



Commission on Aging

January 1

2014

The Commission on Aging serves as a catalyst for improving public awareness of the senior and aging community.

Annual Report
2014





(Time Travels performers, Creative Aging Festival, 2014)

Mission

The Commission on Aging advocates for and advises the Mayor, City Council and others about the status and needs of older adults in Bloomington and serves as a catalyst for improving public awareness of issues facing the senior and aging community. We work in collaboration with diverse community members and organizations to build bridges, open dialogue, celebrate accomplishments, encourage programming, and explore issues and concerns of older adults. Our intent is to promote solutions to the challenges of an increasing older adult population and celebrate the contributions of our older citizens.

The members of the Commission on Aging are Georgia Schaich, Lauren Cowan, Mary Boutain, James McLary, Julie Hill, Sophia Hauserman, Susan Snider Salmon, Jack Kahn, Vice Chair and Alice Oestreich, Chair

Activities 2014

2014 was a busy year for the Commission on Aging. We

- Sponsored the fourth annual Creative Aging Festival with 41 events throughout Bloomington during the month of May.
- Participated in the Active Living Workshop and remain involved in subsequent work plans.
- Presented informative materials at the Farmer’s Market throughout the summer.
- Initiated Emergency Planning with the Green Acres Neighborhood Association.
- Conducted a number of public events and informational campaign on Elder Abuse Awareness.

Future Recommendations:

The Commission on Aging hopes to continue to lead and engage city officials and business leaders to build a community for a lifetime—for all ages and abilities. We believe wholeheartedly that when a city is truly accessible and supportive of its older citizens there are lasting benefits for all.

Initiatives of the Commission on Aging

The demographic landscape of the United States—and the world—is shifting dramatically. By 2060, the number of people 65 and older in the U.S. will have more than doubled, from 43.1 million to 92 million. This “age wave” is the

beginning of the new normal: more than a quarter of children born today will reach their 100th birthday. How we plan for and embrace this reality is a primary focus of the Commission.

The Commission focuses its work around the following initiatives:

Creative Aging Initiative - Coordinate and assist the development of community events and collaborations that enrich the lives of older adults with an emphasis on encouraging best practice programming and workforce development opportunities.

Current project:

- Creative Aging Festival- (Julie Hill, Alice Oestreich, Georgia Schaich, Lauren Cowan, Sophia Hauserman) A celebration to promote wellness, lifelong learning, and creative engagement for older adults and the fostering of inter-generational relationships during the month of May, which is National Older Americans' Month. A public face to the Commission on Aging, the Creative Aging Festival aims to cultivate a more positive perception of aging by focusing on the strengths, potential and achievements of our older citizens through a multitude of events and activities organized by various community agencies and groups.

A. **Building a Community for a Lifetime**-Advocating for policy change, systems development and programming that makes Bloomington a great city for all ages and abilities. We are building a community that values and supports people as they age.

Current projects include:

- Advocating for the establishment of a community center for older adults: Advancing a community discussion of the benefits of a community center for older adults and educating potential commercial partners of those benefits. Engaging older adults in the discussion and advocacy of such a center.
- Emergency/Disaster Supports for seniors: Work with Emergency Preparedness planners to include older adults in county-wide emergency preparedness planning. Use public forums such as Senior Expo and Senior Day at the Monroe County Fair to educate and encourage older adults to prepare for natural disasters and other emergencies. Work with neighborhood associations to enhance the safety of older adults in their neighborhoods.
- Sharing of Information: Inform and advise City Council members, City staff and the general public of proposed policy changes, aging issues and concerns. Collaborate with other City commissions and coalitions to further advance initiatives that support elements of a Community for a Lifetime such as affordable housing, addressing accessibility in the built environment and home construction and rehab, and accessible transportation options.

Creative Aging Initiative: The Creative Aging Festival



(Chef Tabor, Cooking for One)



(Janiece Jaffe and audience at the Endwright Center)

The Commission on Aging is charged with celebrating the contributions of older adults and enhancing intergenerational understanding in our community. The fourth annual Creative Aging Festival took place in the month of May. 41 events were held throughout Monroe County in a variety of venues.

The goals of the Bloomington Commission on Aging in sponsoring the festival are threefold:

- To identify and promote best practice efforts that create opportunities for older persons to explore, discover, and tap their potential;
- To increase older adult participation in creative and civic activities; and
- To enhance the quality of life for the citizens of our community.

Currently the fastest –growing segment of the U.S. population is people 85 and older. This increase in the “oldest old” (who are most likely to be living with memory loss and neuro-cognitive disorders), coupled with the rising number of older adults with chronic disease, has led to the need for expanded healthcare and aging services.

Given the challenge that this demographic shift presents, the arts have emerged as a promising intervention to improve quality of life, increase individual health and wellbeing, and build community connectivity for older adults. Recognizing this, the Bloomington Commission on Aging, coordinates an annual Creative Aging Festival each May.

The Creative Aging Festival’s month-long series of events, activities, performances, and expos are designed to celebrate creativity in later life; promote intergenerational understanding through dialogue, sharing traditions and storytelling, and increase awareness about the value of creative engagement to adult health and well-being.

Originally conceived as a health and wellness initiative for the commission, the festival has become the signature event for the Bloomington Commission on Aging. There has been an increase in the number of hosted events each consecutive year.

In its fourth year, the 2014 Festival hosted 41 events, organized by 29 different organizations, ranging from the IU Art Museum, to the Bloomington Cooking School, to the Campus Children's Center. The planning committee is made up of 14 individuals and 10 organizations and businesses are represented. The following individuals/organizations were on the 2014 Creative Aging Festival Planning Committee:

Julie Hill (Chair)

Alice Oestreich (Secretary)

Sue Owens (Staff)

Gail Londergan

Bill Ream (City of Bloomington Parks and Recreation Dept)

Jaime Sweeney (Area 10 Agency on Aging)

Sophia Hauserman (Commission on Aging)

Phil Stafford (Center on Aging and Community)

Krista Detor

Penny Fisher (Active Living Coalition)

Stacey Goffinet (Comfort Keepers)

Georgia Schaich (Commission on Aging)

Dayna Thompson (IU Health Bloomington)

Mela Hatchett (RSVP, Area 10 Agency on Aging)

Sponsors

Bell Trace Senior Living Community

City of Bloomington Community and Family Resources Dept.

Comfort Keepers

Underwriters

Gene Arnholt and Sophia Hauserman

Comedy Attic

William and Georgia Schaich

Contributors

Area 10 Agency on Aging

Julie Hill

Lee and Maria McKinley

Skip and Alice Oestreich

Phil and Linda Stafford

Creative Aging Festival plans 2015: Planning for 2015 has already begun. Two annual events in particular, Krista Detor's Time Travels and a major educational symposium, have surfaced as key pillars of the month-long festival. Time Travels has become a sensation, selling out performances for the past two years. Proceeds from the Time Travels event support Area 10 Agency on Aging Endwright Center, while proceeds from the symposium will become seed money for subsequent festivals.

Festival chair, Julie Hill, was invited to participate in a Leadership Exchange Forum hosted by the National Centers for Creative Aging in Washington D.C. in June. There, she learned the Bloomington's Creative Aging Festival was the *first* of its kind in the United States. The Commission has been an organizational member of the NCCA since 2012. The uniqueness of this event is a strength on which we hope to capitalize.

The festival committee seeks to engage the Bloomington Arts Commission, the Arts Alliance of Great Bloomington and the Bloomington Lifelong Learning Coalition in order to address the sustainability of the festival. Members of the planning committee attend meetings of these organizations regularly to keep them informed of festival activities. In August the Bloomington Arts Commission provided a consultation through the Arts Commission's creative assistance initiative to the Commission on Aging. The Commission on Aging was encouraged to think about how to expand the concept of creative aging, which we have done for 2015. The 2015 symposium will be about "RE-visioning people, places, and things".

We believe the Creative Aging Festival has benefits beyond the celebration of the contributions of the older adults of Bloomington. Developing a well-recognized annual event that will attract boomers from throughout the Midwest has the potential to:

- support Bloomington's economic development strategy by building audience for arts organizations;
- support professional development across disciplines and occupations in creative aging that produces an innovative and robust workforce of artist, educators and advocates;
- increase touch point opportunities for the delivery of crucial services to an underserved population of our community; and
- provide fund raising opportunities for arts organizations and businesses that provide services to the elder population.



Building a Community for a Lifetime

Active Living Workshop

The Commission on Aging partnered with members of the Active Living Coalition to sponsor an Active Living Workshop. The Indiana State Department of Health and Health by Design presented a workshop tailored to the needs of Bloomington and focused the workshop in the Broadview neighborhood. Community leaders and citizens learned about active living choices, policies and best practices. Focus groups brainstormed ideas on topic areas and voted on priorities to address in the Bloomington community. A working group made up of members of the Active Living Coalition, the Commission on Aging and Phil Stafford at the Center for Aging and Community has set goals and is working to achieve progress on the stated priorities listed below.

- Organize programming that encourages social uses of underutilized spaces.
- Increase alternative transportation options.
- Influence planning for active living policies and programs.
- Make every part of the city accessible for walking/rolling for people of all ages and abilities.



Gathering Place

The Commission on Aging frequently receives requests from older adults in Bloomington for a senior activity center. We are happy to see the Salvation Army has begun twice monthly meetings at their location on Kirkwood and Rogers for educational and recreational programming. Several COA commissioners have been attending the educational programs

to gauge the interest of the seniors and to show our interest and support to the Salvation Army for organizing the June focus groups to evaluate needs. One of our Commissioners is the host of a paper craft workshop called Collage Club that meets twice a month at 10:30 after the educational program. This is an enthusiastic group that is looking to grow in numbers. Now the challenge is to create a sense of community. We can do this by offering to introduce others to the availability and promise of a good partnership, offering outreach space for older adult programming in the heart of downtown. We are off to a good start!



Emergency Disaster Preparedness for Older Adults

In 2014, the Commission was assisted by Antonya Wallace, an AmeriCorps member assigned to the City of Bloomington. Ms. Wallace researched the special needs of the older adults, prepared materials and handouts, and conducted nine FEMA trainings. She worked with Green Acres Neighborhood Association and initiated a “5 Step Disaster Plan” as a pilot program for Neighborhoods in Bloomington. She designed a display for the Senior Expo and started a disaster blog called, Be Ready Bloomington. Visit the blog at <http://www.bloomingtonvolunteernetwork.org/beready>. Upon her departure, Ms. Wallace left a list of next steps for subsequent projects in coming years.

We appreciate very much the City of Bloomington sharing their AmeriCorps Volunteer with us and thank Antonya for all the attention she was able to give to prepare us for the special needs of the disabled and older adults in our community.

Elder Justice

The Commission on Aging dedicated time and resources to celebrate Elder Abuse Awareness Month in June. Articles were published in the Herald Times to alert the community of the problem locally. We showed the film, “An Age for Justice; Confronting Elder Abuse in America” at the Monroe County Public Library and TRIAD volunteers partnered with COA members to arrange 10 talks and film-showings around Bloomington to Senior clubs reaching 160 individuals. We also distributed 500 10” x 14” placemats with information on elder abuse to hometown restaurants during June. In conjunction with Monroe County TRIAD, the Commission on Aging produced an educational flyer about abuse awareness and it was delivered in 27,000 city of Bloomington utility bills.

Two COA commissioners attended a state-wide conference on elder justice in Indianapolis on September 18th, sponsored by the Indiana Prosecuting Attorneys Association entitled, Respect our Elders – Working Together to Stop Abuse. Expert panelists presented information on community resources, adult protective services and prosecution of

crimes against the elderly. Afternoon breakout sessions provided specific information on a variety of topics including national elder justice policies, guardianship and case management.

Sharing Information

Commission members participated in bi-weekly tabling at the Bloomington Farmers' Market throughout the season for the third year. Market-goers asked a lot of questions and got to know several of the commissioners. Out-of-town visitors often would stop by to ask what a Commission on Aging is and from there go on to ask about living in Bloomington as an elder. Many were people looking for retirement relocation and opportunities for their parents.



Recommendations

The Commission on Aging hopes to continue to lead and engage city officials and business leaders to build a community for a lifetime-for all ages and abilities. We believe wholeheartedly that when a city is truly accessible and supportive of its older citizens there are lasting benefits for all.

The Commission on Aging meets the second Tuesday of every month from 4:30-6:00 pm in the Hooker Room at City Hall and we welcome all who would like to join us. Please contact us via our city Liaison, Sue Owens, at owenss@bloomington.in.gov or 812-349-3468.

City of Bloomington Active Living Workshop

Planning for a Healthy Community

Thursday, May 22, 2014

Please join us for this free workshop opportunity! [REGISTER HERE](#)

Learn how to build an active living community for all ages and abilities. Join neighbors, government staff and community leaders as we discuss opportunities to support active living in Bloomington. Lunch will be provided.

9:00 a.m. - 4:00 p.m.

Landmark Church

2429 South Ford Avenue, Bloomington, IN

NOTE: a public meeting will be held in the same location from 6:00-8:00PM to share results of the workshop and gather additional input.

Presentations and activities will include:

- The State of our Active Living Environment
- Why We Build for Active Living
- Best Practices and Strategies for Success
- Walk audit
- Identification of active living priorities in Bloomington

To participate, please register here by 4PM on Tuesday, May 20th:
www.surveymonkey.com/s/BloomALW

Questions may be directed to Zia Brucaya at (317) 352-3804.



GOAL	ACTION STEP	RESPONSIBLE PERSONS & ORGS.	TIMELINE
OVERARCHING GOAL: ORGANIZE PROGRAMMING THAT ENCOURAGES SOCIAL USES OF UNDERUTILIZED SPACES	Identify underutilized public spaces where active living programming could occur	Solicit list of ideas from Active Living Coalition	January 2015
	Contact individuals responsible for activity in various public places	City Parks and Rec. Dept.	March 2015
	Discuss ideas for active living programming in public places with the responsible parties	City Parks and Rec. Dept.	April 2015
	Foster a minimum of one new active living program in a local public place, such as Rose Cemetery, Seminary Park, Building and Trades Park, 9 th St. Park, etc.	City Parks and Rec. Dept.	May 2015

GOAL	ACTION STEP	RESPONSIBLE PERSONS & ORGS.	TIMELINE
OVERARCHING GOAL: <i>INCREASE ALTERNATIVE TRANSPORTATION OPTIONS</i>			
Subsidiary goal 1. Explore the potential for expanded use of volunteers in transportation	Review the option of expanding the taxi voucher program	MCCAM	Currently active on its own
	Research viability of a volunteer transportation network for B-ton	MCCAM	Currently active on its own
	Apply for grant money through the Community Foundation of Bloomington and Monroe County to extend taxi vouchers to low income individuals getting to and from employment opportunities	Barbara Salisbury, Mary Boutain	Sept. 2014
	Present results of research of viability of volunteer transportation network for Bloomington to MCCAM committee members	Barbara Salisbury	December 2014
GOAL	ACTION STEP	RESPONSIBLE PERSONS & ORGS.	TIMELINE

OVERARCHING GOAL:			
INCREASE ALTERNATIVE TRANSPORTATION OPTIONS			
Subsidiary goal 2: Organize a pedestrian advisory council	Meet with Sustainability Coordinator for the City of Bloomington and Coordinator of the Active Transportation Coalition.	Mary Boutain, Jacqui Bauer	August 2014
	Propose pedestrian focus at Monroe County Coalition for Access and Mobility (MCCAM) meeting	Mary Boutain	August 2014
	Meet with Bike/Pedestrian Commission member to see what the commission is interested in doing around pedestrian advocacy and if they have identified projects	Mary Boutain , Jim Rosenbarger	Sept. 2014
	Meet with, Transportation Planners for the MPO regarding existing data sets and possible projects	Mary Boutain, Barbara Salisbury, Vince Carristo and Anna Dragovich	Sept. 2014

GOAL	ACTION STEP	RESPONSIBLE PERSONS & ORGS.	TIMELINE
Organize a pedestrian advisory council (continued)	Review existing data sets (accident/sidewalk assessments) to identify primary needs of community	Jacqui Bauer, Vince Carristo, sub-committee members of Active Transportation or MCCAM members	Sept./Oct. 2014
	Focus one civil streets campaign on walking safety and promotion	Jacqui Bauer	Spring 2015

OVERARCHING GOAL:			
INCREASE ALTERNATIVE TRANSPORTATION OPTIONS			
Subsidiary goal 3: Educate, promote, and implement walking school bus program. Organize a group.	Identify and engage stakeholders	Bloomington Parks and Recreation (Health & Wellness Coordinator), IU Health Community Health (Cara Wickens), and MCCSC (John Carter), Active Living Workshop Planning Committee	By August 2014
	Communicate action plan with school administrators	John Carter	By September 2014
	Develop timeline for program implementation and program logistics, plan marketing and promotion	Cara Wickens	By October 2014
	Recruit local volunteers to lead the walking school buses	Cara Wickens	By Spring 2015
	Market program to families/parents at two pilot schools	Cara Wickens, John Carter, MCCSC Schools	By Spring 2015
	Pilot walking school bus program at two local elementary schools	MCCSC Schools, Cara Wickens	By Spring 2015
	Develop 'walking school bus toolkit' to be shared with other local schools	MCCSC Schools, Cara Wickens	By Fall 2015
	Walking school bus program begins.	MCCSC Schools	By Fall 2015
	Share success story with Health By Design and ISDH	Active Living Workshop Planning Committee	By May 2015

GOAL	ACTION STEP	RESPONSIBLE PERSONS & ORGS.	TIMELINE
OVERARCHING GOAL: <i>INFLUENCE PLANNING FOR ACTIVE LIVING POLICIES AND PROGRAMS</i>			
Subsidiary goal 1: Address zoning issues via comprehensive plan	Flag active living issues in a review of the draft comprehensive plan (GPP)	Stafford, Active Living Coalition	Dec.2014
	Prioritize active living issues for public comment in GPP input phase	Stafford, Active Living Coalition	February 2014
	Provide bullet talking points for those participating in public comment meetings of the GPP draft	Working sub-committee of ALC	March 2014
	Author written summary of comments for City of Bloomington Plan Department, Plan Commission and City Council	Working sub-committee of ALC	April 2014

GOAL	ACTION STEP	RESPONSIBLE PERSONS & ORGS.	TIMELINE
OVERARCHING GOAL: INFLUENCE PLANNING FOR ACTIVE LIVING POLICIES AND PROGRAMS			
Subsidiary goal 2: Involve neighborhood associations and community organizations in focus groups and/or survey for next Parks and Recreation Master Plan (2015-2019)	Discuss Master Plan timeline with Parks and Recreation Department.	Parks and Recreation Dept. Administration (Paula McDevitt), Active Living Workshop Planning Committee	By August 2014
	Generate list of neighborhood associations and contact information for each one	Vickie Provine, COB HAND Dept., Active Living Workshop Planning Committee	By October 2014
	Contact Neighborhoods to host forums – set schedule	Active Living Workshop Planning Committee, Parks and Recreation Dept.	Spring 2015
	Create Survey Questions	Parks and Recreation	Spring 2015

GOAL	ACTION STEP	RESPONSIBLE PERSONS & ORGS.	TIMELINE
<u>OVERARCHING GOAL:</u> MAKE EVERY PART OF THE CITY ACCESSIBLE FOR WALKING/ROLLING FOR PEOPLE OF ALL AGES AND ABILITIES			
Subsidiary goal: Improve connectivity, access and walkability through environmental change in a local neighborhood	Select Broadview neighborhood for a model project	ALC Workshop Committee	Completed
	Solicit support of Broadview Learning Center administrators for transforming the identified site and for engaging Graduate School students as project leaders	Debra Morrow, other members of ALC workshop committee, Amy Davis, Vickie Provine	Sept. 2014
	Meet with MCCSC Supt. to solicit financial assistance if available and collaboration with city on the project	Debra Morrow, Graduation School Students, other members of ALC workshop committee	October 2014
	Solicit City support for the idea and for partial funding of design and infrastructure improvements	Debra Morrow, Bloomington Graduation School students, other members of ALC workshop committee	October 2014
	Present idea for potential endorsement and input by the Broadview Neighborhood Association	Debra Morrow, Graduation School students	November 2014
	Conduct site study	City engineering and public works	March 2014

	Identify potential sources of design assistance	Active Living Workshop committee	April 2014
--	---	----------------------------------	------------

Green Acres

Neighborhood Association

Building a sustainable neighborhood: "It's the place to be!"



NEIGHBORHOOD DISASTER PLAN

Are you really prepared?

How prepared we are now, before a disaster, will determine what our lives will be like afterwards.

The City Bloomington Volunteer Network, in partnership with FEMA, has developed a neighborhood disaster plan template. Please join your neighbors in writing a plan for your neighborhood. Fill out the attached survey so that neighborhood leaders can know how to best help your community in the event of a disaster.

Please complete the survey by: _____.

(Date)

Your neighbor, _____, will return to collect it.

(Name)

**Information provided will be kept confidential
and used solely to develop an emergency plan
and to reference in the event of an actual emergency.**



NEIGHBOR SURVEY

Are you really prepared? How prepared we are now, before a disaster, will determine what our lives will be like afterwards.

Help us build a Neighborhood Disaster Plan! To complete the plan, we need to know what extra help you might need in a disaster, and what special skills or supplies you have that can help all of us. (All information will be kept confidential by the neighborhood association and is only for neighborhood disaster planning.) Please complete one form per household, business, or organization and return it to your neighborhood contact. This information is voluntary.

1. What is your name, telephone, e-mail, and address?

Name: _____

Mobile Telephone: _____

Home Telephone (optional): _____

E-mail: _____

Address: _____

What is the name and telephone number of one out of area emergency contact?

2. Does anyone at your address need translation? If so, what languages?

Spanish

Korean

Mandarin Chinese

Other: _____

3. What animals or pets do you have at this address and how many?

Dogs: _____ Name(s): _____

Cats: _____ Name(s): _____

Birds: _____ Name(s): _____

Other: _____ Name(s): _____

Are the animals friendly? Circle one: Yes / No

4. Is there anyone at your address who may need some assistance during an emergency such as persons with young children or persons with limited, reduced ability or inability to see, read, walk, speak, hear, learn, remember, understand, and/or respond quickly?

5. Does anyone at your address have special skills or training (e.g., experience or training with Community Emergency Response Team, Red Cross, military, public safety, medical care, first aid, electrical, plumbing, telephone lines, gas company, or is multi-lingual)? If so, what kind or type?

6. Do you have equipment or supplies that we can use in a disaster? If so, please describe the type, number available, number of people it can hold, drivers (if applicable), and 24/7 contact information.

PUT THIS SHEET IN AN ENVELOPE AND LEAVE IN YOUR DOOR FOR PICK UP



KEEP THIS PAGE

During a disaster you may only have seconds to make big decisions.

Do you know exactly where your disaster supplies are? Here are some examples of disaster related supplies and materials:

DOCUMENTS

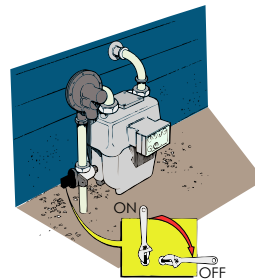
- Identification: Driver's licenses, birth certificates, passports, social security cards & bank account information, recent photographs of family members
- Insurance, loan documents, wills, trusts, certificates
- A list of family members with contact information (home, cell, work, address) Copy important documents to a flash drive and place in a safe location

MEDICAL

- Medical provider information
- Medications and when you need to take them
- At least a seven-day supply of prescribed medicines and if possible, copies of prescriptions
- If medications require refrigeration or special handling, make special plans (e.g., cold packs, ice cooler, mini refrigerator)

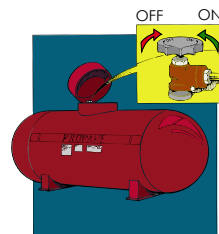
FIRST AID KIT

- Bandages, gauze, wipes, rubber gloves
- Rubbing alcohol and hydrogen peroxide



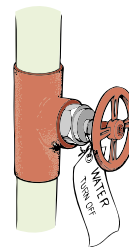
FOR BABY/CHILDREN

- Formula and bottles
- Diapers
- Medications
- Sanitary supplies
- Familiar toy or book
- Car seat



TOOLS

- Battery, solar powered or hand-crank AM/FM radio
- Flashlight with extra batteries
- Wrench for turning off gas



SUPPLIES

- Cash - at least \$100-200 in small bills per person, as possible
- Soap, toilet paper
- Toothbrush/paste

- Plastic bags for trash and storing items
- Two complete sets of clothing and shoes per person
- Blankets or sleeping bags for each person
- Extra set of keys
- Feminine products

WATER AND FOOD

- Water – 1 gallon per person per day including infants and children (a week's supply labeled with expiration date)
- Non-perishable food that does not require refrigeration, preparation/cooking, and little or no water
- Extra food (remember special dietary needs)

REMEMBER: a human can survive for 3 weeks without food, but only 3 DAYS without water!!!



DISABILITY OR LIMITED MOBILITY

If you are a person with a disability, have a sensory or cognitive disability, or limited mobility, make sure your emergency kit includes items specific to your needs and have a list of the following:

- Adaptive or supportive equipment and extra batteries
- Instructions on how to operate any special equipment

FOR PETS/SERVICE ANIMALS

- Identification tags
- Extra food and water
- Clean-up supplies
- Medicine
- Transport case (one per animal)
- Leash

TIP: As needed following a disaster, shut off the main valves to your water and gas. Do not shut the gas off unless you smell gas. Shut off the gas by turning the valve so that the "bar" is perpendicular to the gas line. Keep a wrench wired to the gas meter and know the location of water shut off valves.

