

NHA Resident Review



A NEWSLETTER FOR THE RESIDENTS OF
NORTHWEST HOUSING ALTERNATIVES

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Great Oregon ShakeOut

Oregon lies in an earthquake zone. While the potential earthquake hazards depend upon your location, you could be anywhere when an earthquake strikes- at home, at work, at school or even on vacation.

The **Great Oregon ShakeOut** is an annual opportunity to practice how to be safer during big earthquakes. The ShakeOut has also been organized to encourage you, your community, your school, or your organization to review and update emergency preparedness plans and supplies, and to secure your space in order to prevent damage and injuries.

Why is it important to do a Drop, Cover, and Hold On drill? To react quickly you must practice often. You may only have seconds to protect yourself in an earthquake, before strong shaking knocks you down--or drops something on you. Practicing helps you be ready to respond.

Millions of people worldwide will practice how to Drop, Cover, and Hold On at 10:19 a.m. on October 19* during *Great ShakeOut Earthquake Drills!*

Oregonians can join them today by registering for the **2017 Great Oregon ShakeOut**. Participating is a great way for your family or organization to be prepared to survive and recover quickly from big earthquakes- wherever you live, work, or travel. To register, and find lots of disaster preparedness resources, ask your Resident Services Coordinator or visit www.shakeout.org/oregon/

Steps for Preparedness

1. Know what kinds of emergencies could happen in your area and consider what your neighborhood might look like after one happens.
2. Think about what you will be able to do and what assistance you may need before, during, and after an emergency.
3. Make your own support group of family, friends, relatives, neighbors, roommates, care providers, and people you work with who could help you in an emergency.
4. Make an emergency information list so others will know whom to call if they find you unconscious, unable to speak, or if they need to help you leave your home quickly.
5. Make a medical information list with the names and phone numbers of your doctors, your medications, how much you take, and your medical conditions.
6. Try to keep a seven-day supply of medications with you and fill your prescriptions as early as you can. Ask your doctor or pharmacist what you should do if you can't get more right away.
7. Fill out a checklist to make sure that your emergency plan covers every problem you might have.
8. Keep an emergency supply kit in your home. Include food, water, a first aid kit, adaptive equipment, batteries, and supplies for your pets or service animals.
9. Make your home safer by checking hallways, stairwells, doorways, windows, furniture and other areas for problems that may keep you from safely leaving a building during an emergency.

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A THANK YOU TO OUR PARTNER:



NHA would like to thank Northwest Children's Outreach (NWCO) for helping families with children 0-18 years of age living at Northwest Housing Alternatives units! NWCO provides donated (gently used and new) clothes, shoes, toys, small furniture, hygiene items, and more, to children aged 0-18! If you are in need of items for your children, contact your resident services coordinator!

Oregon Lions Club and LEAP

The Oregon Lions in Service Hotline is a great resource to inquire about eye exams and glasses. Most people with vision problems experience uncorrected refractive error, a highly common and correctable condition. The LEAP Optical Finishing Lab serves clubs in all Districts, and their mission is to help Lions Keep the Promise by providing high quality, low-cost eyewear to serve those in need.

LEAP targets eligible adults meeting income criteria in the Lions Multiple District – including the entire state of Oregon. Their goal is for the LEAP Lab to be a more economical choice for Lions Clubs to serve more people. The Lab enhances the promise Lions made to Helen Keller to serve as Knights of the Blind. A person will get their prescription through a local doctor with Lions' assistance or through a referral to Legacy. Then the lab will make the glasses and ship to their location.

To access this program, applicants must call the Lions in Service line at (971) 270-0203 phone or e-mail their contact information and request to lionsclubsreferrals@olshf.org.

Lions volunteers will refer the above mentioned calls and e-mails to the appropriate club, who will then provide an application.

Survey Thanks

Thank you to everyone who responded to our 2017 Resident Survey! We heard feedback from almost 400 of you and are using your thoughts and ideas to make improvements to the services we offer. In our next newsletter, we'll provide an overview of the survey results. In the meantime, please let your Resident Services Coordinator know if you have any questions or would like more information about our annual survey process.