

Stake Self-Reliance & Emergency Preparedness Monthly Newsletter



Faith

By Rebecca Hendrickson

A few days ago, a friend of ours succumbed in his two-year battle with cancer. His wife and children said, “We are devastated, but comforted knowing he (Pete) is in the loving arms of his Lord and Savior.”

What carries them forward through these difficult days? It’s their faith. These are friends of another faith, but their faith is in Jesus Christ and is deep and determined.

Faith is so many things: a principle of power, a principle of action, “the substance of things hoped for, evidence of things not seen” (Heb. 11:1). Our prophet said, “Faith in Jesus Christ propels us to do things we otherwise would not do.”

It's not always easy to have this faith, this confidence in the Lord and His timing, stress is mounting due to job uncertainty, when health declines, or when the future is unknown.

Like you, I’ve been tested and tried in ways never imagined in the last year. Life has a fair number of challenges that toss us to and fro. Adversity can blow us off course, temporally, emotionally and spiritually. We must anchor our faith in our Savior. Doctrine and Covenants 24:8 reassures us to ..”be patient in afflictions, for thou shalt have many but endure them, for, lo, I am with thee, even unto the end of thy days.”

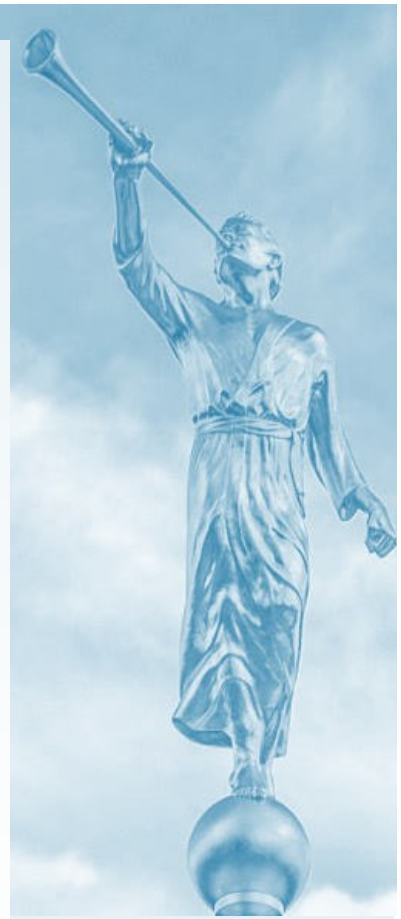
He has promised so much more, but we must do our part (afore mentioned principle of “action!”): reach out to Him, become better acquainted with Him through learning of Him, His life, His teachings.

By exhibiting faith, we will feel His love for us.

When first learning of his cancer, our friend Pete wrote: I still believe God has a plan for me. If He wants to...give me 20-30 more years, fantastic! If not, I pray that He’ll use me in some way to be a blessing to others or help them on their faith walk.

What an example of faith in the Lord’s plan! May we all strengthen our faith in Jesus Christ is my hope and prayer.

~Hendrickson



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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)



Emergency Preparedness Lesson #3: Planning

Widow of Zarephath

The widow of Zarephath, who was among the poorest of the poor, was actually a very self-reliant person in the middle of her starving, drought-stricken land. Now, you may recall, she was about to run out of food and was gathering sticks to build a fire to cook one last meal. That seems like the opposite of self-reliant. But so deep were her spiritual roots of self-reliance, that when a prophet of God asked for her last portions of food, “she went and did according to the saying of Elijah” (1 Kings 17:15). The scriptures tell us that after she used her last grain to feed the prophet, “the barrel of meal wasted not, neither did the cruse of oil fail” (verse 16), and “she, and he, and her house, did eat many days” (verse 15). She was about to run out of food, but she did not—not because she had enough money, but because she had enough faith. As we do our best to live the gospel and do all that we can to support ourselves, the Lord will reward our faith and hard work.

Just in Case

In every family there are unforeseen circumstances that call for immediate action. A child swallows cleaning agents or medicines, someone sustains a serious wound, natural disasters, an unexpected loss of a job or reduction in income—any of these can catch families unprepared. When the Teton Dam burst in Idaho in 1976, President Spencer W. Kimball said, “We don’t know where another dam is going out or where a river is going to flood, or whether an earthquake is going to come, or what’s going to happen. We just are always prepared because the Lord said, ‘If ye are prepared, ye shall not fear.’ (D&C 38:30.) And that’s the only way to have peace and security—to be prepared.” (Kaysville, Utah, Grain Elevator dedication, 10 June 1976.) Handbook for Families – LDS.org

READ: The actions taken in the initial minutes of an emergency are critical. Having and practicing a plan for various emergencies can make a significant difference in the resulting outcome in these critical moments.

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*Put together a
plan by thinking
about these
questions...*

1. How will I receive emergency alerts and warnings?
2. What is my shelter plan? (this is covered in lesson 5)
3. What is my evacuation route? (this is covered in lesson 6)
4. What is my family/ household communication plan? (this is covered in lesson 4)
5. How will I gather my family together after the emergency has happened?

ACTIVITY:

Start a plan today! It is not possible to plan thoroughly for every disaster that could possibly affect your family. There are so many variables. But you CAN plan for those disasters that are most likely to occur in your geographical area and specifically to your family. Making a plan for things that are most likely to affect you can make the difference between life and death; between comfort during emergencies or the terror of not knowing where family members are after an emergency. You started this in the previous lesson by identifying those threats that are most likely to affect your family and which ones you are most prepared to handle effectively. Hopefully, you also identified areas where you are weak and need to work on. Today we will start creating our Emergency Preparation Plan.

Creating your emergency plan starts with a simple question: “What if?” “What if this happens? What if I can’t reach my family? What if we have to leave?” etc. Being prepared can involve putting your plans into practice through drills or play acting out scenarios. Practice drills can help identify opportunities to improve upon your plans.

In addition to your family 72-hour kit, develop a preparedness plan with all family members. A basic preparedness plan has four steps:

1. Be informed.
2. Create a family disaster plan.
3. Make a list of important information and periodically update it.
4. Practice and maintain your plan.

A comprehensive family disaster plan includes information about each family member, household pets, insurance and finances, the home itself and its contents. Most important, the plan outlines what each family member should do during an emergency and identifies safe places inside and outside the home.

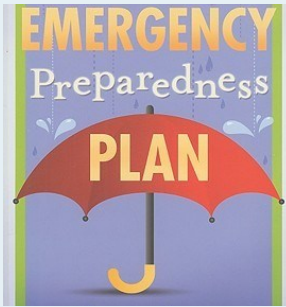
Step 1: Put together a plan by thinking about these questions.

1. How will I receive emergency alerts and warnings?
2. What is my shelter plan? (this is covered in lesson 5)
3. What is my evacuation route? (this is covered in lesson 6)
4. What is my family/household communication plan? (this is covered in lesson 4)
5. How will I gather my family together after the emergency has happened?

READ: Father Lehi was commanded in a dream to leave his home, his livelihood and all the comforts he had acquired. He gathered his family and what things he thought they would need and left Jerusalem. After they journeyed a few days, they stopped and Lehi was instructed to go get other things before they left for good. What things did he have to go get? What had the Lord thought about that he hadn’t (wives for his sons and their genealogy). (1 Nephi Chapters 2-7)

After you think about your specific needs, be sure to consult with the Lord as to what things you are forgetting and what more you can do to be prepared.

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Factors to keep in mind when considering the specific needs of your household:

- Different ages of members within your household
- Responsibilities for assisting others
- Locations frequented
- Dietary needs
- Medical needs including prescriptions and equipment
- Disabilities or access and functional needs including devices and equipment
- Languages spoken
- Cultural and religious considerations
- Pets or service animals
- Households with school-aged children

Step 2: Consider specific needs in your household.

As you prepare your plan:

1. Tailor your plans and supplies to your specific daily living needs and responsibilities.
2. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, business, pets, or specific needs like the operation of durable medical equipment.
3. Create your own personal network for specific areas where you need assistance.
4. Keep in mind some these factors when developing your plan:
 - Different ages of members within your household
 - Responsibilities for assisting others
 - Locations frequented
 - Dietary needs
 - Medical needs including prescriptions and equipment
 - Disabilities or access and functional needs including devices and equipment
 - Languages spoken
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Step 3: Fill out a Family Emergency Plan

This plan contains personal and confidential information that if lost could cause many problems. Be sure to safeguard this list.

Step 4: Practice your plan with family/household.

Family Councils are an excellent way to introduce the family emergency plan to your family. Young children and teens alike need to be part of the planning and practice process – for their own safety and sense of empowerment.

- Role play what you do during a disaster.
- Hold drills in your house.

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Useful exercises conducted at home evening or at an appointed time can prepare family members to know—

- The location of first-aid equipment in the home. (See your pediatrician or family doctor for a complete list of standard medications to have on hand.)
- The location of fire extinguishers (near doors).
- The location of shut-off valves for electricity, gas, and water.
- The location of emergency water supplies (storage tanks, water heater, waterbed mattresses).
- Where important documents and valuables are stored, both inside and outside the home.
- Where to meet if the home is so damaged or dangerous that family members must leave or cannot enter the home. You can practice alternate routes to school, work, church while driving there each day. Even very young children can learn to recognize landmarks that can help them arrive safely at a given destination.
- Make sure that all family members know the location of where to go should the family home be blocked or so damaged that returning there is not safe.
- The best method of escaping the home in case of fire (practiced at intervals).
- Who is responsible for which younger members of the family.
- How to perform basic first aid. In addition, enter the telephone numbers of the doctor, hospital, paramedics, fire department, police, civil defense authority, ward/branch leaders, and neighbors in all family member cell phones.

Preparation helps put our plan into action.

ACTIVITY:

Examine the list below and select one or two that you can accomplish this week. Discuss and involve your family. Set a goal to accomplish one or two for the other remaining weeks of this course.

Use the checklist, below, to help you prepare:

- Sign up for Alerts and warnings - [Emergency Alerts | Ready.gov](https://www.ready.gov/emergency-alerts)
- Make a plan
- Save for a rainy day
- Practice emergency drills
- Test Family Communication Plan
- Safeguard Documents
- Plan with neighbors
- Make your home safer (discussed in Lesson 2)
- Know evacuation or alternate routes (further discussed in Lesson 6)
- Assemble or update supplies
- Get involved in your community by learning First Aid or becoming a Community Emergency Response Team member (CERT) at Ready.gov
- Document and insure property

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DISCUSS: What other ways might there be to help us prepare?

Ready.gov is a website that has numerous ways to further help you in your emergency preparations. You might want to check it this week for ideas.

PONDER: Individually think about what you have learned today and consider what the Lord would have you do.

READ: Now that you have Started your Emergency Plan, we will start focusing on specific areas to include in your plan. Creating your Communication Plan will be the focus of next month's lesson.



MY COMMITMENTS

- Ⓐ I will complete the Family Emergency Plan worksheet this month.
- Ⓑ I will hold a family council and discuss our Emergency Plan/ I will complete the one or two items on the checklist to complete this week. I will sign up for emergency alerts from national and local resources on my cell phone and email including ICE information in my cell phone.

RESOURCES

Helping Children Cope: <https://www.ready.gov/kids/parents/coping>

Emergency Preparedness for People with Disabilities: [Video](#)

Preparedness for Pets: [Including Your Pets in Disaster Preparedness | FEMA.gov](#) / [Video](#)

Alerts and Warnings: The National Weather Service (NWS) handles all alerts and warnings for weather related incidents within the United States. NWS handles monitoring and alerts through their Field Offices located across the country. Their alerts and warnings can be picked up via radio frequency and are broadcast through television as well. The Federal Emergency Management Agency (FEMA) also carries NWS alerts and warnings through their mobile app to smart devices across the country. This is part of a much larger alert system known as the Integrated Public Alert and Warning System (IPAWS). IPAWS links multiple alert systems with local control but maintenance and administration by FEMA. Learn more at [Emergency Alerts | Ready.gov](#)

Family Emergency Plan: [Make A Plan | Ready.gov](#)

My Commitments

- *I will complete the Family Emergency Plan worksheet this month*
- *I will hold a family council and discuss our Emergency Plan/ I will complete the one or two items on the checklist to complete this week. I will sign up for emergency alerts from national and local resources on my cell phone and email including ICE information in my cell phone.*

FAMILY EMERGENCY COMMUNICATION PLAN HOUSEHOLD INFORMATION

Home #: Address:

Name: Mobile #: Other # or social media:

Email:

Important medical or other information:

Name: Mobile #: Other # or social media:

Email:

Important medical or other information:

Name: Mobile #: Other # or social media:

Email:

Important medical or other information:

Name: Mobile #: Other # or social media:

Email:

Important medical or other information:

Name: Address:

Emergency/Hotline #: Website:

Emergency Plan/Pick-Up:

SCHOOL, CHILDCARE, CAREGIVER, AND WORKPLACE EMERGENCY PLANS

Name: Address:

Emergency/Hotline #: Website:

Emergency Plan/Pick-Up:

Name: Address:

Emergency/Hotline #: Website:

Emergency Plan/Pick-Up:

Name: Address:

Emergency/Hotline #: Website:

Emergency Plan/Pick-Up:

Name: Mobile #: Home #: Email:

Address:

Name: Mobile #: Home #: Email:

Address:

Neighborhood: Address:

Instructions:

Out-of-Neighborhood: Address:

Instructions:

Out- of-Town: Address:

Instructions:

**IN CASE OF EMERGENCY (ICE) CONTACT, OUT-OF-TOWN CONTACT,
EMERGENCY MEETING PLACES**

IMPORTANT NUMBERS OR INFORMATION

Police:Dial 911 or #:

Fire:Dial 911 or #:

Poison Control:#:

Doctor:#:

Doctor:#:

Pediatrician:#:

Dentist:#:

Hospital/Clinic:#:

Pharmacy:#:

Medical Insurance:#:

 Policy #:

Medical Insurance:#:

 Policy #:

Homeowner/Rental Insurance:#:

 Policy #:

Flood Insurance:#:

 Policy #:

Veterinarian:#:

Kennel:#:

Electric Company:#:

Gas Company:#:

Water Company:#:

Alternate/Accessible Transportation:#:

Other:#:

Other:#:

Other:#:



Are We Prepared?

“Are we prepared for the emergencies in our lives? Are our skills perfected? Do we live providently? Do we have our reserve supply on hand? Are we obedient to the commandments of God? Are we responsive to the teachings of prophets? Are we prepared to give of our substance to the poor, the needy? Are we square with the Lord?”

We live in turbulent times. Often the future is unknown; therefore, it behooves us to prepare for uncertainties. When the time for decision arrives, the time for preparation is past.”

*Thomas S. Monson
“Are We Prepared”
Ensign
September, 2014*

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)

Please go to the following link and answer this one-question survey:

[Click HERE for survey](#)

One-Question Survey

I am currently interested in the following classes:

- Emotional Resilience
- Personal Finance
- Find a Better Job
- Education for Better Work
- Starting & Growing My Business

12 Principles of Self-Reliance

- Exercise Faith in Jesus Christ
- Use Time Wisely
- Be Obedient
- Manage Money
- Work: Take Responsibility (
- Solve Problems
- Become One, Work Together
- Communicate: Petition and Listen
- Persevere
- Show Integrity
- Seek Learning and Education
- Stay On Task, Receive Ordinances

Kansas City Stake Self-Reliance Committee Members

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Brother Bryant Staples

Sister Michelle Truman

Brother Gary Arnett

Sister Tammi Iba

Brother Jason Bowne

Brother Brent Ellibee

Sister Karen O'Riley

Brother Todd Hendrickson

Brother Mark Kitchens

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