



We could not move on to July until we took time to address the frightening weather event, the tornado, that we all experienced since we last spoke in June. Our thoughts and prayers go out to our neighbors in Brimfield and Monson who bore the brunt of the damage.

Wales, fortunately, came through relatively unscathed, but any of us who witnessed the devastation will remember the experience for years to come.

One positive that has come out of this is that we have all stopped to think about emergencies and how we can prepare in advance for some of the most common ones. We have also learned that emergency personnel may be busy caring for those who are most seriously injured or affected and it is important that each and every one of us do what we can to stay safe and well. Keep in mind that emergency shelters do not open until after a problem has occurred so you may have to remain in your home until after the event, so plan ahead. If you live in a mobile home or in a home without a basement, or just prefer not to be alone, talk to your friends and family now and see if you can go to their home if you hear a weather alert. You can also come to the Senior Center or another public building during regular business hours

but since we do not have generators, we do not have power, toilets, or drinking water if power goes out, so we cannot serve as a shelter. If you choose to leave your home, post a note on your refrigerator door or on the inside of your front door saying that you have left and where you can be contacted. That way emergency responders or family can easily find you. Also, if you choose to leave, bring a bag with you containing a change of clothing, your medicines, identification, and copies of your personal papers most importantly your property insurance. If you bring pets, make sure that you have proof that your pets are up to date on all of their vaccinations.

Generally, it is best to remain in your home unless you are told to leave so you should be prepared. If you don't have a flashlight or lantern you should pick one up. Candles or anything with an open flame is dangerous and can cause burns or fires. There is such a good, cheap, selection of battery operated lighting out there now that you should have some on hand. Also, pick up extra batteries at the same time. It is also a good idea to have a battery operated radio available. That will allow you to get updated weather warnings or alerts as well as information on what is going on. Lastly, if you do not already have a cell phone you might want to consider getting one of the prepaid ones that cost as little as \$20.00. That way you can stay in touch with family and friends or call for emergency help if needed. If you receive Fuel Assistance, Food Stamps, Mass Health, SSI or other Federal assistance, you can get a free cell phone from Safe Link.

Plan to have at least a 3 day supply of food and water and medicines on hand for yourself and your pets. Food that is ready to eat, such as peanut butter, tuna fish, canned meats and fruits are your best choices since no further preparation is needed. Cereal and fruit bars are also good choices. As for water, the average person needs approximately one gallon of water daily. Next time you are at the store pick up a case or two of bottled water to keep on hand, extra if you have pets.

Finally, use the buddy system. Check on your neighbor and arrange to have someone check up on you.

We cannot prevent emergencies from occurring but we can prepare ahead now and make them a bit easier to deal with should they happen.



ELDER LAW

Atty. Michele Feinstein will be at the Senior Center on Tuesday, July 12th @ 12:15 to present her Elder Law program which was cancelled due to the weather.

If you have any questions or would like to learn more about wills, Power of Attorney, Health Care Proxies, Trusts, Mass Health policies or other legal matters, this is your chance to sit down with an attorney at absolutely no cost and get all of your questions answered.

No reservation is needed but if you wish to join us for lunch before the program you must sign up in advance.