

**Today's Quotes:** *"Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse."*

Henry Jackson van Dyke (1852–1933) an American author, educator, and clergyman

## Preparing for Winter Storms and Other Emergencies

Whether you are a service provider, caregiver, family member or individual with a developmental disability, it is always important to be prepared for an emergency. Right now, is the time to begin preparing for the severe weather the winter months can bring. From extreme cold to snowstorms, winter weather has the potential to disrupt normal activities and cause harm. It is crucial to have emergency plans in place.

### Tips for Emergency Preparedness

Scott Ellis, emergency preparedness coordinator for the Progressive Center for Independent Living (PCIL) in Hamilton, has helped the organization become nationally known for its emergency preparedness initiatives in relation to people with disabilities. Ellis offers the following tips for preparing for a winter storm emergency:

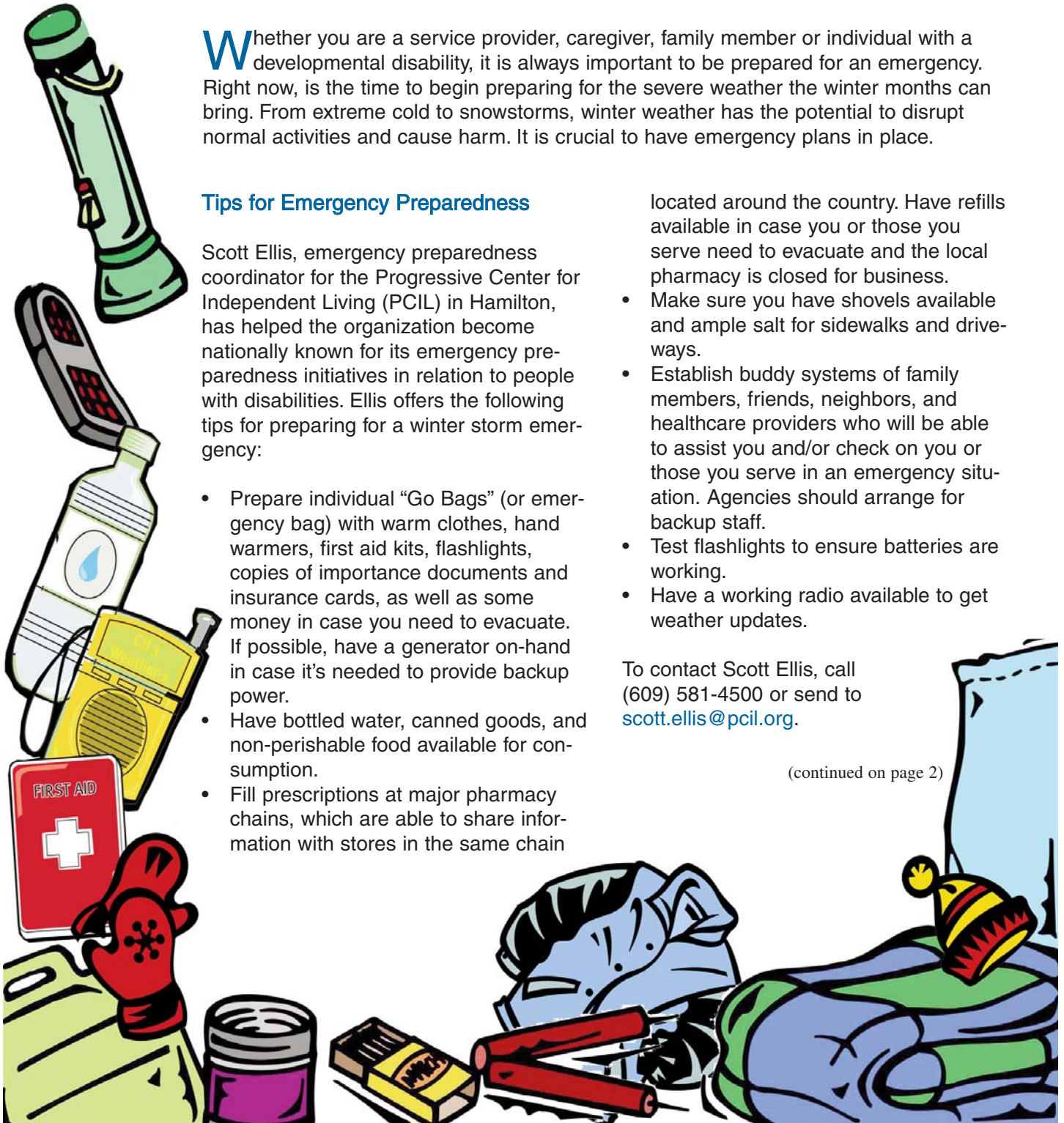
- Prepare individual "Go Bags" (or emergency bag) with warm clothes, hand warmers, first aid kits, flashlights, copies of importance documents and insurance cards, as well as some money in case you need to evacuate. If possible, have a generator on-hand in case it's needed to provide backup power.
- Have bottled water, canned goods, and non-perishable food available for consumption.
- Fill prescriptions at major pharmacy chains, which are able to share information with stores in the same chain

located around the country. Have refills available in case you or those you serve need to evacuate and the local pharmacy is closed for business.

- Make sure you have shovels available and ample salt for sidewalks and drive-ways.
- Establish buddy systems of family members, friends, neighbors, and healthcare providers who will be able to assist you and/or check on you or those you serve in an emergency situation. Agencies should arrange for backup staff.
- Test flashlights to ensure batteries are working.
- Have a working radio available to get weather updates.

To contact Scott Ellis, call (609) 581-4500 or send to [scott.ellis@pcil.org](mailto:scott.ellis@pcil.org).

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### Training for Emergency Preparedness

Emergency preparedness, of course, goes beyond planning solely for winter storms. Other weather-related emergencies also can create dangerous, even life-threatening situations, as can man-made disasters, such as terrorist events. A number of organizations offer trainings in emergency preparedness. These include the following:

- Upon request, staff from PCIL in Hamilton will travel and offer training workshops throughout New Jersey. Sometimes, other Centers for Independent Living (CILs) within New Jersey offer emergency preparedness training opportunities. To find out how to contact your local CIL for more information, visit [www.njsilc.org](http://www.njsilc.org).
- At least one private emergency management firm, EAD & Associates, LLC in New York City ([www.eadassociates.com](http://www.eadassociates.com)), offers specialized trainings for individuals with access and functional challenges.

Finally, at least one organization hosts emergency preparedness conferences around the country with the goal of bringing together the emergency management and disabilities communities. The organization is called **enableUS** and their website is [www.enableus.org](http://www.enableus.org). The phone number is 703-894-7414.

- The New Jersey Office of Emergency Management (NJOEM) offers various types of trainings. For details, contact Mary J. Goepfert, an instructor with the NJOEM Field Training Unit, at 609-963-6818.
- The New Jersey Council on Developmental Disabilities (NJCDD) has developed training for individuals with developmental disabilities and their families, which presents a comprehensive overview of how to handle emergencies caused by natural disasters, terrorist attacks and other catastrophic events. Each participant receives a “Go Bag,” which holds items they may need in an emergency. For more information or to schedule training, visit [www.njcdd.org](http://www.njcdd.org) or contact Jane Dunham, Training Coordinator for Emergency Preparedness, at 609-292-3745.

Depending on the provider, training costs will vary.



“There are clear and proved preparedness advantages to choosing to fill prescriptions at large chain pharmacy stores. Specifically, the benefit is that your information can be accessed from another location if your primary store is closed. Talk to the pharmacist about how you can get your information during an emergency. Ask about the protocol during a local and regional emergency to be sure to know what will happen if you need to go across town or out of state. Be sure to confirm this with the pharmacy, and nevertheless always carry a list of the medicine you take, including the name, the dose, the frequency in which you take it, the reason why you take, the name of your pharmacy and your doctor(s).”

Rebecca Hansen, MSW, Senior Manager EAD & Associates, LLC

# 2010 National Caregivers Conference a Success



John Crowley, National Caregivers Conference Keynote Speaker

More than 300 caregivers and other interested individuals attended the 2010 National Caregivers Conference on Oct. 26<sup>th</sup> at the Renaissance Woodbridge Hotel in Iselin. The conference theme was "Technology: The Future of Caregiving."

Many of the workshops and exhibits focused on easily accessible, cost effective technologies and other supports that can help improve the care giving experience.

Keynote speaker John Crowley set an inspirational tone for the conference as he talked about the enormous financial and emotional investment he made in order to find a cure for his children's rare genetic neuromuscular disorder. The story of Crowley and his family was the basis for the 2010 movie *Extraordinary Measures*.

Crowley, spoke from the heart about hope, empowerment, joy and simply trying to make the most of the time his family has together. He also talked about how his fam-

ily dealt with the challenges that come with a developmental disability.

"Part of hope is believing in the future and believing that you can make a difference," said Crowley.

Commissioner Jennifer Velez (DHS) also offered remarks at the conference, and U.S. Representative Frank Pallone, who represents New Jersey's 6<sup>th</sup> Congressional District, was presented with the Distinguished Leadership in Caregiving Award.

The conference was sponsored by the Family Support Center of New Jersey, The Family Resource Network, and Caregivers of New Jersey,



Jacqueline Moskowitz, Ex. Director, Family Support Center John Crowley, Keynote speaker for National Caregivers Conference and Eric Joice, Ex. Director, Family Resource Network (parent organization)



## ANNOUNCEMENTS

# Holiday Express Benefit Concert



### Concerts #1 & #2:

**When:** 12/15/10 (Wed), 12/16/10(Thur)  
**Where:** The Count Basie Theater - 99 Monmouth St., Red Bank, NJ 07701  
**Time:** 7:30pm  
**Tickets:** Call The Count Basie Theater Box Office at (732) 842-9000.

### Concerts #3:

**When:** 12/21/10 (Tue)  
**Where:** NJ PAC Prudential Hall, Newark, New Jersey  
**Time:** 7:30pm  
**Tickets:** Call NJ PAC Box Office at 1(888) GO-NJPAC



Proceeds help Holiday Express deliver music, food, gifts, financial support and friendship to adults and children who are physically and mentally disabled, living with AIDS or homeless, as well as the isolated elderly and others in need.

For more information please visit the Holiday Express website at [www.holidayexpress.org](http://www.holidayexpress.org). or [njpac.org](http://njpac.org)

## ANNOUNCEMENTS

### Autism New Jersey (ANJ)

ANJ Workshops - Healthcare Resources:  
Access and Funding for Autism. Click [here](#) for details.....

### Parent Link

The New Jersey Department of Health and Senior Services has launched a new website for parents called **Parent Link**, the *Early Childhood, Parenting and Professional Resource Center*. <http://www.njparentlink.nj.gov/>. **NJ Parent Link** is the new "central station" for receiving early childhood updates, events and networking opportunities.



### ***How many people have recently moved to the community from developmental centers?***

We are in the process of updating our information and expanding our reporting data. This feature will be moving to our website, so stay tuned for further details.

“The Family Support Center of New Jersey ([www.fscnj.org](http://www.fscnj.org))” has re-established “The Training Calendar,” an online resource for information about training opportunities, lectures, and other activities for caregivers and receiving support and care.

Please visit [www.thetrainingcalendar.org](http://www.thetrainingcalendar.org) for more information.

[www.fscnj.org](http://www.fscnj.org), you also will find the new spring 2010 Training Schedule and registration information for Life Line for the Journey, Pathways to Adult Life or Preparation for Life after 21.