



December 2018

*Neighbors Helping  
Neighbors...*

# Ready Neighbor News

## Apps that help you care for loved ones

It can be difficult to stay on top of all the responsibilities of caring for a loved one, whether you are tracking symptoms, managing medications, scheduling medical appointments or sharing information with other family members. Being a caregiver for a family member can be as taxing as it is rewarding. While a support network of family and friends is crucial, apps can help alleviate some of the stresses that come with caregiving. Fortunately, there are a variety of apps available for your smartphone or tablet that can make these tasks easier to manage. These apps may help reduce holiday stress and provide balance for you and your loved ones supporting the caregiving endeavor because often times more than one person is providing care such as transportation, medication administration, meals, and beyond. Apps can assist caregivers in, not only tracking but, sharing information among each other and medical professionals when necessary.

A variety of apps exist to assist in many facets of care depending on user and patient need including apps that keeps medical ID cards with information such as allergies, to apps that allow sharing of "To-Do" lists, to apps that focus on specific illnesses such as dementia and diabetes. While apps come in all shapes and sizes finding one that fits your needs can be easy once you discover needs because so many options exist.

A few examples of caregiving apps include:

**CAREZONE** - This app is a great tool to safely and securely manage your loved one's health information, including advance directives, important contacts, insurance information, medical files, and medications.

The app is user-friendly and allows you to input and organize information in a variety of ways. You can manually enter medicals details such as dosages of prescriptions and important contacts (like doctors, family members, insurance providers and pharmacies), or you can journal pertinent health information, including health care instructions or symptoms in real time.



### Inside this issue:

Apps that help you care..	1
Care Apps...continued...	2
Power outages	3
Training calendar	4

### Next Meeting Dates:

**Annual Awards Event:**  
When: December 12. 5-8pm  
Where: Grizzly Peak Winery.  
RSVP deadline: Dec. 7



## Apps that can help you care for loved ones...continued...

You can also upload files and photos to ensure important documents are always at your fingertips. The calendar function allows you to keep track of appointments and refills, and you can easily sync events with other calendars and share access with others, too. There is also a "To-Do" section that allows you to maintain an organized list of important tasks, as well as assign tasks to others, which is important to help avoid caregiver burnout.

CaringBridge - This app encourages shared caregiving and emotional support within your circle of family and friends. You can create your own personal CaringBridge website to share information and updates about your loved one's health and needs in one central location.

The website is easy to create with the assistance of this app and is private and secure – only those people you have invited to access the website will be able to view it. You can use the planner feature to schedule important appointments, dates and tasks, and you can also request assistance and assign family and friends to specific tasks.

A unique feature of this app that sets it apart from others is that there is a fundraising component. CaringBridge is partnered with GoFundMe to allow users to raise funds to pay for ongoing caregiving and medical costs.

Caring Village - This app is designed specifically for family caregivers to help them easily coordinate and keep track of their loved one's care.

Caring Village CEO and Co-founder says he was inspired to launch the app after he and his wife became caregivers for his mother-in-law with dementia and realizing the most important thing they needed to do was communicate effectively with other family members, her care professionals and neighbors.

The app is meant to enable family caregivers to do just that via a secure messaging system where users can create "villages" among friends and relatives to help coordinate the specifics of a loved one's care. Caring Village users can create customizable care plans for their loved ones plus personalized to-do lists. The app's features also include a centralized calendar, document storage, a place to list medications and a wellness journal that allows you to share entries with the rest of your "village."

Lotsa Helping Hands - This app helps you create a community of care around your loved one. You can invite family, friends, volunteers, and care aides to join and then manage everything from sitters and errands to appointments and family gatherings using an interactive calendar.

There's also a section of the app called "Helping Hands," which serves as a message board and a well-wishes wall where caregivers, family, and friends can leave messages of encouragement for the person receiving care or for someone else in the care circle. This app lets you choose a coordinator and a community member page where you can update contact information, birthdates, and list best times to call.

Managing diabetes can be simplified using a variety of focused apps to increase proper management and self-care behaviors such as Glucose Buddy, MySugr Diabetes Logbook, Diabetes Connect, Sugar Sense, One Drop, and BG Monitor Diabetes. Each has unique features to assist with care and specific knowledge. The Alzheimer's Association developed the Caregiver Buddy app to help caregivers manage their personal stress, navigate family conflict, and reach a 24/7 helpline.

You can learn more about all these apps by visiting the web and using a search engine to begin finding all the wonderful caregiving app options available to you and your loved ones this holiday season. Gift peace of mind with an added rest assured.



## Power outages

Power outages are not uncommon in the aftermath of significant weather events especially during winter months when ice and snowfall can cause unpredicted impacts across wide regional areas. Extended power outages may impact the whole community and the economy over a short period of time or extend longer than days and weeks. Utility workers may work many hours to restore power to homes and businesses before achieving success. A power outage may disrupt communications, water, and transportation, close retail businesses, grocery stores, gas stations, ATMs, banks, and other services, cause food spoilage and water contamination, and / or prevent use of medical devices. It is important to understand the impacts and methods to mitigate, or lessen, negative impacts to normal operations both at home and on the jobsite.

### PROTECT YOURSELF DURING A POWER OUTAGE:

Keep freezers and refrigerators closed.

Only use generators outdoors and away from windows.

Do not use a gas stove to heat your home.

Disconnect appliances and electronics to avoid damage from electrical surges.

Have alternate plans for refrigerating medicines or using power-dependent medical devices.

If safe, go to an alternate location for heat or cooling.

Check on neighbors.

### HOW TO STAY SAFE WHEN A POWER OUTAGE THREATENS: (Prepare NOW)

Take an inventory of the items you need that rely on electricity.

Talk to your medical provider about a power outage plan for medical devices powered by electricity and refrigerated medicines. Find out how long medication can be stored at higher temperatures and get specific guidance for any medications that are critical for life.

Plan for batteries and other alternatives to meet your needs when the power goes out.

Sign up for local alerts and warning systems. Monitor weather reports.

Install carbon monoxide detectors with battery backup in central locations on every level of your home.

Determine whether your home phone will work in a power outage and how long the battery backup will last.

Review the supplies that are available in case of a power outage. Have flashlights with extra batteries for every household member. Have enough nonperishable food and water.

Use a thermometer in the refrigerator and freezer so that you can know the temperature when the power is restored. Throw out food if the temperature is 40 degrees or higher.

Keep mobile phones and other electric equipment charged and gas tanks full.

(Survive DURING) Keep freezers and refrigerators closed. The refrigerator will keep food cold for about four hours. A full freezer will keep the temperature for about 48 hours. Use coolers with ice if necessary. Monitor temperatures with a thermometer.

(Be Safe AFTER) When in doubt, throw it out! Throw away any food that has been exposed to temperatures 40 degrees or higher for two hours or more, or that has an unusual odor, color, or texture.

# CERT 2018 Calendar of Events

January 2018	February 2018	March 2018
General Meeting - January 10 <i>(Bleeding Control)</i> <b>Personal Protection Training- January 13</b> Leadership Meeting - January 24	General Meeting - February 14 <i>(CERT Go-Bags / Backpacks)</i> Leadership Meeting - February 28 <i>(CERT Member Handbook)</i>	General Meeting - March 14 <i>(Radio Communications)</i> <del>Alternative Routes &amp; Access - March 17</del> Leadership Meeting - March 28 <b>Volunteer Day - March 31</b>
April 2018	May 2018	June 2018
<b>Basic Training - April 5, 6, 7, 19, 20, 21</b> General Meeting - April 11 <i>(CERT Skills)</i> Leadership Meeting - April 25 <i>(Basic AAR)</i>	General Meeting - May 9 - <i>(Basic Graduation)</i> <b>Mother's Day Pancake Breakfast - May 12</b> Leadership Meeting - May 23 <i>(Campout Planning)</i>	<b>Emigrant Lake Campout - June 2-3</b> General Meeting June 13 <i>(Evacuation Training)</i> Leadership Meeting - June 27 <i>(Planning for 4th of July &amp; Campout AAR)</i>
July 2018	August 2018	September 2018
<b>APD presents ALICE - July 1</b> <b>Parade Support - July 4</b> General Meeting - July 11 <i>(Ropes &amp; Knots)</i> <b>Basic Refresher - July 21</b> Leadership Meeting - July 25 <i>(4th of July AAR)</i>	General Meeting - August 8 <i>(FF Rehab)</i> <b>CPR Night - August 15 (6pm) Station 2</b> Leadership Meeting - August 22 <i>(Basic Planning)</i>	General Meeting - September 12 <i>(Cribbing Techniques)</i> <del>Opening Bases - September 22</del> <b>Family &amp; Friends CPR - September 15</b> Leadership Meeting - September 26
October 2018	November 2018	December 2018
<b>Basic Training - Oct. 4, 5, 6, 18, 19, 20</b> <b>JCFD5 Open House</b> <b>October 10th (5pm-7pm)</b> Leadership Meeting October 24 <i>(Basic AAR)</i>	<b>Wide Area Search - November 2-4</b> General Meeting - November 14 <i>(Basic Graduation)</i> Leadership Meeting - November 28 <i>(Annual Training Planning Session)</i>	<b>CERT Year in Review</b> <b>December 12 - 5:00 to 8:00 PM</b> No Meetings <b>Holiday Season ~ Training Stand Down</b>

**Note:** General meetings are open to the public. Doors open at 5:30pm. Meetings are from 6-8:30pm at Fire Station 1.

Ashland CERT  
 455 Siskiyou Boulevard  
 Ashland, OR 97520

TO: