louis City Commissioner on the Disabled, is sharing the essential items he keeps in his own emergency kit. By taking a glimpse into another's needs for preparing for an emergency, you may identify additional items that you could add to your own kit to ensure that you are ready for the many types of emergencies we may face in the St. Louis area.



- Basic AM/FM radio
- Flash light
- Small first aid kit
- Batteries
- Water
- Dry sealed food
- Whistle
- Sealable plastic bags
- Rubber gloves
- List of prescription drugs
- Small quantity of current prescription drugs
- Cable to charge cell phone if there is power
- Manual wheelchair
- Backpack that fits back of wheelchair
- Cat food
- Cat carrier
- Chocolate in case I run into Nicole Hawkins at the Red Cross
- Deck of playing cards

Spot anything that you should add to your emergency kit? If you have questions about what you should be including in your personal or family emergency kit, you may ask one of our preparedness experts by contacting us at AllReadySTL@gmail.com.

Preparedness Spotlight

American Red Cross Saint Louis Area Chapter

The American Red Cross St. Louis Area Chapter has continued to support All Ready and other emergency preparedness programs in the region, through their safety resources and materials. Through programs such as the Red Cross Ready Rating system, businesses and individuals can assess their level of preparedness, create customized emergency plans and have access to a comprehensive [resource center](#).

In addition to the Ready Rating system, Red Cross representatives have been a part All Ready steering committee, helping to guide preparedness methods and procedures in the St. Louis area.

We would like to thank the Red Cross for all they have done and hope to work together for many years to come as the organization continues to be an example of emergency preparedness for the region. If you would like more information about the Red Cross preparedness resources, visit www.readyrating.org or contact Deane Adam at Deane.Adam@redcross.org or (314)516-2717.

Did you know...?

... you shouldn't forget [Spot](#) in your emergency plans!

- You can include your service animals or pets in evacuation drills so that they become used to entering and traveling in their carriers calmly.
- Pack not only food and water for animals in [emergency kits](#), but toys as well to help them remain calm.
- Take care to watch the behavior of service animals or pets during an emergency. Stress caused by disasters can especially affect animals. Keeping a close eye on them will ensure their safety and those around them.
- If an emergency does arise, put out plenty of fresh water and dry food. Less palatable food is recommended, as your service animals or pets will be less likely to overeat. Consider using non-spill bowls for food and water, or leave a tap dripping as a water source.

Seasonal Overview

There's plenty to love about fall - cooler weather, colorful leaves, an abundance of pumpkin bread and apple cider - but as recent weather activity has demonstrated, the changing of seasons can also bring along an increased risk of severe storms and tornadoes. Tornadoes often strike unexpectedly, so it is doubly important to be prepared ahead of time.

First, know your community's warning system. Typically, an outdoor warning system will indicate an oncoming storm, but it is important to understand that these are meant to only serve as *outdoor* warnings and their availability and frequency may vary depending on where you live. You should always make an effort to pay attention to the various alert systems available, particularly if you may need additional warnings that address various disabilities, such as deafness or visual impairments.

Second, make a [plan](#) and know where to go in the case of a storm. The safest place during a [tornado](#) is in your basement or any interior room without windows on the lowest floor of your home. Bring your kit and other emergency supplies into this room, and be sure to instruct your family members about your plan! If you have mobility issues, take time to speak with a neighbor and ask for their assistance in the case of an emergency. This extra planning could be critical in saving valuable time if a storm strikes.

Finally, remember to keep your emergency kit stocked for the season. In the fall and [winter months](#), you'll want to have extra blankets and warm clothes put aside along with other essential items including a flashlight, a weather radio, extra batteries, non-perishable food, medications, and first aid. This also means adding these cooler weather items to your car in the case of a [snowstorm](#) while you are traveling!

Fall is Flu Season

What you need to do to avoid catching and [spreading](#) the [influenza virus](#):

- **Wash your hands regularly!** And try to avoid touching your eyes, nose, and mouth with your hands. Both practices will prevent you from catching and spreading germs.
- **Avoid contact with people who are sick.** This will limit your chances of getting sick, too.
- **Get a flu shot.** The flu shot is an excellent way to prepare for flu season, and it is a convenient and affordable precaution.

Want to share the All Ready newsletter with family and friends? Feel free to forward on to share updates on

emergency preparedness information and activities in the St. Louis area.

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