

PREPAREDNESS. Here is the tip of the month from our Preparedness committee. Choose an emergency contact person outside your area because it may be easier to call long distance than locally after a local/regional disaster. Take a minute now to call or e-mail an out-of-town friend or family member to ask him or her to be your family's designated contact in the event of an emergency. Be sure to share the contact's phone number with everyone in the family. During an emergency, you can call your contact who can share with other family members where you are; how you are doing; and how to get in contact with you. If you have a cell phone, texting may be the surest way to get a message out.

Save the date! Tuesday, June 23rd, 3-5 pm, in the clubhouse. Dr. Sheila Sund, M.D. and disaster health specialist, will present: What Will YOU Do When Disaster Hits?