

B E W E L L

September 2019

Volume 12, Issue 9

The Tolland Buzz



NATIONAL PREPAREDNESS MONTH

National Preparedness Month is organized by the Federal Emergency Management Agency (FEMA). Launched in 2004, the purpose of National Preparedness Month is to educate families and communities on how to be prepared for a disaster or emergency. This includes natural disasters such as hurricanes/tornadoes, flooding, severe winter weather, and disease epidemics as well as man-made disasters such as acts of terrorism and industrial accidents/spills. **An emergency can occur with little or no notice.** That's why it is important to have a plan in place, so you can be **"Prepared, Not Scared."**

One of the first steps you can take is to **educate** yourself and your family. You may want to investigate to find out if there are any places or conditions near your home that have the potential to cause an emergency situation. Some examples could include a nuclear power plant, a building that stores hazardous chemicals, or an area that is prone to flooding. It's also a good idea to ask your workplace as well as your child's school or daycare what their protocol is for responding to an emergency. Learn which places in your community will be used as shelters and areas where emergency supplies are handed out. A great way to make sure that you are aware of any urgent event that occurs is to sign up for your area's emergency alert system. You can sign up for the **Connecticut Emergency Alerting and Notification System** to receive notifications via email or text message.

The next step in being prepared is to **create a plan** for your household. Your plan should include: a few safe places in your home where you can shelter in an emergency, two different escape routes out of the house, a place where your family can meet in case you are separated, and a place where your family can stay if you had to leave your house for a few days. It's important to create an evacuation route. Be aware of alternative routes in your area so you have a way

out if roads are blocked. Consider the specific needs of your family. For instance, if you have pets, how will you keep them safe in an emergency? Also, consider the medical or dietary needs of household members. Once a plan is in place, write it down and make sure every member of the household is aware of what to do. Communication can be disrupted during a disaster making it hard to reach loved ones and important services. This is why it's helpful to make a list of important contact numbers such as family members (in state and out of state), workplaces, schools, doctors, pharmacists, utility companies, and your local health department. Click **HERE** to see a guide for creating your own Family Emergency Communication Plan.

As you are creating your plan, you should also think about what supplies your family may need during a disaster. Ideally, you should have a **supply kit** that will last you and your family for three days. Since there may be limited access to clean water in an emergency, you should keep a supply of water in jugs or bottles. You should have at least one gallon of water per person for each day. The kit should include a supply of non-perishable foods such as canned soup, canned fruit, packaged tuna, etc. Foods that don't have to be cooked or refrigerated are best. You will also need a manual can opener, plastic utensils, and something to cook food with, like a small grill with fuel. Other important items include a battery-powered radio, flashlight, extra batteries, cleaning supplies, a **first-aid kit**, and credit cards/cash. It's also a good idea to keep updated pictures of family members and pets in case you are separated and you need help looking for them.

The CT Department of Public Health has created a compre-

hensive guide to emergency preparedness for all residents of CT. It includes information about what to do and what not to do during an emergency as well as specific guidelines and strategies related to different types of emergencies. This is an excellent resource to have in your supply kit. The **CT Guide to Emergency Preparedness** can be downloaded online, or you can request a free paper copy.

Another way to help out is to volunteer your time and skills to your community! The **Medical Reserve Corps (MRC)** is a national network of volunteers organized into local units whose goal is to strengthen community health and emergency response capabilities. The units are comprised of both public health and medical professionals as well as non-medical volunteers—people of all backgrounds are welcome to join! The Eastern Highlands Health District MRC is now recruiting new members. If you are interested in joining, you can click **HERE** for more information and to complete the enrollment form.

Completing all of these steps may seem a bit overwhelming. But, if you slowly begin to work on your emergency plan whenever you have the free time and gradually acquire items for your supply kit, before you know it you will have everything you need to be "Prepared, Not Scared"!

BUILD A KIT

Include enough food, water, and medical supplies for your needs in your emergency kit to last for at least 72 hours.



HAPPENINGS AROUND TOWN

49th Annual Hebron Harvest Fair will take place Thursday September 5th- Sunday September 8th. Come enjoy live entertainment, delicious food, a variety of local vendors, and much more! For more information and a schedule of events, click [HERE!](#)

Community Picnic- There will be a community picnic on Saturday September 7th from 3:00 pm- 6:00 pm to celebrate 25 years of the Storrs Farmer's Market. The event will feature delicious desserts, special guest vendors, a live musical performance, and more! For more information click [HERE.](#)

Celebrate Mansfield Festival will be held Saturday, September 21, 2019 from 2:00 PM - 8:00 PM. Come celebrate the people, businesses, and organizations that make Mansfield unique! There will be music, food, and activities for all! For more information click [HERE.](#)

Miles for Miracles 5K will be held on Saturday, September 21, 2019 at Mortenson Riverfront Plaza in Hartford. All proceeds will benefit the Connecticut Children's Medical Center Foundation. For more information and to register, click [HERE.](#)

GNACC Healthy Living Festival will take place on Saturday September 28th from 10:00 am- 2:00 pm at Dodd Stadium in Norwich. This event will feature FREE health screenings, cooking demonstrations, FREE massages, therapy animals, a farmer's market, and much more! For more information click [HERE.](#)



National Yoga Awareness Month

Practicing yoga has become more and more popular in recent years. In fact, according to a report by the CDC's [National Center for Health Statistics](#), the use of yoga and meditation among U.S. adults has increased significantly from 2012- 2017. In 2017, 35.2 million U.S. adults reported that they had practiced yoga in the past 12 months. [Yoga](#) is an ancient practice developed over 5,000 years ago in India. It can be referred to as a system of techniques for achieving physical, mental, emotional, and spiritual wellbeing. There are many different types of yoga, however most of them involve physical poses (*Asana*). Many others also utilize breathing regulation (*Pranayama*) and meditation (*Dhyana*).

As yoga has gained popularity, an increasing amount of research has been

conducted to study the potential [benefits](#) of this ancient practice. These research studies suggest that yoga may be beneficial for numerous aspects of health and wellness including: stress relief, pain management, sleep, mental/emotional health, and promoting healthy habits. Yoga has been shown to relieve low back pain and neck pain as well as help people with chronic diseases manage their illness and have better quality of life. Practicing yoga has also been found to help people lose weight and promote healthier eating habits. There is even research on using yoga to reduce nicotine cravings and help people quit smoking. To explore more research on the many benefits of practicing yoga, click [HERE.](#)

If you are interested in trying yoga, you can use the [Yoga Alliance Directory](#) to

find a yoga teacher or school near you! If yoga classes aren't for you, there are also many different free [yoga instruction videos](#) online for yogis of all levels. It's always a good idea to check the credentials and experience of your yoga instructor before beginning to practice. And if you have any health concerns, be sure to check with your healthcare provider before beginning a new exercise regimen.

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



BIG NEWS WITH BE WELL

The First Quarter Educational Workshop on **Sleep and Your Health** will take place Wed. September 25th in the Council Chambers. There will be one session at 10 am and another at 11 am. **Refreshments will be provided!** Click [HERE](#) to RSVP.



Lemon-Walnut Green Beans

INGREDIENTS ♦ 8 cups small green beans ♦ cooking spray
♦ 2 cups sliced green onions ♦ 1/3 cup chopped walnuts ♦
1½ Tbsps chopped fresh or 3/4 Tbsp crushed dried rosemary ♦ 5 Tbsps fresh lemon juice ♦ 1½ Tbsps grated lemon rind

DIRECTIONS Arrange green beans in a steamer basket over boiling water. Cover and steam 8 to 12 minutes or until crisp-tender. Plunge beans into cold water to stop the cooking process; drain. Spray a sauté pan with cooking spray. Over medium-high heat, add green onions, and sauté until tender. Add green beans, walnuts, rosemary, and lemon juice; cook, stirring constantly, until thoroughly heated. Sprinkle with lemon rind.