

ADVISORY COUNCIL MEETING
Tuesday, February 11, 2025 at 1:30 p.m.
Fresno-Madera Area Agency on Aging
1625 E. Shaw Ave. Suite #123, Fresno, CA. 93710
Gate Code: 2489

Agenda packet material is available via U.S. mail upon request.

In compliance with the Americans with Disabilities Act and Government Code Section 54952.2, if special assistance is needed to attend an Advisory Council meeting, please contact the Fresno-Madera Area Agency on Aging at (559) 600-4405. Notification at least 48 hours prior to meeting time will assist staff with ensuring that reasonable arrangements can be made to provide accessibility at the meeting.

AGENDA

| | | |
|------|---|--------------------|
| I. | CALL TO ORDER: Michel Bishop, Chair | |
| II. | WELCOME AND INTRODUCTIONS | |
| | A. Guest Introductions (Voluntary) | <i>Information</i> |
| III. | PUBLIC COMMENTS: Any member of the public may address the Advisory Council during any Advisory Council meeting at the appointed time shown on the agenda, on any topic within the jurisdiction of the Advisory Council. Individual presentations or topics shall be limited to five (5) minutes , except under special circumstances, as determined and announced by the Advisory Council Chair. Pursuant to the provisions of the Brown Act amendments, the Advisory Council will not take any action on presentations or topics until properly listed on a subsequent meeting agenda, except in case of an emergency. | |
| IV. | APPROVAL OF MINUTES: Meeting of January 14, 2025 First: _____ Second: _____ Pass: _____ Fail: _____ | <i>Action</i> |
| V. | OLD BUSINESS | <i>Information</i> |
| | A. FMAAA staff participated in various outreach events, trainings, and advocacy efforts over the past months. In September, staff engaged in food safety, elder abuse, and fire safety training, attended the City of Fresno Fall Community Festival and Blood Drive, and participated in Assemblyman Arambula’s Senior Resource Fair. October included multiple community outreach events, such as the Sierra Senior Center Resource Fair, Local Advocates for Seniors meetings, and a feedback session to enhance support in Madera County. Staff also attended senior scam and health fairs. From November through January, FMAAA continued outreach efforts, presenting at local organizations, senior fairs, and a tribal elder meeting while maintaining advocacy through key community partnerships. | |
| VI. | NEW BUSINESS | <i>Information</i> |
| | A. January 21-25 – CDA and CalFresh monitored FMAAA. | |
| | B. January 21 – Miles R. and Hillaree B. met with VCRC virtually to discuss compliance with CalFresh Healthy Living in Regards to their Matter of Balance classes. | |

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|------|---|---|--------------------|
| | C. | February 3 - Miles R. and Hillaree B. gave a presentation on FMAAA services to VCRC during their staff meeting. | |
| | D. | February 4 – Miles R. attended the “Protecting Medicaid for Older Adults” Webinar | |
| | E. | February 5 – Miles R. attended the February LAFS meeting. | |
| | F. | February 6 – Clinical Manager Sarah C., Hillaree B., and the Care Management Team met with a new minor home modifications vendor that specializes in fall prevention (Home Safety Services). | |
| | G. | February 10 – Hillaree B., Miles R., and Sarah C., participated in the CAL AIM 301 Fiscal and Program Opportunities for Adult and Aging Programs. | |
| | H. | February 10 – Hillaree B., and Miles R. attended Age Well Fresno’s luncheon with guest speaker Bill Williams focusing on th need to reimagine senior housing in Fresno. | |
| | I. | March 1 – FMAAA will be attending the Caregiver Conference at the People’s Church. | |
| | J. | March 5 – VCRC will be at FMAAA to present a Fall Prevention Training | |
| | | | |
| VII. | REPORTS – Please keep all reports to 5 minutes or less. Thank you. | | |
| | A. | Advisory Council Chair Report | |
| | 1. | Advisory Council Membership Status: City of Fresno – Three Vacancies Fresno County – Two Vacancy Madera County – Six Vacancies | <i>Information</i> |
| | 2. | Brief Announcements of Upcoming Events for Older Adults - Assemblyman Arambula is planning a series of free springtime Community Resource Fairs <u>City of Fresno (Southeast)</u> Date: Saturday, March 15th Location: TBD Time: 9:00AM – 1:00PM <u>City of Fresno (Southwest)</u> Date: Saturday, March 22nd Location: TBD <u>City of Sanger</u> Date: Saturday, April 5th Location: TBD Time: 9:00AM – 1:00PM <u>City of Fresno (Downtown)</u> Date: Thursday, April 10th Location: TBD Time: 9:00AM – 1:00PM | <i>Information</i> |
| | B. | Committee Updates | |
| | 1. | 2025 Review and Reevaluation of AC Committees | <i>Information</i> |

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|-------|----|--|--------------------|
| | | | |
| | | 2. Current Standing Committees: 1. Elder Abuse Prevention Committee 2. Services for Older Adults from Faith-Based Community Committee 3. Elder Homelessness 4. Disaster Preparedness Committee | <i>Information</i> |
| | C. | Agency on Aging Governing Board Meeting Report (Staff) | <i>Information</i> |
| | D. | California Senior Legislature (CSL) Report <i>(CSL Senior Assembly Member Minerva Garcia)</i> | <i>Information</i> |
| | E. | Triple-A Council of California report: <i>(Assigned member-Tonya Frost)</i> | <i>Information</i> |
| VIII. | | NOMINATION & ELECTION OF NEW FMAAA VICE CHAIR - Per Article IV. Section 6. of the FMAAA Advisory Council Bylaws, Should the office of Vice Chairperson become vacant for any reason, a new Vice Chairperson may be elected at the next regular meeting. - Motion to accept the nominations: _____ - Second: _____ - Pass: _____ Fail: _____ | <i>Action</i> |
| IX. | | FRESNO-MADERA AREA AGENCY ON AGING ADMINISTRATIVE UPDATES <ul style="list-style-type: none"> • Welcome to the team new Information and Assistance Intern Kylie Atachian from Fresno State! • Clinical Manager Sarah Carl has established two new vendor contracts with Home Safety Services for home modification/fall prevention and Auspice In Home Care for transportation to improve services for current MSSP and Linkages participants and enroll those on the waiting list. • Clinical Manager Sarah Carl currently has two interns, one from Fresno State and one from Fresno Pacific. • Clinical Manager Sarah Carl and her team enrolled 7 new participants in MSSP in the month of January. • Nutrition Manager Sarah Santoyo will have a new Home-Delivered Meals intern starting in the next week or so. • We opened a new congregate site in Huron and they have been serving 20-25 older adults a day. • We are working to open Frank Bergon and Pan-America in the City of Madera soon and are looking into opening a congregate site in Parlier. • FMAAA Outreach Resource Packets • New mileage forms and Name Plates | <i>Information</i> |
| X. | | Adjournment First: _____ Second: _____ Pass: _____ Fail: _____ Time: _____ | <i>Action</i> |

Next Meetings:

Advisory Council

Tuesday, March 11, 2025, 1:30 p.m.

Governing Board

Thursday, February 27, 2025, 1:00 p.m.

Fig Garden Regional Library

3071 W Bullard Ave,

Fresno, CA 93711

Note: Changed to the **4th Thursday** of each month at 1:00pm

**Fresno-Madera Area Agency on Aging
ADVISORY COUNCIL
Meeting Minutes of January 14, 2025
Fresno-Madera Area Agency on Aging
1625 E. Shaw Ave. Suite #123 Fresno, 93710**

- I. **Call to Order:**
 - a. The meeting was called to order by Chair, Michael Bishop at 1:33 PM. A quorum was established.
 - b. **Advisory Council Members Present:** Anne Bishop, Michael Bishop, Jan Clagg, Tonya Frost, Angela Stillwell, Ren Ramshaw, Michael Mendez Jr., and Mariel Ortiz.
 - c. **Advisory Council Members Not Present:** Raymond Lopez, Minerva Garcia, Stefanie Diaz, Verlaine Elinburg, and Chrissy Buckles.
 - d. **FMAAA Staff Present:** Miles Robinson
 - e. **Guests Present:** Tish Davis (Fresno Auspice Home Care) and Mario Pena (Alzheimer's Association)

- II. **Welcome and Introductions:**
 - a. Chair Michael Bishop welcomed all in attendance and all members, and guests shared their name, title, and organization represented.

- III. **Public Comment:** No Report

- IV. **Approval of Minutes:** Chair, Michael Bishop asked for a motion to approve the **September 10, 2024** Advisory Council meeting minutes. The motion was made by Anne Bishop and seconded by Tonya Frost. The motion carried.

- V. **Old Business:**
 - a. Miles Robinson provided a summary of the Senior Farmers Market Nutrition Vouchers. 150 nutrition vouchers valued at \$12,500 were distributed to older adults for use at local farmers markets, including locations at Kaiser, Kerman, and Madera.
 - b. Miles Robinson gave an update on the VCRC Long-Term Care Ombudsman Program. On July 10th, Susan Bouchon presented updated regulations on elder abuse in long-term care facilities to FMAAA staff.
 - c. Miles Robinson provided an update on the Listos California Regional Disaster Summit. Hilary Bennett and Minerva Garcia participated, providing insights on disaster preparedness.

- VI. **New Business:**
 - a. **Miles R. gave an update on recent FMAAA activities:**
 - i. September 2023 – FMAAA staff participated in several trainings and events, including Congregate Site Food Safety Training and Elder Abuse

and Fire Safety Training (Sarah S.). Miles R. represented FMAAA at the City of Fresno Fall Community Festival and Blood Drive, while Miles R., Diane X., and Darlene B. attended the Senior Resource Fair hosted by Assemblyman Arambula. Hillaree B. led a full-staff meeting on Fire Safety, Heat Injury Prevention, and Workplace Violence.

- ii. October 2023 – FMAAA engaged in community outreach and advocacy efforts. Miles R. attended the Local Advocates for Seniors meeting, presented at LC Hotchkiss Senior Living Facility, and participated in the Sierra Senior Center Resource Fair. Jamie S. and Hillaree B. joined a feedback session with a Lead Organization to enhance support in Madera County. Sarah S. and Yecica E. attended the Better Business Bureau Senior Scam Presentation in Firebaugh, while Alejandro G. and Julian G. represented FMAAA at the Retired Employees of Fresno County Health and Wellness Fair. FMAAA staff, including Miles R., Sarah C., Julian G., and Lorena G., hosted a table for Senior Day at the Big Fresno Fair.
- iii. November 2023 – Miles R. attended the Local Advocates for Seniors meeting at the Spaghetti Factory, the Madera County Department of Public Health Emergency Preparedness Subcommittee, and the Veteran Administration Caregiver Fair. Lyle and Mary Fester from A Plus In-Home Care presented their services to FMAAA staff.
- iv. December 2023 – Miles R. represented FMAAA at the Housing Authority of Madera Senior Resource Fair. Hillaree B. and Miles R. presented to the Fresno Kiwanis Club about FMAAA programs and services.
- v. January 2024 – Miles R. attended a meeting at Big Sandy Rancheria to present FMAAA resources to tribal elders.

b. Miles R. gave an update on upcoming FMAAA activities:

- i. January 2024 – Miles R. attending a Case Conference for the Poverello House on January 14, to present on FMAAA resources, focusing on housing support. On January 24, FMAAA staff members Sara B. and Jessica J. will participate in the Reedley Senior Center Health Fair.

VII. Reports:

a. Advisory Council Chair Report:

i. Advisory Council Membership Status:

1. Current Vacancies: 1 Fresno County, 4 Madera County, and 3 Fresno City
2. Tish Davis and Joel Gurs met with the Governing Board Interview Committee. Governing board to accept the Committee's recommendation to approve at the January Board meeting.
3. **Membership Criteria:** 50% of the advisory council members must be aged 60 and older. Joint Powers of Authority (JPA) representation needed from each service area (City of Fresno, City of Madera County, and Fresno County).

ii. **Brief Announcements of Upcoming Events**

1. Tonya Frost shared that the All Women's Stand Up, a resource event for women veterans, will be held on February 17th.
2. Tish Davis shared about the Caregiver Conference taking place on March 1st at the People's Church.

b. **Committee Progress and Membership:**

- i. Discussion on the status of committees and membership. Suggestions were made to redefine committee roles and possibly create new committees, such as one focused on low-income housing.
- ii. **Elder Homelessness:** The discussion highlighted the lack of communication and measurable goals for the Elder Homelessness Committee. There is a need for setting SMART goals and reforming committees to focus efforts.

c. **Governing Board Meeting:**

- i. The last governing board meeting was canceled due to a lack of quorum. A meeting is scheduled for January 16, 2025, and the importance of having a quorum was emphasized.
- ii. **Advisory Council and Governing Board Relationship:** The relationship between the advisory council and the governing board was discussed, highlighting a disconnect and the need for better communication and understanding of roles.

d. **AAA Council of California**

- i. Tonya Frost reported the AAA Council of California meeting was attended via Zoom, focusing on the area plan on aging. The importance of collaboration among different entities was noted.

VIII. **Fresno-Madera Area Agency on Aging Administrative Update:**

- a. **Internships:** Miles Robinson gave an update on the FMAAA internship programs. FMAAA currently has two interns in Case Management, one from Fresno State and one from Fresno Pacific. I&A has an intern from Fresno State starting soon and Home Delivered Meals will have an intern from Fresno City College soon.
- b. **Congregate Sites in Madera:** Two new congregate sites will open in the City of Madera to provide hot meals for older adults – Frank Bergon and Pan-America.
- c. **New Vendors:** Clinical Manager Sarah Carl has established two new vendor contracts with Interim Healthcare of the Central Valley and A-Plus In Home Care to improve services for current MSSP and Linkages participants and enroll those on the waiting list.

- IX. **Adjournment:** The meeting was adjourned at 2:20 Pm. The motion was made by Ren Ram Shaw and seconded by Jan Clagg. The motion carried.

Respectfully Submitted,

Miles Robinson

Miles Robinson, Administrative Manager
Fresno-Madera Area Agency on Aging



**STATE OF CALIFORNIA
CALIFORNIA SENIOR LEGISLATURE**

1020 N Street, Room 527, Sacramento, CA 95814

Phone (916) 767-4382

www.4csl.org

**FOR IMMEDIATE RELEASE
October 25, 2024**

The California Senior Legislature Announces Top Legislative Priorities for 2025

(Sacramento, CA) The California Senior Legislature (CSL) adjourned its 44th Annual Legislative Session and announced the Top State Legislative Proposals this week. Members will advocate diligently during the 2025 legislative session to have state lawmakers support these priorities. Each priority has the Governor's Master Plan for Aging (MPA) goal referenced.

The following were listed as the top ten State Legislative proposals:

SP-5: Medi-Cal Personal Needs

(Senior Senator Helen Lopez, El Centro, CA) MPA Goal # 2

This measure would increase the personal needs allowance from \$35 to \$50 per month and require that the amount be increased annually up to the amount of any cost-of-living adjustment implemented by the United States Social Security Administration.

SP-4: Ralph M Brown Act: Teleconferencing

(Senior Senator Stefan Lipson, El Cerrito, CA) MPA Goal # 3

This measure would authorize teleconferencing with respect to county based Advisory Councils, Committees, Commissions, and their attendant Work Groups, Committees, and Subcommittees established for aging and disabilities issues in the same manner as it was during the Covid-19 Pandemic.

SP-1: Documents: Execution by Patient in Skilled Nursing Facility

(Senior Senator Joyce Gandelman, Modesto, CA) MPA Goal # 3

This measure would require a document executed by a patient in a skilled nursing facility that limits or takes away a right of the patient, transfers real property owned by the patient, or transfers financial assets of the patient also be witnessed by an Ombudsperson.

AP-1: Out-of-State Physicians and Surgeons: Telehealth: License Exemption

(Senior Assembly Member Robin Clough, Santa Clarita, CA) MPA Goal # 4

This measure would authorize out-of-state telehealth for an eligible patient who, at a minimum, requires oncology services, without the requirement that the patient participate in a clinical. *TRIAL*

AP-10: Hospitals: Patient Discharge Summary

(Senior Assembly Member Lavada Theus, Los Angeles, CA) MPA Goal # 2

This measure requires a hospital to standardize the Patient Discharge Summary, including specified information, in order to improve communication and provide continuity of medical care during the patient's transition to the home or another facility.

AP-2: Caregiving Grandparents: Support

(Senior Assembly Member Mark Cox, El Centro, CA) MPA Goal # 5

This measure requests that the California Department of Aging, Department of Justice, and State Department of Social Services conduct a study to examine the problems that grandparents who are primary caregivers for their grandchildren experience.

AP-6: Health Facilities: Transfer of Patients: Requirements

(Senior Assembly Member Deborah Natress, Loma Linda, CA) MPA Goal # 2

This measure requires a general acute care hospital to provide documentation, before physically transferring a patient, to a receiving health facility regarding a detailed care plan and needed medication list for the patient.

AP-9: Confidential Marriage

(Senior Assembly Member David Tetzlaff, Mission Viejo, CA) MPA Goal # 3

This measure repeals Confidential Marriage Statutes, but with a Grandfather Clause that maintains the confidentiality of Confidential Marriages that were performed before the effective date of the Legislation. Additionally, the measure would provide that these Confidential Marriages do not become public records, unless the parties involved voluntarily choose to make the marriages public records.

AP-8: Senior Friendly Homes

(Senior Assembly Member Ted Smith, South Pasadena, CA) MPA Goal # 1

This measure would recognize the role aging has on quality of life by defining "Senior Friendly Homes" and establishing criteria for use by seniors, family members, the Government, Social Agencies, and developers to evaluate and build an optimal place to live.

AP-11: Older Adults: Fall Prevention: Lighting

(Senior Assembly Member Richard White, Vacaville, CA) MPA Goal # 2

This measure (1) requires the adoption, development, and implementation of a comprehensive program to support and fund the installation of improved lighting in the homes of older adults, (2) requires the inclusion of specific lighting products as a type of injury prevention equipment that is covered under the program for injury prevention in the home environment, and (3) increases the maximum allowance for injury prevention equipment and other services under the program to \$1,000 per household.

The California Senior Legislature put forth one Federal Proposal for 2025.

AFP-1: Veterans: Cancer Biomarker Testing

(Senior Assembly Member Dorio, Santa Clarita, CA) MPA Goal # 2

This measure mandates the United States Department of Veterans Affairs to provide Veterans with Cancer Biomarker testing.



Emergency Preparedness Services Department

What do you need to take with you if you are told to evacuate your home in an emergency?

Prepare and pack ahead of time:

- A change of clothing including a light jacket, extra pair of glasses, extra socks and underwear.
- A First Aid Kit.
- Family emergency contact information (on paper in case power is out).
- Food. Include high nutrient foods such as protein bars, nuts, or seeds. Pack enough food for each person for three days. Include canned food (high protein like tuna, chili beans, peanut butter) and don't forget the manual can opener.
- Water: you will need 1 gallon of water, per day, per person. This should be used for drinking as well as bathing for hygiene. In some geographic locations the water pumps that bring water to your home are run by electricity. So even if asked to shelter in place, you will not have tap water available.
- Emergency blanket(s), at least one per person.
- A multi-purpose tool
- Sanitation and personal hygiene items (toilet paper, toothpaste/toothbrush, soap).
- Personal Protective Equipment: your evacuation destination may be undetermined at the time you leave home. Taking a few masks and hand sanitizer may come in handy.
- Medications. You may not be able to access your doctor or a pharmacy when you are evacuated, pack needed medications, remembering that they may have expiration dates and should be checked on a regular basis, as preparation for evacuation.
- Electronics for communication and awareness of the situation. Phone chargers and cube plugs, and, if possible, a hand crank radio and extra batteries.
- Flashlights with extra batteries. You may be evacuated to an area with electricity, but you may not, inexpensive flashlights are fine for this temporary use.
- Important papers: Scan all needed documents and create two flash drives. Place one in a waterproof Ziplock bag and keep with Emergency Supplies. Mail or email one to a trusted friend or relative who lives out of the area in case the primary one is lost. Include scans of *passports, birth certificates, driver's license, health insurance cards, Social Security and Medicare cards, marriage certificates, insurance cards or paperwork, credit/debit card information, home and car title information.*
- Maps of the area.
- Cash: If the power is out, ATMs won't be working, banks will be closed, but you may need to purchase unexpected items. If possible, pack a couple of hundred dollars, in small bills and place in a zip lock bag.



Emergency Preparedness Services Department

What should we put in our "Pets Go Kit" if we had to evacuate in an emergency?

Here is a check list of items you should pack for each pet, giving you at least 72 hours of supplies if you can't stay in your home due to an emergency evacuation:

- Enough food for regular feedings to last 72-hours, or up to two weeks' worth.
- Water, each pet should have ½ gallon per day available.
- Water bowl & food bowl
- Medications and pill pockets/pouches
- Pet first aid supplies:
 - gloves, hydrogen peroxide, swabs, antibiotic ointment, adhesive tape, oral syringe, or turkey baster, roll of gauze, tweezers and scissors with a blunt end, saline eye solution. Styptic powder or stick. Pet safe soap. Pet first aid booklet.
- A blanket or bed
- Favorite toy
- Extra Leashes and extra collar or harness with identification tags.
- Plastic waste bags
- Paper towels and or pee pads
- Grooming equipment -if your pet likes to be brushed, this may calm a frightened pet.
- Blinking LED light that can clip on collar.
- Kennel or carrier for containment and travel.
- Documents in a waterproof container like a thick zip lock bag:
 - A picture of you and your pet. This helps to identify the pet and you as the rightful owner. Your contact information, your pet's Veterinarian contact information and any medical/vaccination history for each pet.

Place items (except the kennel) in a waterproof container like a 2-5-gallon bucket with a sealable lid, like the ones that contain 5 gallons of paint from a home improvement store. This will keep both water and insects out (because the container will contain food). Remember that if it is not safe for you to stay at home in an emergency, it is not safe for your pet. Plan ahead, have the kit, water, and kennel ready before it is needed.

Tips:

- ✓ Some hotels or evacuation shelters do not allow pets, check with hotels and local emergency agencies to find out the pet rules or accommodations.
- ✓ Check your Pet Emergency Kit at least annually for expiration dates and to replace food.

Emergency Preparedness Services Newsletter

Volume 2024, Issue 10

October 2024

www.fresno.gov/prepare

Winter is Coming (and Bringing Storms)

A power outage can happen any time and are often related to the high use of electricity for storms in the winter and cooling in summer.

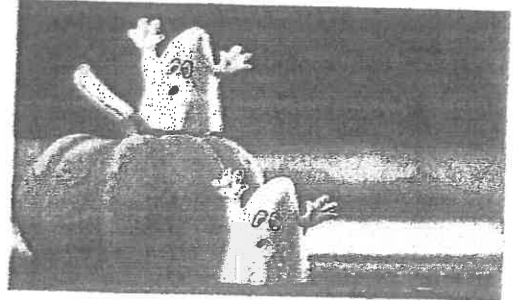
Preparing now for a power outage can help to ensure less disruption in an event. Most power outages in urban areas are of fairly short duration and most of the time we can stay home until the power is restored. But we still need to prepare to prevent damage to appliances and food loss.

Make a "stay at home" kit with flashlights, extra batteries, battery operated candles for lighting, non-perishable food, a can opener and water (the pumps that bring water into homes are often powered by electricity). Install carbon monoxide detectors with battery backup in central locations on every level of your home. Avoid carbon monoxide poisoning: Generators, camp stoves or charcoal grills should always be used outdoors and at least 20 feet away from windows. Never use a gas stovetop or oven to heat your home. Turn off or disconnect appliances, equipment, or electronics. Power may return with momentary surges or spikes that can cause damage.

Electronics: Unplug electronics until power is restored, surges can cause damage. Consider using surge protectors for these devices.

Food Storage: Keep freezers and the refrigerator closed and consider consuming refrigerated food, which can stay cold for about 4 hours. If food gets warmer than 40 degrees, throw it out to avoid food poisoning.

An interruption in the power system can happen any time and individual households can take steps to be prepared, training in advance and having a few supplies on hand to keep the family safe and more comfortable.



Halloween Safety Tips:

On Halloween, be seen! Make sure trick or treaters have glow sticks, flashlights or illuminated/glowing costumes so drivers can see them as they travel.

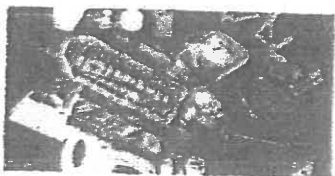
- A responsible adult should accompany young children on the neighborhood rounds
 - If your older children are going alone, plan and review a route acceptable to you
 - Agree on a specific time children should return home
 - Teach your children never to enter a stranger's home or car
 - Instruct children to travel only in familiar, well-lit areas and stick with their friends
 - Tell your children not to eat any treats until they return home, and take care to avoid any food allergies.
- National Safety Council

This informational newsletter is provided by the City of Fresno for the purpose of assisting in emergency preparedness within the community.

To make suggestions or inquiries contact:

Kathleen.henry@fresno.gov

For more Emergency Preparedness tools, go to:
www.fresno.gov/prepare



ARE YOU READY? Learn the skills you may need to keep yourself and your family safe in an emergency:

Take a First Aid/CPR class. Some skills classes are offered online, and your workplace may have classes available.

Learn to swim: Drowning is a leading cause of death in children and over 4,000 people die from drowning each year in the US. Check with your local Parks and Rec Department, many offer free swimming lessons.

Prevention of home fires: Unattended flames from barbecues, candles, fireplaces/chimneys and grease fires on stoves are avoidable emergencies and can cause devastating damage and fatalities. Never leave flames unattended.

Infection control and hand washing: Teach everyone in the family to properly wash their hands and to wear gloves to protect from germs. As was learned in the COVID-19 pandemic, the spread of infection can have serious results.

11-6-24

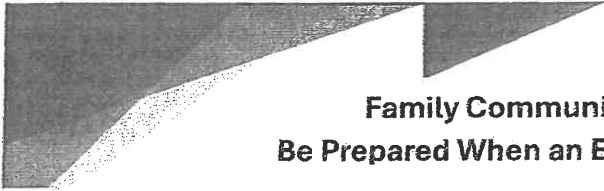


Emergency Preparedness Services Newsletter

Volume 2024, Issue 11

November 2024

www.fresno.gov/prepare



Family Communication Plan: Be Prepared When an Emergency Strikes!

What would you do if a natural disaster happened in your town, and you need to reach your family? What if your mother, living in another state, has an emergency and needs your help? If your college student, reaches out for guidance after a fire or accident? Are you ready? Do you have everyone's contact information? Have you discussed a plan of action if someone in the family needs immediate help? Do you have a plan for letting everyone know that you're OK?

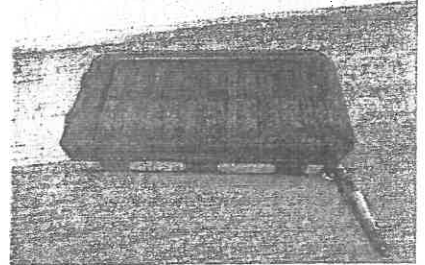
There are many questions to discuss in preparing for these situations. Here are a few tips and resources on how you can be informed, resilient and get all family members involved in your Family Emergency Communications Plan.

The 3 Steps:

Collect, Share and Practice! [Create Your Family Emergency Communication Plan](#)

From FEMA: "Communication networks, such as mobile phones and computers, could be unreliable during disasters, and electricity could be disrupted. Planning in advance will help ensure that all the members of your household—including children and people with disabilities and others with access and functional needs, as well as outside caregivers—know how to reach each other and where to meet up in an emergency." Holiday gatherings are a perfect time to also gather the information you need to build an Emergency Family Communications Plan.

Need a template? Here's a comprehensive FEMA form and instructions to guide you: [Family Emergency Plan \(PDF\) - Ready.gov](#)



Planning to give gifts to your friends and loved ones during the Winter Holiday Season?

Here are some great gifts of Safety/Emergency Preparedness they will love and appreciate!

First Aid Kit-essential for the car and household, available inexpensively and in deluxe versions.

LED Flashlight-bright, long lasting and safe because they are flameless.

Solar Electronics Charger-in a wide range of prices and sizes, great for an emergency phone charge, solar powered.

A year's subscription to a Roadside Service Plan-such a thoughtful gift, literally saving someone who may be stranded.

Smoke and Carbon Monoxide Detectors-Nearly 400k home fires happen each year in the US. Give life saving safety with this item. And remember to Get Out, Stay Out and Call for help.

Emergency Food and Water Kit-good for any event where stores are closed or inaccessible.

For Kit lists and more go to www.fresno.gov/prepare

This informational newsletter is provided by the City of Fresno for the purpose of assisting in emergency preparedness within the community.

To make suggestions or inquiries contact:

Kathleen.henry@fresno.gov

For more Emergency Preparedness tools, go to: www.fresno.gov/prepare



Butter your biscuits, not your burns!

This month, many families will be baking and cooking special foods to celebrate. Sometimes that can mean accidents where burns are the result, especially to hands and arms.

Remember your basic first aid: Run cool water over the burn for about 15 minutes and cover with a bandage to keep debris and germs out. If blisters or charring occur, seek medical attention.

Never put butter, mayo or mustard on the wound, this may introduce germs and infection to the area- so, no condiments on burns!

