

The Buzz



Preparedness Starts with You.

It's Hurricane season for the [Northern Atlantic begins on June 1st and ends on November 30th](#), with the peak being late August through September. On average, 10 named storms occur each year. For 2017 a prediction of 16 named storms and eight hurricanes has been made by Dr. Phil Klotzbach, a Meteorologist at Colorado State University specializing in Atlantic basin seasonal hurricane forecasts. NOAA forecasters say there is a strong chance for 14 to 19 named storms to crop up this season - a 15% increase from the prediction made in May. Of these storms, three to five are expected to be major hurricanes. However, not all of these storms will make landfall, and there is no correlation between the number of storms/hurricanes and the number of storms/hurricanes that actually make landfall. "The U.S. averages [one to two hurricane landfalls each season](#), according to NOAA's Hurricane Research Division statistics." But emergencies and disasters can affect us in many ways and at any time, so it is important to be prepared. September is [National Preparedness Month](#). Here are some simple steps that can help you to be prepared for any emergency.

Create a plan

It will be important for you & your family to have established meeting places. This includes safe places in the home, meeting place outside the home in case you get separated, and a place to stay if you get evacuated. Don't forget to have a plan on how to keep your pets safe. The [Federal Emergency Management Agency](#) provides information and tips on creating a family emergency communication plan. If you have family members that are elderly, have a disability, or any other needs, the CT DPH has tips for you to remember in your plan as well ([See page 4](#)).

Build a



kit

Depending on the severity of the emergency it may become difficult to get food, water and other essentials. The CDC suggests you keep an emergency supply kit with three days' worth of supplies in your home. The [CT DPH Emergency Prep guide](#) has a list of all the supplies that you should keep in your kit.

Some of the highlights include:

- 1 gallon of water per person per day
- Bleach with an eye dropper to treat water
- If you have small children be sure to pack diapers, wipes, formula, baby food, games, toys and books
- Medicine/prescriptions and over the counter
- Eye glasses and contact lenses
- Pet food, leash, muzzle, id tags, and immunization records
- Maps of the area
- A whistle for signaling
- Extra cash, birth certificates, other important documents
- It may be beneficial to invest in a solar powered cell phone charger or power inverter

Be sure to check and update your supply kit every few months. You should also have an emergency kit in your car. For ideas on what to have in your car kit ([See page 7](#)).

In most emergencies you will have two options: shelter-in-place or evacuate.

In an evacuation situation, listen to authorities for instructions, take your emergency supply kit with you and follow the plan you created with your family. If possible offer a ride to neighbors that are elderly or do not drive. It is important to have a plan for your pets in case you are evacuated. Most shelters do not allow pets. Try to establish what you will do with friends, family or boarding facilities outside of the area facing the emergency.

Shelter-in-place requires you to find a safe place within your home, school or

place of employment, and tune to local TV or radio stations for updates and instructions. The safest rooms are those with the least amount of windows and outdoor walls that are above sea level. Only call 9-1-1 if there is a life threatening situation. This line of communication is very important for emergency and first-responders so it is important that they stay open.

Communication is vitally important during an emergency. [The CT Alerts ENS](#) is a notification system that can inform you of State and local emergency information. Not all towns in the state participate, but all the towns in the EHHD area are currently participating. You can register for alerts on your smart phone, tablet and land line here - <http://www.ct.gov/ctalert>. Check local news and radio stations, the internet and social media for updates. If you need to communicate with others and you have a smart phone, try using text messages. This will use less battery power, and at times a text can get through when a phone call cannot.

The State also recently launched a free app that can assist you in your preparation efforts called [CTPrepares](#).

Here is a list of more resources you can use in your preparation:

- [EHHD - Emergency Management](#)
- [CT Dept. of Emergency Service & Public Protection](#)
- [Ready.gov](#)



HAPPENINGS AROUND TOWN

2nd Annual Pig Roast & Concert – Saturday, September 16, 2pm. 680 Route 44, Mansfield. This event raises funds to support over 200 girls in Lilavois, Haiti.

Camp Challenge Ride & Grit 'N Wit Adventure Race

- Saturday, September 16, 8:30am. Hole in the Wall Camp, 565 Ashford Center Rd., Ashford. Scenic 30-mile cycle ride & Grit 'N Wit adventure race, a family-friendly competition that will challenge teams' brains & brawn throughout the course.

CT Hunting and Fishing Day - Saturday, September 23, 10am-4pm. Cabela's East Hartford, 475 E. Hartford Blvd. This FREE event sponsored by CT DEEP features activities for all ages, including live birds of prey & waterfowl; BB gun & archery ranges; fly casting; fly tying; field dog demonstrations; celebrity guests; moose calling demo & competition; tree milling; kid's crafts; fish & wildlife exhibits; & more!



During the month of September Green Beans, Pears, Apples, Beets, Cucumber and Carrots will begin to ripen. Check out the [EHHD Produce of the Week](#) page for some recipes. Also, check [CT Grown](#) page for lots of information about CT farms, farmers' markets, and pick-your-own locations.

Sources: CDC, CT Dept. of Public Health, FEMA, NOAA, Ready.gov, Journal of Adolescent Health, CT Emergency Alerting & Notification Systems, Nat. Center for Addiction & Substance

Cucumber Yogurt Dip - click here for nutritional info

INGREDIENTS

2 cups plain low-fat yogurt
1 large cucumbers, peeled, seeded, & grated
1/2 cup nonfat sour cream
1 Tbsp lemon juice
1 Tbsp fresh dill

DIRECTIONS

Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour. Serve with carrots, broccoli, cherry tomatoes or any of your favorite dipping veggie!



Be Well is an employee wellness program provided through the Eastern Highlands Health District with funding from The CT Department of Health. The goal of the program is to make the healthy choice the easy choice.



September is National Family Meals Month!



There have been many studies about the benefits regular family meals can have on children and adolescents. One study published in the [Journal of Adolescent Health](#) found that teens who have infrequent family dinners (fewer than three per week) are:

- 3.5x more likely to have abused prescription drugs
- 3x more likely to have used marijuana
- 2.5x more likely to have used tobacco
- 1.5x more likely to have used alcohol

Why are family meals important?

These studies have learned that the protective factor comes from the conversations and connections that are made during meals. This is especially true for adolescents and teenagers who spend more time with their friends and less time with the family.

[One survey](#) explored what happens in

the parent-teen relationship during family dinners. They discovered "75% of teens said they talk to their parents about what's going on in their lives at dinner, and 79% of parents agreed that by having dinner together they learned more about what was going on in their teens' lives."

Where to start?

This can be a difficult question to answer with how hectic many of our lives, and our teens' lives, are these days. Here are some suggestions as how to start.

- Start small. Begin with one or two meals per week. Once you accomplish this, try to move onto more days.
- Incorporate the family into the planning as much as possible. Find a time that works best for everyone, let them have input on the menu and help with the cooking.

- Set the ground rules and stick to them. These can be as simple as turning off the television, turning off cell phones and mobile devices, and possibly not answering the landline.
- If it is not a pleasant experience at first, do not get discouraged. Try again, change can be difficult and takes time. Don't give up, and it will get easier.

