

The Church of Jesus Christ of Latter-day Saints

Kansas City Missouri Stake

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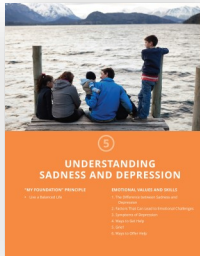
Lee's Summit, MO 64063

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Stake Self-Reliance & Emergency Preparedness

Monthly Newsletter



Ways to Offer Help

Emotional Resilience

Chapter 5—Understanding Sadness and Depression

Lesson 6—Ways to Offer Help

WAYS TO OFFER HELP

You may know someone who has lost a loved one, is going through a hard time, or has been diagnosed with depression or another illness. It can be hard to know what to say or do around them. You might feel embarrassed or uncomfortable showing emotion or being near someone who is showing emotions. In the left column below are some examples of less helpful phrases you may have heard people use when trying to help someone who is grieving. In the right column are helpful phrases you could use instead.

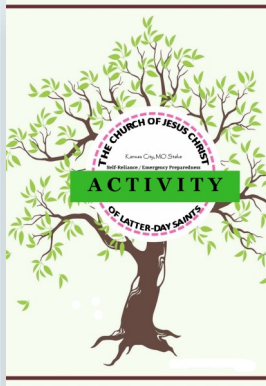
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Spiritual Insights

- Preparation, both spiritual and temporal, can dispel fear
- "...if ye are prepared ye shall not fear" (Doctrine and Covenants 38:30).
- "The need for preparation is abundantly clear. The great blessing of being prepared gives us freedom from fear" (Elder L. Tom Perry)



ACTIVITY

- **STEP 1:** Watch the video: [Like a Broken Vessel](#)
- **STEP 2:** Ponder the following questions and write your thoughts below.
- What stood out to you about Elder Holland's counsel?
- How has the Lord helped you manage challenging emotions?

LESS HELPFUL	MORE HELPFUL
<p><i>"I know exactly how you feel"</i></p> <p>Even if we have been through something very similar, it is always better to ask questions and listen to how the person feels.</p>	<p><i>"I don't know what to say right now, but I'm so glad you told me."</i></p> <p><i>"Tell me about what you're feeling right now."</i></p>
<p><i>"Just have faith; everything will work out"</i></p> <p>Of course we should have faith, but that doesn't change whether something is painful or not. It's important to be present with the person.</p>	<p><i>"I care about you."</i></p> <p><i>"I'm here for you."</i></p> <p><i>"It's ok to feel this way."</i></p>
<p><i>"At least you..."</i></p> <p>When we start sentences with "at least", we minimize what the person has been through.</p>	
<p><i>"God has a plan."</i></p> <p>This can sound like we are trying to quickly solve the problem instead of really listening and loving.</p>	
<p><i>"They're in a better place."</i></p> <p>Saying this doesn't make the person miss his or her loved one any less.</p>	

Each person is unique and will have different needs. Even if you say all the right things, the other person may still feel upset. Being hurt and upset is a natural part of being sad or depressed. Your most important job is to show up, listen, and offer love and kindness.

~Ways to Offer Help



First Aid Kit

Emergencies are just that, emergencies. If you are well prepared for injuries, you can assist and possibly save people who have been injured. There are many different places and situations which an injury can happen. A first aid kit must be easily accessible to be beneficial to an injured person. Below are some items suggested by the Red Cross for a standard first aid kit.:

- 2 pairs of latex-free gloves
 - Latex-free adhesive bandages (3 of each of the following sizes):
 - 1 × 3 inches
 - ¾ × 3 inches
 - Large fingertip
 - Knuckle
- 8 sterile gauze pads (2 × 2 inches)
- 8 sterile gauze pads (4 × 4 inches)
- 1 roll of adhesive cloth tape (2½ yards × 3/8 inch)
- 4 roller bandages (2 inches or 3 inches × 4 yards)
- 4 roller bandages (4 inches × 4 yards)
- 1 elastic bandage (3 inches or 4 inches × 5 yards)
- 3 or 4 triangular bandages (40 inches × 40 inches × 56 inches)
- 1 36" malleable radiolucent splint (Radiolucent means X-rays can go through the splint)
- 1 unit antibiotic ointment, cream or wound gel
- 4 sealable plastic bags (1 quart) or 2 chemical cold packs
- 5 antiseptic wipe packets

Emergency Preparedness

Lesson #10

First Aid

The Good Samaritan: Luke 10:33-35

33 But a certain Samaritan, as he journeyed, came where he was: and when he saw him, he had compassion on him,

34 And went to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him.

35 And on the morrow when he departed, he took out two pence, and gave them to the host, and said unto him, Take care of him; and whatsoever thou spendest more, when I come again, I will repay thee.

PONDER: What are some physical emergencies where I might be required to give first aid? Has there been a time when I have been required to offer first aid?

DISCUSS: Have you experienced a time when you needed or saw someone who needed first aid. Where you prepared to offer it? Did you notice those around you who weren't able to offer first aid? What was their reaction? Which person would you rather be? Which person would you rather be with when first aid is needed?

Question of the Month: Do I feel I know how to apply basic first aid in case of an emergency?

Action of the Month: Visit some of the links in this chapter and practice first aid techniques with a partner. You may try this as a family.

DISCUSS: Review the first aid kit in the list to the left and explain each item and its use. Where are some places you should keep a first aid kit? What items would you add or take away for the different first aid kits?

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ACTION: Decide today on two possible locations that you could keep a first aid kit in your home. Take steps this week to create a kit and put it in one of these locations

READ: Check the Scene

“Before rushing to help an injured or ill person, conduct a scene size-up and form an initial impression.

Try to answer these questions:

- **Is the scene safe to enter?**

Check for hazards that could jeopardize your safety or the safety of bystanders, such as fire, downed electrical wires, spilled chemicals, an unstable building or traffic. Do not enter bodies of water unless you are specifically trained to perform in-water rescues.

Avoid entering confined areas with poor ventilation and places where natural gas, propane or other substances could explode. Do not enter the scene if there is evidence of criminal activity or the person is hostile or threatening suicide. If these or other dangers threaten, stay at a safe distance and call 9-1-1 or the designated emergency number immediately. Once professional responders make the scene safe, you can offer your assistance as appropriate.

- **What happened?**

Take note of anything that might tell you the cause of the emergency. If the person is unresponsive and there are no witnesses, your check of the scene may offer the only clues as to what happened. Use your senses to detect anything out of the ordinary, such as broken glass, a spilled bottle of medication or an unusual smell or sound. Keep in mind that the injured or ill person may not be exactly where he or she was when the injury or illness occurred—someone may have moved the person, or the person may have moved in an attempt to get help.

- **How many people are involved?**

Look carefully for more than one injured or ill person. A person who is moving or making noise or who has very visible injuries will likely attract your attention right away, but there

may be a person who is silent and not moving or a person obscured by debris or wreckage that you do not notice at first. It also is easy to overlook a small child or an infant. In an emergency with more than one injured or ill person, you may need to prioritize care (in other words, decide who needs help first).” (American Red Cross, First Aid/CPR/AED, p. 16)

DISCUSS: What are some situations where you would have to “check the scene”? Discuss answers to the questions above.

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ACTIVITY 1: Use the “check the scene” techniques and describe the actions you would take.

WATCH: [Hands-Only CPR Instructional Video - YouTube](#)

DISCUSS: Have you ever seen someone who needed CPR? In what situations would you need to provide CPR?

Resources:

Red Cross First Aid Class Materials (Free):

<https://www.redcross.org/take-a-class/participant-materials>

Red Cross First Aid Manual (Free):

<https://gmedicalcpr.com/cpr-first-aid-class/wp-content/uploads/2020/08/g-medica-cpr-provider-manual.pdf>

American Heart Association Hands Only CPR:

<https://cpr.heart.org/en/cpr-courses-and-kits/hands-only-cpr/hands-only-cpr-resources>

CAR ACCIDENT



If you witness a car accident:

Pull your car over a safe distance from the scene. Put on your hazard lights.

ALWAYS call 911 to report the accident (don't assume others have). Stay on the phone with emergency services, they will assist you. Give short, clear answers to their questions.

Take a deep breath and assess the situation.

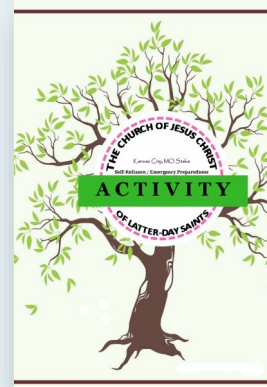
It is important to protect yourself first so that you don't become a victim as well.

Is the scene safe? Is it safe to get out of your vehicle?

If it is safe, check on the victims. Give reassurance that help is on the way.

DO NOT attempt to move anyone unless they are in harm's way i.e. the vehicle is on fire.

Give basic first aid if necessary i.e.. holding pressure on major bleeding or performing chest compressions on someone that is not responsive, not breathing and has no pulse. *(continued on next page...)*



ACTIVITY 2

- **NOTE:** Good Samaritan Laws have been passed most states which protect individuals who apply first aid in an emergency situation.

KNOW THE LAW
GOOD SAMARITAN LAWS

- Do a quick internet search for Good Samaritan Laws in your state. Discuss your protections and if there are any limitations to the law

CHEST PAIN



Watch: Heart Attack warning signs: <https://www.youtube.com/watch?v=Es-Cr9uRXgQ>

If you witness someone having chest pain or heaviness, pressure or squeezing in their chest or UNEXPLAINED pain in their arm, jaw, neck, back, or stomach call 911 IMMEDIATELY or direct someone else to do it.

Get the person in a comfortable position (sitting down or leaning against a wall)

If available have them chew an aspirin. (DO NOT give the aspirin if they are not responsive)

Stay with them and give them reassurance that the ambulance is on the way.

If they become unresponsive: Check for breathing (do it quickly, do not take longer than 10 seconds)

- If they ARE breathing: (occasional gasping is not considered breathing)

Turn them on their side and call 911.

Put the phone on speaker mode and stay next to the person.

- If they are NOT breathing:

Call 911.

If there is an AED (Automated External Defibrillator) nearby, have someone run and get it.

Start Chest Compressions. Push firmly down in the middle of the chest.

Push at a rate of 100-120 times per minute until help arrives.

- If an AED IS available, have someone turn it on and follow the instructions. It will tell you exactly what to do.
- If an AED is NOT available, continue chest compressions until help arrives.

Watch: Video of Hands only CPR and AED <https://www.youtube.com/watch?v=tSM9YHSFYU>

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FALLS



If you witness or come upon a person that has fallen, it is important to assess the situation.

Is the person responsive?

Did they lose consciousness?

If they are not responsive or are confused, drowsy or vomit, call 911

Do they have an obvious break or deformity or an area that is extremely painful?

If yes, call 911

Did they fall greater than 2 times their height?

If yes, call 911

Make sure to give reassurance that help is on the way.

Give supportive measures while waiting.

If it is cold, try to cover them with a blanket or coat to keep them warm.

Try to help them be as comfortable as possible until help arrives.

Try to avoid any unnecessary movement.

12 Principles of Self-Reliance

The Lord has declared, “It is my purpose to provide for my saints” (D&C 104:15). This revelation is a promise that the Lord will provide temporal blessings and open the door of self-reliance. He has also declared that “it must needs be done in [His] way” (D&C 104:16). To receive the blessings of self-reliance, we must accept and live the principles of self-reliance, which include the following:

- Exercise Faith in Jesus Christ (D&C 104:15)
- Use Time Wisely (Alma 34:32)
- Be Obedient (D&C 130:20–21)
- Manage Money (D&C 104:78)
- Work: Take Responsibility (D&C 42:42; 2 Nephi 2:16, 26)
- Solve Problems (Ether 2:18–19, 23; 3:1, 4)
- Become One, Work Together (Moses 7:18; D&C 104:15–17)
- Communicate: Petition and Listen (D&C 8:2)
- Persevere (Hebrews 12:1; D&C 58:4)
- Show Integrity (Mosiah 4:28; Job 27:5; Articles of Faith 1:13)
- Seek Learning and Education (D&C 88:118–119)
- Stay On Task, Receive Ordinances (D&C 84:20; D&C 136:4; 1 Nephi 18:2–3)

Self-Reliance Services

What is Self-Reliance?

“Self-reliance is the ability, commitment, and effort to provide the spiritual and temporal necessities of life for self and family” (Handbook 2: Administering the Church[2010], 6.1.1).

President Thomas S. Monson has counseled, “[Self-reliance] is an essential element in our spiritual as well as our temporal well-being.” (“Guiding Principles of Personal and Family Welfare,” Ensign, Sept. 1986, 3)

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