

THE RECORD

DISASTER PREP

By DAVE ROBINSON
Special to the Siuslaw News

More tips for seniors

The topic of Disaster Preparedness seems to resonate more with seniors than with the younger set, partly because of vulnerability due to special age-related issues. Many seniors live alone and some are dealing with health or mobility issues. Yet most have developed a wisdom that often accompanies gray hair that something bad can happen because they have lived through at least one disastrous event in their lives.

The mantra of "Get A Kit, Make A Plan, and Be Informed" still applies to the mature crowd and there are many low cost-things seniors can buy and no-cost plans they can make to avoid that feeling of helplessness and despair.

In my humble opinion, the single most important thing anyone can do to prepare for a disaster is to organize their neighborhood.

And it doesn't cost a cent!

Contacting your neighbors, especially fellow seniors, can build a sense of community and camaraderie along with an assurance no one needs to face adversity alone. Introduce the topic at the senior center, your church group or the quilting group.

Collaborating on projects can not only bring some peace of mind, but just may bring some new friends into

your life.

According to the American Red Cross it is still your responsibility to know what to do when disaster strikes. Remember: The first responders are going to be overwhelmed and YOYO (You're On Your Own).

First thing to do is gather enough supplies to get by for several days without going to the store. In the event of an earthquake, the stores will sell out within hours and there will be nothing to buy anyway. If you live in a location that requires evacuation, you will want to store your supplies in totes that have wheels.

Easier to move that way.

If you require a cane, walker or wheelchair, be sure to label it with your name, address and phone number just in case you and your equipment get separated. Either that or store your supplies with a friend out of the danger zone.

Remember to rotate your supplies. Keep an eye on the "best if used by" dates. Then simply rotate your stored supplies into everyday use.

Also, shift your batteries, medications and other perishable items before they expire.

Keep in mind you may want to stock up on certain medications. Most doctors are sympathetic to your needs

regarding planning for disaster and are willing to cooperate by prescribing most maintenance medications in advance.

The difficult thing here is to get your insurance to get on board with that concept. So any advance preparations you make in that regard may have to come out of your own pocket.

Then be sure to take special care to mind the expiration dates on your meds.

I'm told that most medication doesn't actually "go bad" but it does tend to lose its potency and effectiveness over time.

Also, try to see your way clear to pick up an extra pair of eyeglasses.

Some of us have enough trouble keeping track of our glasses even without a disaster, so adding a pair of drugstore "cheaters" to our kit just might not be a bad idea either.

Dave Robinson is the postmaster in Bandon, Ore., and author of "Disaster Prep for the Rest of Us." He may be contacted at disasterprep.dave@gmail.com. Visit his website for more disaster preparedness tips, www.disasterprep-dave.blogspot.com.

Local veterans group seeks to help other vets

The Florence Area Veterans' Relief Agency (FAVRA) is a nonprofit subsidiary of the local American Legion Francis M. Yost Post 59.

FAVRA is a group of local veterans helping other local veterans with limited, emergency, stop-gap grant funding for food, shelter, utilities, medical needs, transportation or other personal, immediate needs.

It requires the recipient to meet a simple qualification process, after which the veteran usually has a check or cash

in-hand within 24 hours.

The help FAVRA provides stays anonymous, personal, discrete and respectful.

It's not a member of a government agency or VA; it understands fellow veterans and doesn't ask anything from them or track them.

FAVRA simply verifies their status and then helps.

Those who would like to join FAVRA, or make a tax-deductible contribution, can visit FAVRA.org.

To contact FAVRA for assistance, call 541-590-0395.

Lane County Sheriffs Office increases DUII checks

During the holiday season, local traffic and those traveling to celebrate with friends and families increase dramatically.

During this time of year, the number of drunk driving and impaired driving incidents also increase significantly.

According to MADD's website, every 2 minutes a person is injured in a drunk driving crash.

Every day, another 27 people die as a result of drunk driving crashes. In 2015, MADD

reported 10,265 people died in drunk driving crashes.

The Lane County Sheriff's Office received special allocated funding from ODOT and Oregon State Sheriff's Association to provide for overtime patrols. With a focus on Traffic and Life Safety emphasizing DUII and aggressive driving enforcement.

Thanks to grant funding, LCSO deputies will be conducting overtime patrols in the Lane County area through

Sunday, Jan. 1.

This saturation is in conjunction with a nation-wide effort to reduce drunk and impaired driving.

The Lane County Sheriff's Office wants to remind motorists to drive safely during the typically hazardous conditions this time of year.

Drive sober and utilize designated drivers, taxis or other public transportation if you choose to drink.

With the passage of

Oregon's marijuana laws, this is also a reminder of the impairment marijuana creates for drivers, impacting their ability to safely operate a motor vehicle.

Driving Under the Influence of Intoxicants (DUII) applies to drivers under the influence of marijuana as well as alcohol.

POLICE LOG

Florence Police

Dec. 20

Theft was reported in the 700 block of Highway 101.

Burglary was reported in the 200 block of Laurel Street.

Dispute was reported in the 900 block of Maple Street.

Dispute was reported in the 800 block of Highway 101.

Theft was reported in the 1100 block of Maple Street.

Dec. 21

Trespass was reported in the 4000 block of Joshua Lane.

dispute was reported in the Gleneda Ridge area.

Accident, without injury, was reported in the 3500 block of Rhododendron Drive.

Dispute was reported in the 1300 block of Highway 101.

Fraud was reported in the 1500 block of 12th Street

Accident, with unknown injury, was reported in the Shelter cove area.

Fire was reported in the 1000 block of First Street.

Disorderly subject was reported in the Park Village area.

Accident, with unknown injury, was reported between mile posts 15 and 16 on Highway 126.

Dec. 22

Child abuse was reported in the 2500 block of Oak Street.

Arrest, with warrant, was reported in the first block of Ivy Street.

Theft from vehicle was reported in the 4700 block of Highway 101.

Child endangerment was reported in the 2300 block of Oak Street.

Gunshot wound was reported in the 85000 block of Highway 101.

Vehicle—pedestrian accident was reported on Heceta Beach Road.

Dec. 23

Arrest, with warrant was reported in the 1100 block of Highway 101.

Death investigation was conducted, 3700 block of Highway 101.

Dispute was reported in the 2000 block of Highway 101.

Dispute was reported in the 2100 block of 11th street.

Child endangerment was

reported in the 2000 block of 12th Street.

Child endangerment was reported in the 2200 block of 18th street.

Harrassment was reported in the 1600 block of 30th street.

Dec. 24

Theft was reported in the 2100 block of Highway 126.

Theft was reported in the 100 block of Highway 101.

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