#### December 2021

## Nisqually Pines Community Club



Nisqually Pines Community Club

8903 Pepperidge Lane SE Yelm, WA 98597

Phone: 360-458-7370 Fax: 360-458-7157 Hours of operation: Monday - Friday, 7:30 to 5 pm

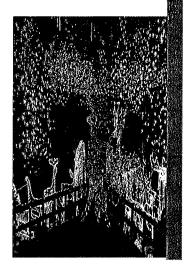
Important Dates:

December 15th Open Board 6:30pm

December 24th Office Closed

December 25th Christmas

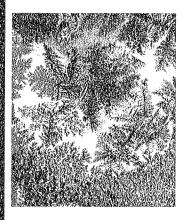
December 31st New Years Eve Office Closed



www.nisquallypines.com



# Happy Holidays to you and your families From the Board of Directors and Staff!



Winter weather is coming, are you prepared for power outages and/or freezing temperatures?

See inside for safety items to have on hand and emergency road kits.



#### UTILITY LATE FEE/SHUTOFF MORATORIUM EXPIRED ON SEPTEMBER 30

Starting November 1, 2021 when payments are made after the 15th of each month a late fee will be assessed. If the 15th is on a weekend you have until Monday to pay your bill.

If per chance you bill is delinquent come to the office to fill out a promissory note which will stop the late fees.

# 

Sat			18	25 Christmas	
Fri	. 4	10	17	24 Christmas Eve 2: Office Closed	31 New Years Eve Office Closed
Thu	<b></b>		16	23	30
Wed	2	σ.	15 Open Board 6:30pm	27	3
Tue		7 Garbage & Recycle	14 Garbage	21 Garbage, Recycle Glass	28 Garbage
Mon		6 Yard Waste	13	20 Yard Waste	27
Sun		ın	12	19	56

#### **ADJUDICATION COMMITTEE**

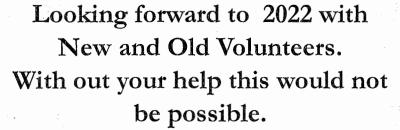
#### INTERESTED BEING ON ADJUDICATION

- MUST BE IN GOOD STANDING
- LIVED IN NISQUALLY PINES FOR 1 YEAR
- ONE MEETING A MONTH

You can pick up an application at the front office. Please consider turning in an application and joining the Adjudication Committee.



A special Thank You to all those who made donations to help out with our events.











#### **OWNERS**

If you are going out of town, have a vacant home or rental property-PLEASE have your water shut off while your home sits vacant. At anytime a leak may occur and it can be very costly!!!



# Hazards Hazards Hazards

## **DECORATIONS** & WRAPPING MATERIALS

Ornaments, candles, tinsel, ribbon, dreidels, wrapping paper

Dangers: Burns (candles), choking, intestinal blockage, stomach infection

Symptoms may include: vomiting (possibly severe), diarrhea, depression, stomach pain, fever

## PLANTS &TREES

Holly, mistletoe, poinsettia, Christmas tree pine needles

Dangers: mouth irritation (poinsettia), gastric distress (pine needles), death (mistletoe)

Symptoms may include: excessive drooling, stomach pain, vomiting, severe diarrhea, difficulty breathing, shock

## Keep the Holiday Season Healthy

staying aware of these common dangers can help you avoid an unexpected Strip to our veterinary hospital.

> If your pet has any of the symptoms listed above, please contact us right away.

# FOOD & DRINK ...AND TAINTED WATER

Bones, chocolate, fat trimmings, nuts (specifically almonds, walnuts, pistachios, macadamia nuts), general overindulgence, water with preservatives or sap in the Christmas tree stand

Dangers: choking, obstruction, lacerations (bones), pancreatitis (fatty foods), to gastric and respiratory distress (water from preservatives/tree sap), to coma, seizures, and death (alcohol, chocolate).

Symptoms may include: increased thirst, upset stomach, vomiting, diarrhea, lethargy, lack of coordination, difficulty breathing, tremors

## CORDS & LIGHTS

Holiday lights and electrical cords

Dangers: electrical shock, death

Symptoms may include: burns, difficulty breathing, abnormal heartbeat, loss of consciousness

Infographic by VetNetwork, LLC 2013

#### **NISQUALLY PINES COMMUNTIY CLUB**

Looking for a place to have a meeting, birthday parties, Valentines, St. Patrick's, Easter, Cinco De Mayo, Halloween, Thanksgiving dinner or Christmas Parties?

We have 18 tables for use and 64 chairs some are folding and regular. We have a fully useable kitchen with all the amenities. The main room comes with a TV, cable and Wi-Fi. There is also a pull down screen for watching slides or old movies on.

Just bring your own projector. Fees are as follows:

Members: Full Day (7am-1am) \$75 rental \$150 refundable cleaning deposit= \$225

Two hours \$25 deposit plus \$75 refundable cleaning deposit Alcohol Deposit-\$100 if no damage is refundable

#### Members Sponsoring Non-Members:

Full Day (7am-1am) \$150 deposit \$150 refundable cleaning deposit Two hours \$35 plus \$100 refundable cleaning deposit (not more than one in a three month period)

Clubs & Organizations: Weekly meetings-\$100 per month plus refundable cleaning deposit of \$150. No more than one two hour meetings per week.

Monthly Meetings: \$35 per month plus refundable cleaning deposit of \$150. No more than one two hour meetings per month.

Additional refundable deposit of \$100 for any event having alcohol. As long as there is no alcohol related damage the deposit will be refunded. Banquet permit is required at time of walk through.

## FYI

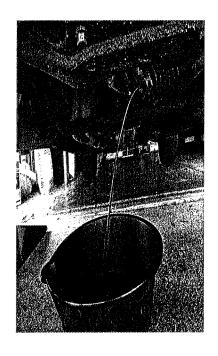
#### **Dumpster Days**

Dumpster Days was voted down by the community in 2015-2016. Not sure when or if it will be put back on the ballot for the community to vote on. So with that being said if you have mattresses, plumbing items, carpet scraps, broken toys, furniture, miscellaneous items please take it to the dump. Here are the names, addresses and phone numbers of the dumps.

Rainier Dump: Open Friday-Sunday 9am-5pm 13010 Rainier Acres Rd. S.E. (360)446-2600

Thurston County Waste & Recovery Center:
Open Monday-Sunday 7am-4:45pm
2420 Hogum Bay Rd. N.E.
(360)786-5494





#### Used Oil in Containers

Have used oil sitting around not knowing what to do with it.

Take it to the local auto parts store where they recycle it.

Auto Zone-360-458-2880 O'Reilly's-360-458-2323 Wal-Mart-360-400-8050

## Curbside Garbage and Recycling Rural Garbage Service-LeMay Phone: 360-923-0111

Here is the pricing for garbage service in The Pines:

Garbage and Recycling Service for two months \$39.38
35 gallon garbage can pickup every week
96 gallon recycling bin pickup every other week
Glass pickup every four weeks, you provide container

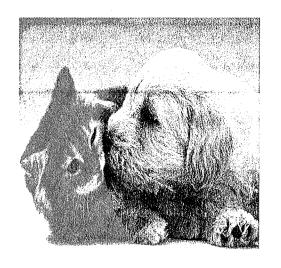
Or

Garbage and Recycling Service for two months \$53.30
65 gallon garbage can pickup every week
96 gallon recycling bin pickup every other week
Glass pickup every four weeks, you provide container

The above prices are before taxes are added.

The dates for recycling glass bottles

December 21st



Article is from the magazine Women First

#### Fend of fleas in the winter

Cold temperatures mean higher risk of fleas indoors-the critters don't hibernate, so they seek out warm places like your carpet. Banish them with salt, which acts as a dehydrating agent to kill the pests.

TO DO: Sprinkle finely ground salt on carpets; let sit for an hour. Vacuum it up, then empty the canister in the outside garbage. Repeat every two days for a week to ensure you've killed every egg.

If your dog is lost and you cannot find him/her, you have options to recover your missing pooch:

Post it on the bulletin board at the Pines Office Call the Yelm Veterinary Clinic 360-458-7707 Call the Yelm Animal Shelter 360-458-8438 Post on the Nisqually Pines Event Page





F.Y.I.
Animal Services
3120 Martin Way
Olympia, WA
(360)352-2510
Closed on Mondays

#### River Park hours

#### \*The River Park is for members and their guests only\*

Any vehicle found in the River Park parking area without a Nisqually Pines Pass will be towed at the owners expense. Parking is allowed only in the park. Any vehicle on or near the road will immediately be towed.



Open year round

Hours are 8am to 7:30pm approximately

Sat & Sun Hours: 11am-9:00pm

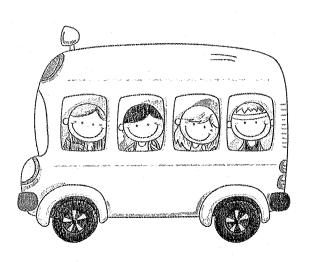
No lifeguard on duty - swim at your own risk.

No alcohol permitted on the premises.

No fires or over night camping!

Per Fish and Wildlife Dept. ONLY Catch and Release fishing is allowed on the Nisqually River!!

WA Dept. of Fish & Wildlife phone # (360)902-2200



Please watch for the upper grades and the little ones that will be walking to the bus stop. The mornings are dark out.

We hope you had a wonderful summer and wish you luck in the upcoming school year.

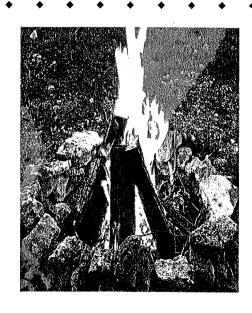
SPEED LIMIT IS 20mph

Recreational fires only between these dates.

\*\*Seasoned firewood only during burn ban!\*\*

You may not burn wood of any kind that is processed.
All wood has to be in its natural form. If you have any questions, please call the office.

\*Fire may be no higher than 3ft.\*



## A Word from our Staff

Office Manager: Charity Mayerl

Email: cmayerl@nisquallypines.com, Phone: 360-458-7370 Fax: 360-458-7157

REMINDER: Please make sure checks are signed before dropping in the night deposit box.

Office Assistant & Property Standards: Paulette Howard

Email: propertystandards@nisquallypines.com, Phone: 360-458-7370, Fax: 360-458-7157

During the winter months when the ground is wet and soggy parking in on the Pines right-of-way creates deep ruts.

Reminder: Parking on the Pines right-of-way in not to exceed six (6) hours for any period.

Water Department: Julie Rhey-Baumann

Email: waterdept@nisquallypines.com, Phone: 360-458-7393, Fax: 360-458-7157

Turn off water to the hose bibs you don't need in the winter, keep the hose disconnected from faucet.

Put faucet covers on your faucets so they do not freeze (they can freeze and break inside the walls.)

Clean your gutters to keep the water flowing in the right direction, away from the house.

The culverts under the driveway are YOUR responsibility to keep cleaned out of all debris. Please clear then so the rain water will flow in the proper direction.

Have a shut off put on your house so that the water department doesn't have to come out.

Please contact water Manager for water shut-offs

Maintenance Department: Robert Moore & Jim Cunningham

Email: maintenance@nisquallypines.com, Phone: 360-458-7393, Fax: 360-458-7157

Each resident is responsible for their own yard/tree debris. Please don't leave yard debris beside the road for pick-up.

Thank you!

#### Board News

#### **Board of Directors**

Crystal Detwiler-Vice President, River Park
Cory Parsons-Board Member, Maintenance/Water Contact
Sherry O'Dell-Board Member, Clubhouse
Constance Ihringer-Board Member
Jennifer Celmer-Treasurer, Office Contact
Dayna Brown-Secretary, Pool Contact
Michael Cui, Board Member

# <u>Updates</u> Treasurer's Report: <u>Ending Balance for October 2021</u>

General Fund: \$773,547.62 (Primary Operation/Maintenance account)

Long Range Plan: \$719,515.44

(Capital Improvement)

Long Range Plan Major Repair Reserve: \$144,362.04

(Major Repairs)

Water Loan 1 Fund: \$5,484.55

(WA Public Works Loan-paid annually)

Emergency Fund: \$20,341.43

(Held for emergency use only)

Key Bank USDA Loan: \$140,016.17

(USDA Debt Service Account)

Gold Money Market: \$103,875.95

(USDA Reserve Account-Required for Loan)

Twin Star Savings: \$55,597.13

(Dividends transferred from Cetera)

Investment Portfolio: \$270,386.07 (Cetera/)Olympia investment account)

Grand Total \$2,233,126.40

## Committee Happenings

#### Adjudication

November no case Next meeting: No December meeting

Members: Theresa Donovan, Rob Parkhill, Luke Clark, Stacey Turnbull

Contact:: Sherry O'Dell

Closed meeting, not open to anyone not directly involved.

Looking for residents in good standing to volunteer on Adjudication Committee

Get an application at the office-Renters can be on Adjudication with the approval of homeowner

#### **Finance**

**TBA** 

Members:

Interested in helping on the Finance Committee-Get an application at the office Must be a member in good standing
Finance committee members needed!!!

#### **Events**

Need volunteers to help organize for up coming events. Contact the office if you are interested! Next meeting: Meeting will be decided by how many volunteers call and want to be part of this event. Next event: TBA

Anyone interested in being on Event Planning Committee call the office. Event planning help, looking for someone to take over events or they will not continue.

Members: Rob Parkhill and Jodi Dawes

Contacts: Sherry O'Dell

Most of our committees are small and consist of the same volunteers, please come and listen to what they are working on and see if maybe you can help!

## **Updates**

#### **Property Standards**

Last month the following warnings or fines were issued:

17 Thank yous	1 complaint	
1 fire unattended	5 dogs loose	
18 debris	2 2nd dwelling	
5 easements	1 fine	
2 certified	1 courtesy letter	
1 more than 5 vehicles	1 junk vehicle	
1 courtesy		

94.1.040 What vehicle-related activities are prohibited in The Pines? No person within the legal boundaries of Nisqually Pines Community Club, shall:

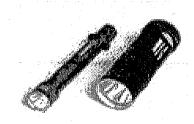
(12) Parking vehicles in The Pines right-of-way in manner that obstructs traffic, the mail carrier, or emergency equipment; or for any period exceeding six hours. Parking on The Pine's right-of-way is permitted in the residence's **DRIVEWAY** only. The vehicle must be two feet or more away from the asphalt.

1st \$100 2nd \$250 3rd \$500 4th \$1,000

## 94.1.085 Water system activities prohibited in The Pines (fines are listed for first, second, third and fourth offenses)

- (2) Turn water service to private property on or off at Pines water valves. Access to meter boxes is for Pines personnel only. Each resident should have their own shut-off valve on their own property.
  - \$150 \$250 \$500 \$1,000
- (3) Restrict Pines' employees from performing their duties related to the community water system by the following:
  - (a) Restricting access to Pines water valves/meter box if on the owner's property; \$100 \$200 \$300 \$500
  - (b) Covering Pines water valves/meter boxes with dirt, gravel, debris and vehicles etc. \$250 \$350 \$500 \$1,000
  - (Plus labor and equipment costs to uncover valve and/or meter box.)

With daylight increasing a little each day we still need to pay attention as we are out and about - <u>PLEASE</u> be mindful of vehicle traffic!! For your safety, please walk along the edge of the roads or in the easement against oncoming traffic.



Carry a flashlight, head lamp or wear bright colored clothes so you can be seen easier during the twilight and evening hours.



Bicycle riders— please make sure your reflectors work or you have a light so you are more visible.



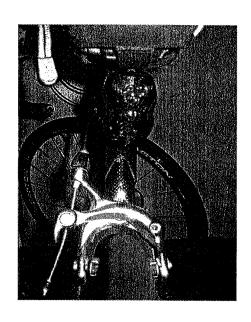


Car Owners- Check your front headlights, rear taillights and brake lights to make sure that they are in working condition.

When walking or riding a bike please wear bright clothing or reflective tape and/or carry a flashlight.

Remember it is hard for cars to see you at night if you are wearing dark colored clothing.

Thank You!!



## PUGET SOUND ENERGY Call 811 Before You Dig

Winter is here- you may have plans to start construction and landscaping projects. Your friends at Puget Sound Energy want to remind you about the importance of calling 811 at least two business days prior to any digging. It is the law, and utility-owned lines are located for free.

Whether you are planning to use your employees or hire a contractor, start digging means calling 811 before each job. Outline your dig area in white paint so that the utilities will know where to mark. Even homeowners digging on their on property must call, if digging deeper than 12 inches.

Don't take a chance. Call 811 before you dig, then dig by hand within 2 feet of the markings.

Visit their <u>Safety</u> page to learn more about gas and electric safety, and our <u>Business Services</u> page for all your energy needs.

For questions, please email <u>businessaccountservice@pse.com</u>



#### PARK TRAIL

The trail from Heather to the River Park is "<u>Use at your own risk"</u> due to the storm damage and erosion.



#### Where Does Litter Come From?

- 1. Household trash leftover or spillover from garbage collection
- 2. Dumpsters used by businesses
- 3. Loading Docks
- 4. Construction and demolition sites
- 5. Trucks with uncovered loads
- 6. Pedestrians
- 7. People in cars

## Classified Ads

#### Handy Man

Roof repairs or replacement Skylight replacement, roof cleaning Call Wes Craney 360-970-4480

Affordable prices, honest & efficient.

I'm experienced in painting, texture, flooring, tiling, carpeting, sheet rock, etc.

Also outside work: welding, trimming, cutting trees, landscaping, lawn mowing, pressure washing, deck repair & mechanic.

#### **Caregiver Wanted**

Call 360-970-1992

Looking for someone parttime caregiving for a disabled adult Contact Laurie (253)441-5806

For Sale
"Like New"
Bunk Bed White Metal
Frame
Bed comes with:
2 mattresses
2 foam pads 2" thick
2 sets of fitted sheets
2 comforters
2 mattress covers
Ladder

Call: 360-458-3593

House Cleaning
Will clean your home
Have excellent references
Call April
(360)701-6685

For Sale
2019 Eastman House
Jefferson Foam queen
mattress & box spring.
Great condition, no
stains.
\$200 OBO
Call:360-951-6312

# OPEN PUBLIC BINGO AT NISQUALLY MOOSE LODGE Monday's at 6:30pm

Monday's at 6:30pm 1117 Yelm Ave. W (360)458-3381

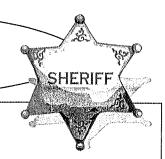
#### **REMINDER**

Quiet hours are from 10pm-7am 7 days a week



To advertise here contact the office staff 360.458.7370

#### Police Blotter



#### October

26-Routine Patrol

28-Routine Patrol, warrant arrest an River Park transported to jail

**30-Routine Patrol** 

31-Routine Patrol

#### November

2-Routine Patrol

4-Routine Patrol

6-Routine Patrol, public service call Kinnikinnick

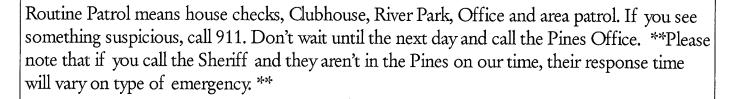
11-Routine Patrol, contacted male riding unlit bike on Holly refused to give his full name

13-Routine Patrol, call to Linden CPR in progress

15-Routine Patrol, 7 traffic stops for speed. Verbal warnings issued

17-Routine Patrol

20-Routine Patrol, assisted deputies with two follow ups in The Pines

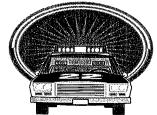


The non-emergency number for the sheriff is 360-704-2740 Please lock doors and don't leave valuables in your vehicles. If you are going on vacation, you can have the sheriff check your house to make sure it is secure.

Fill out a vacation request form at the office.

Since we have the Thurston County Sheriff in The Pines we have seen less criminal activity.

Suspicious Activity contact Thurston County Narcotics Task Force Website:co.thurston.wa.us





Just a Friendly Service Reminder **County Guidelines Suggest** The Average Septic Tank Needs to be Pumped at Least Every 3 Years...



Local Family Owned and Operated

Call For a Free Quote (253) 268-0322

Septic Pump Special

Septic Tank Pumping

Complete & Clean Service

Up to 1200 gallon tank - larger tanks extra. annot be combined with any other offer/special Use coupon code 3YR18

Visit us at vactecseptic.com

Our records indicate it is time to service your septic system. We recommend cleaning and inspecting your septic system every 3-4 years, to insure that it continues to function properly.

See Other Side for More



## SEPTIC TANK PUMPING

## USE THIS GUIDE TO DETERMINE WHEN SERVICE IS NEEDED

Recommended Pumping intervals

# of People	Years (between pumps)	
2-4	3	
. 5	2	
6	1.5	



Call For a Free Quote (253) 268-0322

**Emergency** Service Available

#### Residential & Commercial

- SEPTIC TANK PUMPING > SEPTIC TANK INSPECTIONS
- O&M RSS INSPECTIONS >> SEPTIC INSTALLATION & REPAIR
- DRAINFIELD REPAIR & RENOVATION
- > RESIDENTIAL
- **OPERATIONS & MAINTENANCE**
- > COMMERCIAL

**HOME SALES** 

PO Box 73583 Puyaliup, WA 98373 PRESAT STD. PAID Orting, WA #8

Paid Advertisement

## Paid Advertisement

#### ALYSSIA HOWARD

MORTGAGE SPECIALIST NMLS-1753308





253.433.9467

ALYSSIA.HOWARD@DIRECTORSMORTGAGE.NET

3929 BRIDGEPORT WAY WEST, SUITE 204 UNIVERSITY PLACE, WA 98466

DIRECTORSMORTGAGE.COM/ALYSSIA-HOWARD



Paid Advertisement

#### Nisqually Pines Community Club November 3rd, 2021 6:30 PM Study Session Minutes

Please silence all cell phones. Roll call of board members Rules/Civility reminder

- 1) Discussion about edits on Resolution 2021-1 (Connie) Change to add: move the remaining funds from Timberland bank water loan account 1003\*0500 to the key bank account 1023\*9123 and close out the Timberland bank account
- 2) Staying with current Tree Service or changing to different company for new fiscal year-Discussion about tree service changes tabled
- 3) Discussion about what the USDA doesn't approve of in the new Bylaws- Sent to email discussion
- 4) Discussion about the Holiday/Christmas dinner (Sherry)- Sent to email discussion
- 5) Discussion about Holiday Bonuses for staff- Sent to email discussion

Crystal Detwiler Vice President Date

Dayna Brown Secretary Date

#### Nisqually Pines Community Club March 17, 2021 Open Board Meeting Minutes

Meeting opens at 6:31 PM Please silence all cell phones.

Roll call of board members: Tony Swy, Crystal Detwiler, Jennifer Celmer, Sherry O'Dell, Connie Ihringer, Not present are Cory Parsons and Dayna Brown.

Rules/Civility reminder

Minutes: Moved to April

Treasurers Report: February M/S/C

- 1) River Park Job Description Tabled to April study session pending completion.
- 2) Laptop purchase for Board use: Vote M/S/C
- 3) Clubhouse/Kitchen Dayna & Connie- Vote- Tabled to April Study Session
- 4) Yearly COLA Increase for employee Salary- Vote- Tabled to April to come up with additional ideas to share
- 5) Exterior Inspection of chimney Bids- Asking Charity to get bids for inspection
- 6) Color of Paint of Clubhouse- Vote- Stays same colors but gets painted M/S/C
- 7) Numbering of director positions Vote- Tabled to Study Session in April
- 8) Beyler Consulting Proposal- Vote- M/S/C

#### New Items:

- Budget Overview & Reports for Period Ending 1/31/2021- Presented by Connie-Jennifer is meeting with Joanne to ask about this

#### **Dept check-ins:**

Office: Online Cetera Statements

Maintenance: Upper Heather and Port Orford bush to be removed? (Connie)

Water: Connie would like to tour the pump house area

River-park: Trying to get tables back

Pool:

Clubhouse: Adjudication:

Members Comments: none

Meeting Closed at 8:03 PM M/S/C

Crystal Detwiler Vice President Date

Davna/Brown Secretary Date

IML 11-17-2021

#### **Nisqually Pines Community Club** March 3, 2021 **Study Session Minutes**

Meeting opens at 6:30 PM Please silence all cell phones. Roll call of board members: All Present Rules/Civility reminder

- 1) River Park Job Description: Tammy came and discussed with the board her ideas an updated job description. Discussion about what to do about repeat offenders trespassing-working with McKenna for possible sign.
- 2) Laptop: Voting at open board.
- 3) Clubhouse discussion: Scan and email all design agreement to figure out if we're owed 2 more designs or if we need to discuss changes to first design. Also getting a designer for the rest of the clubhouse to update and freshen up meeting room was discussed.
- 4) Yearly COLA Increase for employee Salary: Vote open board for 1.5 or 1.75
- 5) Exterior Inspection of Chimney & painting of Clubhouse/Chimney: need a masonry contractor possibly - research and have someone inspect.
- 6) Reserve Study & issue of earned interest/dividends: Request a tax professional to talk to us.
- 7) Kitchen remodel project: discussion was lumped with item 3.
- 8) Position numbering of Board Members & upcoming June election: Clarifying how numbering for the board is done and kept track of.
- 9) Prioritize reservoir cleaning/caulking/preventative maintenance: Discussion about what is being done to get scheduled.

you Detin 11-19-21 Dayna Brown Secretary Date

Dayna Brown Secretary Date

#### Nisqually Pines Community Club October 20, 2021 6:30 PM Open Board Meeting Minutes

Please silence all cell phones.

Roll call of board members Cory Parsons, Sherry Odell, Jennifer Celmer, Dayna Brown, Crystal Detwiler, Michael Cui and Connie Ihringer all present

Rules/Civility reminder

Minutes M/S/C

Treasurers Report July and August approved

- 1) Motion and Vote on additional principle payment on water loan with funds left in the Timberland Account after loan paid off. (Jennifer)- The treasurer will talk to the accountant to make sure the resolution is accurate.
- 2) Vote on bids for heat pumps in the clubhouse and office (Jennifer)- Tabled
- 3) Motion and Vote to accept Bob Howard as the General Contractor for All currently approved projects. (Jennifer M/S/C to have Bob Howard as general contractor for rthe upcoming projects
- 4) Appointment of replacement Board Member for recently vacated seat. Discussion of applications if needed. (Jennifer)- M/S/C to appoint Michael Cui to replace Tony Swy vacated seat.

#### **Dept check-ins:**

Office-Maintenance-Water-River park -Pool -Clubhouse-Adjudication-

Members Comments: Members please complete a speaker card if you would like to share at the end of our board meeting. If you are on Zoom please type in the chat box that you would like to speak.

Crystal DetwilerVice President Date

Dayna Brown Secretary Date



#### **Emergency Supplies**

Government agencies will respond to community disasters, but citizens may be on their own for hours, even days, after disaster strikes. You should be prepared to take care of yourself and your family for at least three days. In some emergencies, such as an influenza pandemic, you may need to prepare for a week or months.

#### **Emergency survival kit**

Store a kit at home, at work and at each child's school or daycare facility.

- Dry or canned food and drinking water for each person
- Can opener
- First aid supplies and first aid book
- · Copies of important documents such as birth certificates, licenses, and insurance policies
- "Special needs" items for family members such as infant formula, eyeglasses and medications
- A change of clothing
- Sleeping bag or blanket
- Battery powered radio or television
- Flashlight and extra batteries
- Whistle
- Waterproof matches
- Toys, books, puzzles, games
- Extra house keys and car keys
- List of contact names and phone numbers
- Food, water and supplies for pets

#### Additional items you can store at home for use during an emergency:

#### Cooking supplies

- Barbecue, camp stove
- Fuel for cooking, such as charcoal or camp stove fuel
- Plastic knives, forks, spoons

- Paper plates and cups
- · Paper towels
- Heavy-duty aluminum foil

#### Sanitation supplies

- Large plastic trash bags for trash, water protection
- Large trash cans
- Bar soap and liquid detergent
- Shampoo
- Toothpaste and toothbrushes
- · Feminine and infant supplies
- Toilet paper
- Household bleach with no additives, and eyedropper (for purifying drinking water)
- Newspaper to wrap garbage and waste

#### Comfort

- Sturdy shoes
- · Gloves for clearing debris
- Tent

#### Tools

- Ax, shovel, broom
- Crescent wrench for turning off gas
- Screwdriver, pliers, hammer
- Coil of one-half inch rope
- Plastic tape and sheeting
- Knife or razor blades
- Garden hose for siphoning and fire fighting

DOH Pub 821-003 Revised - March 2008 Reviewed annually

> This document was produced in cooperation with the Emergency Management Division of the Washington State Military Department.

#### **Winter Care for Seniors**



Winter is an especially important time to keep an eye on seniors to make sure they are living as safely as possible. In addition to cold weather, ice and snow, the winter season can bring health problems and injury to senior citizens. That's why it's important for relatives and friends to check in with their older adult family members, friends and neighbors. Here are a few things to keep in mind:

- Falls are a concern for seniors. Putting road salt, cat litter or sand on sidewalks, steps and driveways will make these areas as slip-free as possible. Seniors should also wear boots with non-skid soles to make a fall less likely to occur. Older adults, especially those with heart disease or high blood pressure should leave snow shoveling to others.
- Cold temperatures make senior citizens susceptible to hypothermia, a
  dangerous drop in body temperature. Older adults tend to produce less
  body heat than younger people and it's hard for them to tell when the
  temperature is too low. Learn the warning signs of this weather related
  illness and how to prevent it.
- Keep indoor temperatures no lower than 55 degrees. If going outdoors is necessary, dress in layers to stay warm. Wearing two or three thin layers of loose-fitting clothing is warmer than a single layer of thick clothing.

It's a good idea to check on elderly loved ones regularly or, if you live out of town, make arrangements for neighbors to check in and provide their number to call in an emergency. With your help, older adults can enjoy the winter months safely.