



Inside This Issue

**EMERGENCY
FOOD FOR
YOUR VEHICLE** 1-2

**SURIVAL
CHECKLIST** 3-4

**RECIPE—
ZUCCHINI
RICE
CASSEROLE** 5

**BRAIN
EXERCISE** 6

**DECEMBER
MONTHLY
OBSERVATIONS** 7

**MONTHLY
MOTIVATOR
TIPS** 8

FOOD AND FITNESS

West Virginia Bureau of Senior Services

Emergency Food for Your Vehicle

It's time to preparing for the winter months. The upcoming months require us to be a little bit more on our toes when driving in the cold weather. Many things can happen while we are driving, some are within our own control and some not so much. Accidents occur more frequently because of the hazardous conditions and we need to be prepared for emergency situations. An emergency can be as simple as having a flat tire or can be much more complex. Emergencies are typically never planned, but having a plan of action can be beneficial when the unthinkable happens. Every vehicle needs an emergency kit that includes a food supply, extra clothing, and plenty of water.

Planning for an emergency seems a little like guess work. We never know what, when, where, or even how the emergency will occur. No matter the case, having plans in place are always a good practice. When it comes to vehicle emergency food kits, location and kinds of foods are the 2 main focuses.

The food supply needs to be in a location that is easily accessible from the driver's seat. If you place a supply kit in the trunk of the car, it is more difficult to get to. Placing it in the center console, glove compartment, under the passenger seat (not the driver's seat), or the pouch on the back of the seat are some ideas.



(Continues on Page 2)

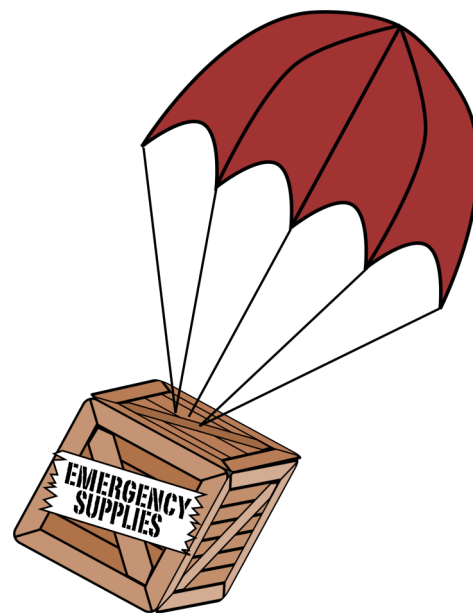
EMERGENCY FOOD FOR YOUR VECHICLE

(Continued from Page 1)

As far as how to package, I like the idea of placing the food in a gallon bag or a tied grocery bag, this will allow for all the food to be in one location without having to fumble around for multiple packages. Gallon size bags are relatively inexpensive or most people have a grocery bag lying around to utilize for an emergency kit.

What should be included in an emergency food kit and how does it differ from eating a balanced meal? Emergency meals and balanced meals are both important for providing our bodies with energy, vitamins, and minerals. However, an emergency food kit verses a balanced meal will be significantly different. Well balanced meals can include a variety of foods that are both perishable and non-perishable, high and low in energy sources, and usually take preparation. When we pack an emergency kit, we want to stick with items that are non-perishable, high energy sources, and with little to no preparation requirements. Foods like nuts, nut-butters, seeds, dried fruits, small cans of foods with pull tabs, jerky, granola bars, candy bars and other snacks foods are some of the high calorie options that are ready to eat. In addition to food, it is recommended, according to the *Survival Checklist* (page 3), to have two gallons of water. We know that having 2 gallons of water will not fit within a gallon grocery bag so plan accordingly.

How many times have you heard, “someone was trapped in their car for days before someone found them”? Not saying this will happen to you, but other situations can occur that might require an emergency supply of food. Another simple situation can be, there is a car accident that has traffic at a dead stop for hours. A situation like this can be fatal for someone with disease states that require frequent maintenance. No one likes to think they can be caught in an emergency situation but being prepared can never hurt.





POPULAR MECHANICS

Survival Checklist



Backpack

In an emergency evacuation, there's not always time to find what you need, so your grab-and-go pack should be preloaded with all your essentials.

- ☐ Important documents
Copy of insurance policies, identification, bank records, medical records, copies of deeds
- ☐ Prescriptions
Medication, eyeglasses
- ☐ Mini first-aid kit
Bandages, antibiotic ointment, aspirin
- ☐ \$300 cash (in small denominations)
- ☐ Prepaid phone card

- ☐ Matches in waterproof container
- ☐ Flashlight and extra batteries
- ☐ Whistle to signal for help
- ☐ Portable NOAA weather radio (battery or hand-crank powered)
- ☐ Food (e.g., granola, nuts) and bottled water
- ☐ Extra set of keys for your home and car
- ☐ Infant/child necessities

Car

You never know where you'll be when a crisis occurs, so keep a box of supplies in the trunk of your car to sustain your family if stranded on the road.

- ☐ Local maps and road atlas
- ☐ Writing supplies
Pencils, pens, notebook

- ☐ Food
E.g., dried fruit, snacks, cookies
- ☐ 2 gal. of bottled water
- ☐ Mess kit
Paper cups, plates, utensils
- ☐ Compact sleeping bag or blankets
- ☐ Sanitation supplies
Toilet paper, moist towelettes, garbage bags, plastic ties
- ☐ Hand sanitizer
- ☐ Duct tape

- ☐ Cellphone car charger
- ☐ Clothes
Sweater, waterproof jacket, hat, shoes
- ☐ First-aid kit
Bandages, antibiotic ointment, antiseptic, aspirin, antidiarrheal medicine, medical tape
- ☐ Multitool, knife
- ☐ Fire extinguisher
- ☐ Jumper cables
- ☐ Light sticks or roadside flares
- ☐ Towline for hauling or towing



Home

The supplies in your home should keep your family safe and healthy for at least three days—and be useful during the cleanup phase.

- ☐ Window-sealing materials
Plastic sheeting, duct tape

- ☐ Change of clothing

Long pants, long-sleeved shirts, rain jackets, sturdy boots or shoes

- ☐ Food
Canned and dry goods, food for your pets

- ☐ Bottled water
Three days' supply (1 gal. per person per day),
bleach, medicine dropper (to sanitize water)

- ☐ Manual can opener, plastic utensils,
plates and cups

- ☐ Lantern or candles, matches

- ☐ Flashlight with extra batteries

- ☐ NOAA weather radio (battery or
hand-cranked)

- ☐ Dust masks

- ☐ Fire extinguisher

- ☐ Heavy gloves for removing debris

- ☐ Rope

- ☐ First-aid kit
Pain relievers, antidiarrheal medication,
bandages, scissors, tweezers, insect repellent,
splint, medical tape, iodine, needle and thread

- ☐ First-aid manual

- ☐ Disinfectant, hand sanitizer

- ☐ Toilet paper, bucket

- ☐ Hand and power tools

Generator, fuel, chain saw, shovel, rake,
buckets, hose, hatchet, knife, hammer, broom,
drill/driver, circular saw, fully charged backup
batteries for tools

Shut Down Your Home in 5 Minutes

NATURAL GAS

Most gas valves are located outside, and require a wrench for shutoff. Consult your utility company for instructions on proper shutoff, then keep those instructions in an emergency drawer by the door with a wrench and a flashlight.

WATER

During a disaster, cracked exterior water lines can bring contaminated water into your house. To shut down your house's water, simply locate and turn off the main water valve, which typically is located in the basement.

ELECTRICITY

In a flood, live electrical outlets can become a danger to both your family and rescue workers. If flooding is possible, locate your main circuit box and shut off the main breaker. If there is already water in the basement, do not touch your service panel.

POPULAR MECHANICS



Family Communications Plan

CONTACT NAME

PHONE #

CONTACT NAME

PHONE #

OUT-OF-STATE
CONTACT NAME

PHONE #

Evacuation Plan

NEIGHBORHOOD
MEETING PLACE

DIRECTIONS

PHONE #

OUT-OF-TOWN
MEETING PLACE

DIRECTIONS

PHONE #

Zucchini Rice Casserole

Ingredients:

- 1½ cups long-grain brown rice
- 3 cups reduced-sodium chicken broth
- 4 cups diced zucchini , and/or summer squash (about 1 pound)
- 2 red or green bell peppers, chopped
- 1 large onion, diced
- ¾ teaspoon salt
- 1½ cups low-fat milk
- 3 tablespoons all-purpose flour
- 2 cups shredded pepper Jack cheese, divided
- 1 cup fresh or frozen (thawed) corn kernels
- 2 teaspoons extra-virgin olive oil
- 8 ounces turkey sausage, casings removed
- 4 ounces reduced-fat cream cheese (Neufchâtel)
- ¼ cup chopped pickled jalapeños



Directions:

- Preheat oven to 375°F.
- Pour rice into a 9-by-13-inch baking dish. Bring broth to a simmer in a small saucepan. Stir hot broth into the rice along with zucchini (and/or squash), bell peppers, onion and salt. Cover with foil. Bake for 45 minutes. Remove foil and continue baking until the rice is tender and most of the liquid is absorbed, 35 to 45 minutes more.
- Meanwhile, whisk milk and flour in a small saucepan. Cook over medium heat until bubbling and thickened, 3 to 4 minutes. Reduce heat to low. Add 1½ cups Jack cheese and corn and cook, stirring, until the cheese is melted. Set aside.
- Heat oil in a large skillet over medium heat and add sausage. Cook, stirring and breaking the sausage into small pieces with a spoon, until lightly browned and no longer pink, about 4 minutes.
- When the rice is done, stir in the sausage and cheese sauce. Sprinkle the remaining ½ cup Jack cheese on top and dollop cream cheese by the teaspoonful over the casserole. Top with jalapenos.
- Return the casserole to the oven and bake until the cheese is melted, about 10 minutes. Let stand for about 10 minutes before serving.

BRAIN EXERCISE

DON'T JUST EXERCISE YOUR BODY, WORKOUT YOUR BRAIN!

REINDEER SUDOKU

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L			B		
	B				M
		L			
			M		E

BLIXEM

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DASHER



DANCER

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N			D		
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SLEIGH

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December 2017⁷

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Eat a Red Apple Day</i>	2 <i>National Fritters Day</i>
3 <i>Advent</i>	4 <i>Santa's List Day</i>	5 <i>Bathtub Party Day</i>	6 <i>Mitten Tree Day</i>	7 <i>Letter Writing Day</i>	8 <i>National Brownie Day</i>	9 <i>National Pastry Day</i>
10 <i>Human Rights Day</i>	11 <i>National Noodle Ring Day</i>	12 <i>Poinsettia Day</i>	13 <i>Violin Day</i>	14 <i>Roast Chestnuts Day</i>	15 <i>Bill of Rights Day</i>	16 <i>National Chocolate Covered Anything Day</i>
17 <i>National Maple Syrup Day</i>	18 <i>Bake Cookies Day</i>	19 <i>Oatmeal Muffin Day</i>	20 <i>Go Caroling Day</i>	21 <i>Humbug Day</i>	22 <i>National Date Nut Bread Day</i>	23 <i>Roots Day</i>
24 <i>National Chocolate Day</i>	25 <i>Christmas Day</i>	26 <i>Boxing Day</i>	27 <i>National Fruitcake Day</i>	28 <i>Card Playing Day</i>	29 <i>Pepper Pot Day</i>	30 <i>Bacon Day</i>
31 <i>Unlucky Day</i>						

SCHEDULE OF EVENTS

- Bingo Month
- Write a Friend Month





Your Brain Needs Social Time

By Lauren Weatherford, WVU Extension Agent, Fayette and Nicholas Counties

Health Motivator Talking Points

Did you know . . . ?

We know getting out and spending time with others is good for us, but do you know why? Here are some important benefits:

- Socialization stimulates the brain and may reduce the risks for dementia and Alzheimer's disease. Personal interaction challenges the brain to focus. Discussions involve the brain in problem-solving, analyzing, learning and memory use.
- Time with others can reduce the chance of depression, and it may lead to more happiness and fewer mental health issues.
- Social interaction connects us to our families and communities. This gives us a sense of belonging, which leads to personal self-worth, self-esteem and confidence. The more we feel involved and valued by others, the more likely we are to look for more social opportunities.
- Healthier behaviors and health outcomes can result from spending time with others. People can encourage each other to make healthier choices and to be physically active. Physical activity lowers stress and the chance of depression, improves sleep, improves healing, boosts memory and improves overall mental health as well.
- You may feel more motivated to make healthy choices in order to stay involved in social activities.
- Ultimately, healthier behaviors can result in lower rates of chronic diseases (i.e., cancer, stroke, high blood pressure, diabetes and heart disease). Health habits can also improve healing, strengthen the immune system, and help resist colds and flu and manage pain.

Quick Club Activity:

1. Gather supplies (i.e., pens/pencils and sticky notes).
2. Give a pen/pencil and two to three sticky notes to each participant.
3. Ask, "What benefits to social time are important to you? Write two to three benefits – one on each note."
4. As a group, share ideas. Organize the notes on a wall, grouping similar ideas. Talk about these benefits: "What are obstacles to being social? How can your group members support others in having productive and healthy social experiences?"

FOOD AND FITNESS

West Virginia Bureau of Senior Services

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REINDEER SUDOKU

BRAIN EXERCISE ANSWERS



B	X	E	I	M	L
I	L	M	E	B	X
L	M	X	B	E	I
E	B	I	L	X	M
M	E	L	X	I	B
X	I	B	M	L	E

H	E	D	S	R	A
A	S	R	H	D	E
D	H	A	E	S	R
E	R	S	D	A	H
R	D	H	A	E	S
S	A	E	R	H	D

R	C	D	A	N	E
N	A	E	D	R	C
C	R	A	E	D	N
E	D	N	C	A	R
D	N	C	R	E	A
A	E	R	N	C	D

S	H	E	L	G	I
L	G	I	S	E	H
I	L	H	E	S	G
G	E	S	H	I	L
H	S	G	I	L	E
E	I	L	G	H	S