



FOCUS

*PC2 for Developmental Disabilities
Winter, 2021 ~ Volume 26, Issue 2*

8 Things to Know About the U.S. COVID-19 Vaccination Program

Now that there is an authorized and recommended vaccine to prevent COVID-19 in the United States, here are 8 things you need to know about the new COVID-19 Vaccination Program and COVID-19 vaccines.

1. The safety of COVID-19 vaccines is a top priority. The U.S. vaccine safety system ensures that all vaccines are as safe as possible. CDC has developed a new tool, v-safe, as an additional layer of safety monitoring to increase our ability to rapidly detect any safety issues with COVID-19 vaccines. V-safe is a new smartphone-based, after-vaccination health checker for people who receive COVID-19 vaccines.

2. COVID-19 vaccination will help protect you from getting COVID-19. You need 2 doses of the currently available COVID-19 vaccine. A second shot 3 weeks after your first shot is needed to get the most protection the vaccine has to offer against this serious disease.

3. Right now, CDC recommends COVID-19 vaccine be offered to healthcare personnel and residents of long-term care facilities. Because the current supply of COVID-19 vaccine in the United States is limited, CDC recommends that initial supplies of COVID-19 vaccine be offered to healthcare personnel and long-term care facility residents.

4. There is currently a limited supply of COVID-19 vaccine in the United States, but supply will increase in the weeks and months to come. The goal is for everyone to be able to easily get vaccinated against COVID-19 as soon as large enough quantities are available. Once vaccine is widely available, the plan is to have several thousand vaccination providers offering COVID-19 vaccines in doctors' offices, retail pharmacies, hospitals, and federally qualified health centers.

5. After COVID-19 vaccination, you may have some side effects. This is a normal sign that your body is building protection. The side effects from COVID-19 vaccination may feel like flu and might even affect your ability to do daily activities, but they should go away in a few days.

6. Cost is not an obstacle to getting vaccinated against COVID-19. Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost. However, vaccination providers may be able to charge administration fees for giving the shot. Vaccination providers can get this fee reimbursed by the patient's public or private insurance company or, for uninsured patients, by the Health Resources and Services Administration's Provider Relief Fund,

7. The first COVID-19 vaccine is being used under an Emergency Use Authorization (EUA) from the U.S. Food and Drug Administration (FDA). Many other vaccines are still being developed and tested. If more COVID-19 vaccines are authorized or approved by FDA, the Advisory Committee on Immunization Practices (ACIP) will quickly hold public meetings to review all available data about each vaccine and make recommendations for their use in the United States. All ACIP-recommended vaccines will be included in the U.S. COVID-19 Vaccination Program. CDC continues to work at all levels with partners, including healthcare associations, on a flexible COVID-19 vaccination program that can accommodate different vaccines and adapt to different scenarios. State, tribal, local, and territorial health departments have developed distribution plans to make sure all recommended vaccines are available to their communities.

8. COVID-19 vaccines are one of many important tools to help us stop this pandemic. It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.

CDC will continue to update their website as vaccine recommendations / supplies change.

12/13/2020

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/8-things.html>



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“FOCUS” is produced four times per year and is available for viewing and downloading by visiting our website - www.pc2online.org

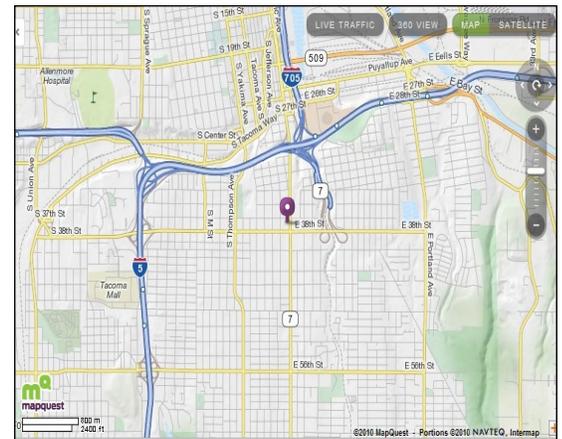
PC2 is comprised of both individuals & organizations of parents, guardians, professionals, & other partners interested in the well-being of individuals with developmental disabilities. Opportunities to gain information, education, & networking are available through our newsletter, website at www.pc2online.org, topical meetings/forums, & Resource Guide.

PC2 provides education on the legislative process regarding policies & funding which allow families & individuals choice, control, & flexibility.

PC2's office hours are Monday - Thursday, 9 a.m. - 4:30 p.m. and Friday 9 a.m. - 1 p.m. Please visit anytime for information, resources, brochures, or help with Internet searches.

If you have information on classes, conferences or events, or articles which may be of interest to others, please submit to:

PC2, 3716 Pacific Avenue #A, Tacoma, WA 98418
253-564-0707 (T), 253-564-0702 (F), 1-877-DD-LINKS (TF)
E-mail: info@pc2online.org Web: www.pc2online.org



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From the Director's Desk . . .

Dear Families & Friends of PC2:

Over this past year, we have missed your hugs and smiles. We have missed being with you in the community, on ferry boat rides, at the baseball park, playing Bingo, eating popcorn and pizza, and so much more.



We have all learned many new terms - Zoom, Teams, Chat Box, platforms, new normal, etc. We have learned to stay connected using these new tools. We have danced, eaten, and shared a laugh virtually. Our Fall co-sponsored pizza party with L'Arche was a great opportunity for some of us to "see" each other - being silly and having fun. I have never before had the opportunity to dance online!

We have all learned to stay safe, wear a mask, social distance, and wash our hands. We have all learned to connect in these new safe ways, but we will have many hugs and stories saved up to share for the days when we are safe to be together again.

Our memories of this year have prompted us to ask you to help us gather our collective COVID memories. What has been challenging? What has worked well for you and your family? We will collect all of our memories together to share in our Spring Focus newsletter. Send pictures and stories so we can compile this important memory book so that we will have it to share with our families in the future.

One story that has been shared with us was that being home has given them a great opportunity to learn a number of practical things that they never had time for before - practicing sewing on buttons, learning to scrub the bathtub, and cooking favorite meals.

All of our memories together will help us as we rejoin and know what we have each been experiencing over the course of 2020.

Call us anytime (253.564.0707). We are here to answer questions, help navigate challenges, and to be a listening ear!

BethAnn & PC2 Staff

Daniel Stefan Bala
8/8/1978 - 11/12/2020

Sadly, Daniel Stefan Bala of University Place, Washington, died on November 12, 2020, of hypoxic respiratory failure at Good Samaritan Hospital in Puyallup. He had been admitted to the hospital with aspirational pneumonia. His weak lungs, primarily caused by cerebral palsy at birth, were unable to effectively function anymore. Dan's family and friends will miss his warm light-up smile, easy-going disposition, and curious nature.

Daniel was born on August 8, 1978, in Seattle, Washington. He was the only child of Paul and Maureen Bala and was preceded in death by his beloved mother Maureen. He has a number of aunts, uncles, and cousins living on the east coast who will miss him.

Daniel enjoyed his active life when he lived at home and later living in Puyallup with two roommates. He enjoyed travel trips with family and friends during his life, especially camping trips (earlier days) when he was more mobile. After high school, he worked part-time (both paid and volunteer office jobs). He was a good, dependable worker and felt pride in doing a good job. He had worked as a volunteer at both Catholic Community Services and Greater Lakes Mental Health for more than 15 years. He enjoyed riding the Shuttle Bus independently to most of his activities throughout his life.

In 2007, he moved to Puyallup to live with two other roommates in a house with supervised 24/7 care provided by Options, Inc. He enjoyed bowling, attending sporting games (especially baseball and hockey), weekly Metro Park special recreation activities at the Star Center, eating at restaurants, and other Options weekly and monthly activities.

He went to the Morgan and Korum YMCA branches weekly for swimming and machine exercising with his Dad. Putting together jigsaw puzzles (on tables or computers) was a sit-down activity he enjoyed doing all his life.

Dan was born deaf and used sign-language. He felt satisfaction in helping to show staff persons how to sign and fingerspell. He had a full and happy life living in the community as independently as possible within his limitations.

Dan will be interred at New Tacoma Cemetery next to his mother Maureen in December. A life celebration will be planned after the pandemic situation improves.

Submitted by Paul Bala



In Memoriam

Editor's Note: PC2 was honored to have Daniel work with us in the office in 2001-2002. He brought an infectious smile and delightful presence to everything he did. We send our deepest condolences to his Dad, Paul.

PC2 is pleased to host online opportunities for you to get the answers you need on:



***Estate Planning
Guardianships
Special Needs Trusts / ABLE Accounts***

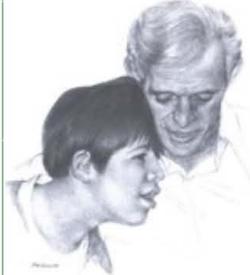
**2021 Q/A Legal Series Zoom sessions
with Timothy Williams, Tacoma Attorney:
Wednesdays, 6 p.m.
January 13, February 10, February 24,
March 10, March 24**

Visit PC2's Facebook Page
(<https://www.facebook.com/PCCDD/>), click
on Videos, and then select the Legal Series presentation
(or 2!) you are interested in.

Please call the PC2 office at 253.564.0707
if you need a copy of the program handouts.

After you have viewed the recorded programs,
register to attend a live Zoom Q/A session with
Timothy Williams to ask your specific questions.

For more information or to register for a live Zoom Q/A session, please
call the PC2 offices at 253.564.0707 or email info@pc2online.org.



Please indicate which session
you are registering for - dates above.

Registered participants will receive a Zoom link
with all meeting details prior to each session.



2021 PIERCE COUNTY LEGISLATURE

LEGISLATIVE HOTLINE - 1-800-562-6000 - support@leg.wa.gov

Regular Session starts 1/11/2021

Bldg. Key Code: JLOB - John L. O'Brien Bldg. LEG - Legislative Bldg. INB - Irv Newhouse Bldg. JAC - John A. Cherberg Bldg.



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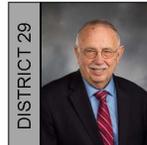
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*New to office. Office assignments / phone numbers subject to change. Please visit www.leg.wa.gov for updates.

11/16/2020

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Find us on social media



A letter from our executive director

Dear community,

Centerforce was on its way to a successful and productive 2019-2020 year. It all came to a quick halt as we were impacted by the 'stay home and stay safe orders' by Washington Gov. Jay Inslee to combat the global coronavirus pandemic.

Individuals with disabilities and nonprofit organizations have been significantly impacted in many ways from the loss of jobs, impacts to funding, social isolation and the mental health of our clients and employees. Washington state Developmental Disabilities Administration (DDA) made amendments to its federal waiver to allow for remote services. This has enabled our organization to continue to provide services and receive reimbursement for those services.

Pierce and King counties' human services departments provided free masks and hand sanitizer for our clients and staff. CARES Act funding from Pierce County Human Services provided technology equipment for our clients to assist them in connecting with us virtually. We installed an app that allows augmentative communication through images, words and symbols.

Pierce County Community Development also provided CARES Act funding to assist Centerforce in a technology upgrade that enabled us to provide remote services.



Our client Willie working before the pandemic shutdown.

Want to make an impact? You could be our next board member

Centerforce is the largest provider of employment services to individuals with developmental disabilities in Pierce County. As a board member, you can:

- Shape the strategy and direction of Centerforce as we move into our 54th year
- Network with other experienced community volunteers
- Be a leader and represent Centerforce and our mission of inclusion, accessibility and employment for all!

Information: centerforce.net/leadership or contact Executive Director Debby Graham at debbyg@centerforce.net.

Annual fundraiser update

As we were unable to do our annual in-person fundraising event, Centerforce's board conducted an online fundraising auction in November, as well as a raffle for two Alaska Airlines vouchers.

We would like to thank all of our sponsors of our annual event: Brown & Brown Insurance, Integrated Claims Management, DP&C, Ray & Connie Krantz, Virginia & Hal Clark and Kevin & Dianna Carpenter.

And thank you to all who donated items: Jennifer & Mick Stow, Tacoma Arts Museum, WildFin, Twisted Fork Saloon, Stack 571, Seth Dawson, Tides Tavern, 9Round Fitness, Total Wine & More, Vern Chandler, Fat Daddios, Eastside Community Center, Farrelli's Pizza, Ice Cream Social, Star Center, Grit City Wellness, OL Reign, Tickled Pink, Smokey Joe's Cigar Lounge, Starbucks, Coles and Hops N Drops.

Also thank you to

- **The KeyBank Foundation** for selecting Centerforce for a \$3,000 grant earlier this year.
- **BECU** for selecting Centerforce as a semifinalist for one of its 2020 BECU People Helping People Awards. While we did not make the final cut, we appreciate this opportunity to participate.

End-of-year giving

There is still time to make an end-of-year donation! Through the CARES Act, up to \$300 by a single filer (or \$600 for joint filers) can be deducted above-the-line on your 2020 taxes.

Know it before you need it...

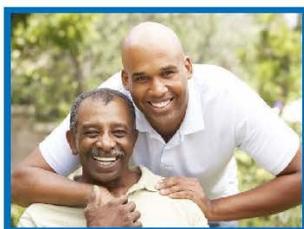


Options for the Future:

Living Choices for Older Adults & People with Disabilities



In-Home Care
Geriatric Care Managers
Elder Law



Adult Family Homes
Assisted Living
Skilled Nursing Homes



Memory Care
Medicare & Medicaid
Community Resources

Have you ever considered what you would do or how you would get information if you were faced with the care of a loved one? It can happen suddenly to younger adults or gradually with time. Most families have little knowledge of the resources that are available. Often it is difficult to know where to turn. Join us for an informational presentation given by experts in our community on options for aging adults and people with disabilities in Pierce County.

Saturday, January 9, 2021

10:00 – 11:30 a.m.

Register online at:

<https://bit.ly/3f1Rr3W>

Wednesday, January 13, 2021

6:30- 8:00 p.m.

Register online at:

<https://bit.ly/3IEJRhZ>

*A free informational workshop provided by the:
Pierce County Aging & Disability Resource Center*

For additional information call (253) 798-4600 or (800) 562-0332

ADRC Events

Know it before you need it...



How to Spoil Your Retirement



- “Good” retirement
- Money isn’t everything
- Staying healthy
- Work after retirement
- Supporting kids and grandchildren
- Good and bad addictions
- Socialization
- Scams, Frauds, Scams and ID Theft

Judging by the television ads, all you need to have for a successful retirement – and that wonderful rocking chair – is a big bank account. Sure, money helps but retirement is so much more. Big picture retirement can easily go bad even if you have buckets of cash unless you know what to watch for. A good retirement – and a long, healthy retirement – demands lots of serious “work.” Whether you are planning on retirement in your future or have already made the leap, learn about ways people fail in retirement – and it isn’t all about money.

<p>Thursday, January 21, 2021 - 6:30 – 7:30 p.m. Register online at: https://bit.ly/3o7m5vY</p>
<p>Saturday, January 23, 2021 - 10:00- 11:00 a.m. Register online at: https://bit.ly/33yTnwg</p>
<p><i>Click links to register. Instructions for joining will be sent upon registration.</i></p>

A free information event provided by
Pierce County Aging & Disability Resources
 For additional information or to register by phone call
 (253) 798-4600 or (800) 562-0332

ADRC Events

Find Enjoyment for the Holidays with Curbside

While out and about running errands, add a stop at your Pierce County Library to pick up books, movies, music and more in time for the holidays.

“With curbside the kids love requesting books. I think we have 50 books out right now and we love it.” – Pierce County Library System customer

Visit your library at any time during Library Curbside business hours without an appointment, call on your way, or schedule online so you can grab and go. Pick up items you place on hold or request a Grab Bag of library materials chosen just for you by Library staff.

Your Pierce County Library has cookbooks to inspire your holiday menu, children’s stories to create new traditions, and holiday movies for cozy family nights, all free with your library card!

Thank you for wearing a mask and social distancing while on Library property.

Schedule Library Curbside

Thank You for Your Giving Tuesday Support

The Pierce County Library Foundation is grateful to the loyal donors who support the Library throughout the year, including those who recently gave in honor of Giving Tuesday. As a result of their generosity, \$2,825 was given to fund critical library services. Thank you!

Library Closed December 24-25

The Library will be closed December 24-25 for Christmas. As always, the Library’s online services, featuring downloadable e-books, audiobooks, and magazines, will be open at piercecountylibrary.org.

Enjoy a happy and safe holiday!

Be a Savvy Shopper with Consumer Reports

Learn the ins and outs of a product before you buy with the digital resource, Consumer Reports, free to you through your Library!

Stay informed on your purchases this holiday season. This digital resource has everything found in the print magazines and more, from appliances to workout gear and car buying services, all available from home 24 hours a day.

Virtual Events Free from Your Library

The Library offers a host of virtual online services and classes for fun and safe learning this holiday season. The Library's events are for people of all ages, including Science, Math, Engineering, Arts, and Math, or STEAM, help for kids. Get started by looking at the Library's events calendar!

For more information, please visit: <https://www.piercecountylibrary.org/>



For: Young adults ages 20 and older with special needs
 Fees: \$25 / participant / date - Virtual Club Pierce Wednesdays
 Location: Online - Log into virtual Club Pierce each day from a personal device.

Registration:

Register online or by phone at 253-798-4049. Pre-registration is required. Weekly registration closes the Thursday before each Club meeting. Register online by selecting the course number.

<u>Course #</u>	<u>Date</u>	<u>Time</u>	<u>Registration Deadline</u>
15785	January 13	9:00 am-12:00 pm (noon)	Jan. 7
15786	January 20	9:00 am-12:00 pm (noon)	Jan. 14
15787	January 27	9:00 am-12:00 pm (noon)	Jan. 21

Please indicate your community center (Lakewood Community Center, Meridian Habitat Park Community Center, or Sprinker Recreation Center) choice in the registration process.

Questions about Virtual Club PIERCE or Club on Your Own?

Jennifer Sergent, Recreation Coordinator

253-798-2997 | email - jsergen@co.pierce.wa.us

Washington State Department of Health Parent & Caregiver COVID-19 Resources & Recommendations

Staying up to date

In rapidly changing health events and outbreaks such as the COVID-19 pandemic, there is often incorrect or partially correct information that can add to your stress and confusion as a parent or caregiver.

1. Identify a few trusted sources of health information for parents and families, such as:
 - Center for Disease Control's Information on Caring for Children (CDC)
 - American Academy of Pediatrics Parenting (AAP)
 - The National Child Traumatic Stress Network (NCTSN)
2. Discuss COVID-19 with your family. Be sure to include:
 - What is the current disease outbreak?
 - How does it spread?
 - What are the possible dangers?
 - Protective steps being taken in the community/nationally/globally.
 - Protective steps everyone in the family can take.
3. Hold family discussions in a comfortable place and encourage family members to ask questions. Consider having a separate discussion with young children in order to use language they can understand and to address their specific fears or misconceptions.
4. Keep a list of community resources, including phone numbers, websites, and social media accounts. You might include schools, doctors, public health authorities, social services, community mental health center, and crisis hotlines.
5. Stay in touch with family and friends by telephone or online services.

Hygiene, Medical Care & Supplies

1. Have all family members practice preventive behaviors including:
 - Regularly washing hands for 20 seconds with soap and water (length of the A-B-C song) or use alcohol-based hand sanitizer that contains at least 60% alcohol.

- Avoiding close contact with people who are sick.
 - Staying home when sick.
 - Covering the mouth and nose with a tissue or with the bend/crook of the arm when coughing or sneezing.
2. Keep basic health supplies on hand (for example, soap, alcohol-based hand sanitizer, tissues, and a thermometer).
 3. Make sure you have a supply of any medications that you or family members take regularly.
 4. Make sure to have drinking water, nonperishable food, and cash.
 5. Collect activities, books, and games for children. Remember to get batteries, too.

Coping with the Stress Caused by the COVID-19 Pandemic

Even if your family is prepared, an outbreak can be very stressful. To help your family cope with this stress, following these recommendations can help:

Information & Communication

1. Keep updated about what is happening with the pandemic and additional recommendations by getting information from credible media outlets, local public health authorities, and updates from public health websites (for example, CDC).
2. Seek support and continued connections from friends and family by talking to them on the telephone, texting, or communicating through email or social media. Schools may have additional ways to stay in contact with educators and classmates.
3. Although you need to stay informed, minimize exposure to media outlets or social media that might promote fear or panic. Be particularly aware of (and limit) how much media coverage or social media time your children are exposed to about the pandemic.
4. Email and texting may be the best ways to connect with others during a pandemic. Be aware that the internet may have misinformation. Check in regularly with your children about what they've seen on the internet and clarify as needed.

5. Focus on supporting children by encouraging questions and helping them understand the current situation.
 - Talk about their feelings and validate them.
 - Help them express their feelings through drawing or other activities.
 - Clarify misinformation or misunderstandings about how the virus is spread and that not every respiratory disease is the novel coronavirus that can cause COVID-19.
 - Provide comfort and a bit of extra patience.
 - Check back in with your children on a regular basis or when the situation changes.
 - During a pandemic, stigma and rejection can occur against groups and individuals closely impacted by the disease, and assumptions about a person's health status is made based on their ethnicity, race, or national origin Here is a four-step process for speaking up against bias and stigma.

Scheduling & Activities

- Even if your family is isolated or quarantined, this will be temporary.
- Keep your family's schedule consistent when it comes to bedtimes, meals, and exercise.
- Make time to do things at home that have made you and your family feel better in other stressful situations, such as reading, watching movies, listening to music, playing games, exercising, or engaging in religious activities (prayer, participating in services on the Internet).
- Have children participate in distance learning opportunities that may be offered by their schools or other institutions/organizations.
- Recognize that feelings such as loneliness, boredom, fear of contracting disease, anxiety, stress, and panic are normal reactions to a stressful situation such as a pandemic.
- Help your family engage in fun and meaningful activities consistent with your family and cultural values.

Hygiene & Medical Care

- Find ways to encourage proper hygiene and health promoting behavior with your children (create drawings to remember family routines; sing a song for length needed to wash hands like the Happy Birthday song, twice). Include them in household jobs or activities so they feel a sense of accomplishment. Provide praise and encouragement for engaging in household jobs and good hygiene.
- Reassure your children that you will take them to the doctor and get medical care if needed. Explain, however, that not every cough or sneeze means that they or others have COVID-19.

Self Care & Coping

- Modify your daily activities to meet the current reality of the situation and focus on what you can accomplish.
- Shift expectations and priorities to focus more on what gives you meaning, purpose, or fulfillment.
- Give yourself small breaks from the stress of the situation.
- Attempt to control self-defeating statements and replace them with more helpful thoughts.
- Remember, you are a role model for your children. How you handle this stressful situation can affect how your children manage their worries.
- If your family has experienced a serious illness or the death of a loved one, find ways to support each other, including:
 - Reach out to your friends and family, talking to them about the death of your loved one. Use telephone, email, or social media to communicate if necessary.
 - Find ways to honor the death of your loved one. Some activities may be done as a family, while others may be done individually.
- Seek religious/spiritual help or professional counseling for support. This may be available online or by telephone during an outbreak.

View full article at:

<https://www.doh.wa.gov/Emergencies/COVID19/ResourcesandRecommendations/ParentsCaregivers>

READY.GOV - BUILD A KIT

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for several days. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

Make sure your emergency kit is stocked with the items on the checklist below. Download a printable version to take with you to the store. Once you take a look at the basic items consider what unique needs your family might have, such as supplies for pets or seniors.

Basic Disaster Supplies Kit (see Emergency Supply List on pages 14-15)

To assemble your kit store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:

- Water (one gallon per person per day for at least three days, for drinking and sanitation)
- Food (at least a three-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to shelter in place)
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery

Additional Emergency Supplies

Since Spring of 2020, the CDC has recommended people include additional items in their kits to help prevent the spread of coronavirus or other viruses and the flu.

Consider adding the following items to your emergency supply kit based on your individual needs:

- Masks (for everyone ages 2 and above), soap, hand sanitizer, disinfecting wipes to disinfect surfaces
- Prescription medications
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

Maintaining Your Kit

After assembling your kit remember to maintain it so it's ready when needed:

- Keep canned food in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers.
- Replace expired items as needed.
- Re-think your needs every year and update your kit as your family's needs change.

Kit Storage Locations

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and cars.

- **Home:** Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.
- **Work:** Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.
- **Car:** In case you are stranded, keep a kit of emergency supplies in your car.

Last Updated: 12/03/2020 <https://www.ready.gov/kit>

Emergency / Winter Prep



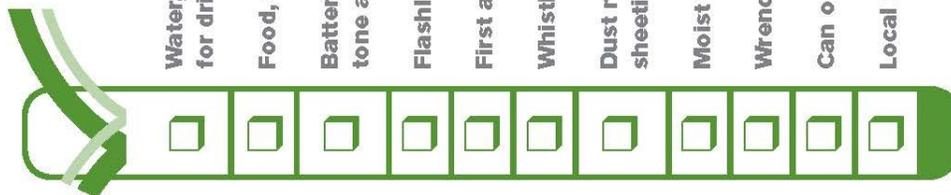
Emergency Supply List

Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper — When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children



Recommended Items to Include in a Basic Emergency Supply Kit:



Water, one gallon of water per person per day for at least three days, for drinking and sanitation

Food, at least a three-day supply of non-perishable food

Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both

Flashlight and extra batteries

First aid kit

Whistle to signal for help

Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

Moist towelettes, garbage bags and plastic ties for personal sanitation

Wrench or pliers to turn off utilities

Can opener for food (if kit contains canned food)

Local maps

Through its Ready Campaign, the Federal Emergency Management Agency educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. **Ready** asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.



FEMA

Federal Emergency Management Agency
Washington, DC 20472

Emergency / Winter Prep

READY.GOV - MAKE A PLAN

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

Step 1: Put a plan together by discussing the questions below with your family, friends or household to start your emergency plan

- How will I receive emergency alerts and warnings?
- What is my shelter plan?
- What is my evacuation route?
- What is my family/household communication plan?
- Do I need to update my emergency preparedness kit?
- Check with the Centers for Disease Control (CDC) and update my emergency plans due to Coronavirus.
- Get masks (for everyone over 2 years old), disinfectants, and check my sheltering plan.

Step 2: Consider specific needs in your household

As you prepare your plan tailor your plans and supplies to your specific daily living needs and responsibilities. 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 operating medical equipment. Create your own personal network for specific areas where you need assistance. 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
- Cultural and religious considerations
- Pets or service animals
- Households with school-aged children

Step 3: Fill out a Family Emergency Plan

Download and fill out a family emergency plan or use it as a guide to create your own. (See template on pages 17-24.)

Step 4: Practice your plan with your family/household



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Creating your *Family Emergency Communication Plan* starts with one simple question: “What if?”

“What if something happens and I’m not with my family?” “Will I be able to reach them?” “How will I know they are safe?” “How can I let them know I’m OK?” During a disaster, you will need to send and receive information from your family.

Communication networks, such as mobile phones and computers, could be unreliable during disasters, and electricity could be disrupted. Planning in advance will help ensure that all the members of your household—including children and people with disabilities and others with access and functional needs, as well as outside caregivers—know how to reach each other and where to meet up in an emergency. Planning starts with three easy steps:

- 

1. COLLECT.
Create a paper copy of the contact information for your family and other important people/offices, such as medical facilities, doctors, schools, or service providers.
 - 

2. SHARE.
Make sure everyone carries a copy in his or her backpack, purse, or wallet. If you complete your *Family Emergency Communication Plan* online at ready.gov/make-a-plan, you can print it onto a wallet-sized card. You should also post a copy in a central location in your home, such as your refrigerator or family bulletin board.
 - 

3. PRACTICE.
Have regular household meetings to review and practice your plan.
- TEXT IS BEST!** If you are using a mobile phone, a text message may get through when a phone call will not. This is because a text message requires far less bandwidth than a phone call. Text messages may also save and then send automatically as soon as capacity becomes available.

FEMA P-1094/July 2018

The following sections will guide you through the process to create and practice your *Family Emergency Communication Plan*.



HOUSEHOLD INFORMATION

Write down phone numbers and email addresses for everyone in your household. Having this important information written down will help you reconnect with others in case you don't have your mobile device or computer with you or if the battery runs down. If you have a household member(s) who is Deaf or hard of hearing, or who has a speech disability and uses traditional or video relay service (VRS), include information on how to connect through relay services on a landline phone, mobile device, or computer.

SCHOOL, CHILDCARE, CAREGIVER, AND WORKPLACE EMERGENCY PLANS

Because a disaster can strike during school or work hours, you need to know their emergency response plans and how to stay informed. Discuss these plans with children, and let them know who could pick them up in an emergency. Make sure your household members with phones are signed up for alerts and warnings from their school, workplace, and/or local government. To find out more about how to sign up, see *Know Your Alerts and Warnings* at ready.gov. For children without mobile phones, make sure they know to follow instructions from a responsible adult, such as a teacher or principal.

OUT-OF-TOWN CONTACT

It is also important to identify someone outside of your community or State who can act as a central point of contact to help your household reconnect. In a disaster, it may be easier to make a long-distance phone call than to call across town because local phone lines can be jammed.

EMERGENCY MEETING PLACES

Decide on safe, familiar places where your family can go for protection or to reunite. Make sure these locations are accessible for household members with disabilities or access and functional needs. If you have pets or service animals, think about animal-friendly locations. Identify the following places:

- Indoor:* If you live in an area where tornadoes, hurricanes, or other high-wind storms can happen, make sure everyone knows where to go for protection. This could be a small, interior, windowless room, such as a closet or bathroom, on the lowest level of a sturdy building, or a tornado safe room or storm shelter.
- In your neighborhood:* This is a place in your neighborhood where your household members will meet if there is a fire or other emergency and you need to leave your home. The meeting place could be a big tree, a mailbox at the end of the driveway, or a neighbor's house.
- Outside of your neighborhood:* This is a place where your family will meet if a disaster happens when you're not at home and you can't get back to your home. This could be a library, community center, house of worship, or family friend's home.

- Outside of your town or city:* Having an out-of-town meeting place can help you reunite if a disaster happens and:
 - You cannot get home or to your out-of-neighborhood meeting place; or
 - Your family is not together and your community is instructed to evacuate the area.

This meeting place could be the home of a relative or family friend. Make sure everyone knows the address of the meeting place and discuss ways you would get there.

OTHER IMPORTANT NUMBERS AND INFORMATION

You should also write down phone numbers for emergency services, utilities, service providers, medical providers, veterinarians, insurance companies, and other services.



- Make copies of your *Family Emergency Communication Plan* for each member of the household to carry in his or her wallet, backpack, or purse. Post a copy in a central place at home. Regularly check to make sure your household members are carrying their plan with them.
- Enter household and emergency contact information into all household members' mobile phones or devices.
- Store at least one emergency contact under the name "In Case of Emergency" or "ICE" for all mobile phones and devices. This will help someone identify your emergency contact if needed. Inform your emergency contact of any medical issues or other requirements you may have.
- Create a group list on all mobile phones and devices of the people you would need to communicate with if there was an emergency or disaster.
- Make sure all household members and your out-of-town contact know how to text if they have a mobile phone or device, or know alternative ways to communicate if they are unable to text.
- Read *Know Your Alerts and Warnings* at ready.gov and sign up to receive emergency information.



Once you have completed your *Family Emergency Communication Plan*, made copies for all the members of your household, and discussed it, it's time to practice!

Here are some ideas for practicing your plan:

- Practice texting and calling. Have each person practice sending a text message or calling your out-of-town contact and sending a group text to your mobile phone group list.
- Discuss what information you should send by text. You will want to let others know you are safe and where you are. Short messages like "I'm OK. At library" are good.

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- Talk about who will be the lead person to send out information about the designated meeting place for the household.
- Practice gathering all household members at your indoor and neighborhood emergency meeting places. Talk about how each person would get to the identified out-of-neighborhood and out-of-town meeting places. Discuss all modes of transportation, such as public transportation, rail, and para-transit for all family members, including people with disabilities and others with access and functional needs.
- Regularly have conversations with household members and friends about the plan, such as whom and how to text or call, and where to go.
- To show why it's important to keep phone numbers written down, challenge your household members to recite important phone numbers from memory—now ask them to think about doing this in the event of an emergency.
- Make sure everyone, including children, knows how and when to call 911 for help. You should only call 911 when there is a life-threatening emergency.
- Review, update, and practice your *Family Emergency Communication Plan* at least once a year, or whenever any of your information changes.

To help start the conversation or remind your family why you are taking steps to prepare and practice, you may want to watch the 4-minute video, *It Started Like Any Other Day*, about families who have experienced disaster, at www.youtube.com/watch?v=w_omgt3MEBs. Click on the closed captioning (CC) icon on the lower right to turn on the captioning.

After you practice, talk about how it went. What worked well? What can be improved? What information, if any, needs to be updated? If you make updates, remember to print new copies of the plan for everyone.

OTHER IMPORTANT TIPS FOR COMMUNICATING IN DISASTERS¹

- Text is best when using a mobile phone, but if you make a phone call, keep it brief and convey only vital information to emergency personnel and/or family or household members. This will minimize network congestion, free up space on the network for emergency communications, and conserve battery power. Wait 10 seconds before redialing a number. If you redial too quickly, the data from the handset to the cell sites do not have enough time to clear before you've re-sent the same data. This contributes to a clogged network.
- Conserve your mobile phone battery by reducing the brightness of your screen, placing your phone in airplane mode, and closing apps you do not need. Limit watching videos and playing video games to help reduce network congestion.
- Keep charged batteries, a car phone charger, and a solar charger available for backup power for your mobile phone, teletypewriters (TTYs), amplified phones, and caption phones. If you charge your phone in your car, be sure the car is in a well-ventilated area (e.g., not in a closed garage) to avoid life-threatening carbon monoxide poisoning.

¹ Federal Communications Commission, Public Safety and Homeland Security Bureau. (n.d.) *Tips for communicating in an emergency*. Retrieved from <http://transition.fcc.gov/pshs/emergency-information/tips.html>

- If driving, do not text, read texts, or make a call without a hands-free device.
- Maintain a household landline and analog phone (with battery backup if it has a cordless receiver) that can be used when mobile phone service is unavailable. Those who are Deaf or hard of hearing, or who have speech disabilities and use devices and services that depend on digital technology (e.g., VRS, Internet Protocol [IP] Relay, or captioning) should have an analog phone (e.g., TTY, amplified phone, or caption phone) with battery backup in case Internet or mobile service is down.
- If you evacuate and have a call-forwarding feature on your home phone, forward your home phone number to your mobile phone number.
- Use the Internet to communicate by email, Twitter, Facebook, and other social media networks. These communication channels allow you to share information quickly with a widespread audience or to find out if loved ones are OK. The Internet can also be used for telephone calls through Voice over Internet Protocol. For those who are Deaf or hard of hearing, or who have speech disabilities, you can make calls through your IP Relay provider.
- If you do not have a mobile phone, keep a prepaid phone card to use if needed during or after a disaster.
- Use a pay phone if available. It may have less congestion because these phones don't rely on electricity or mobile networks. In some public places, you may be able to find a TTY that can be used by those who are Deaf or hard of hearing, or who have speech disabilities.

The reader recognizes that the Federal Government provides links and informational data on various disaster preparedness resources and events and does not endorse any non-Federal events, entities, organizations, services, or products.



<input type="checkbox"/>	<input type="checkbox"/>  Make a Plan	<input type="checkbox"/>	<input type="checkbox"/>  Practice Emergency Drills	<input type="checkbox"/>  Test Family Communication Plan	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>  Make Your Home Safer	<input type="checkbox"/>  Know Evacuation Routes	<input type="checkbox"/>  Assemble or Update Supplies	<input type="checkbox"/>  Get Involved in Your Community	<input type="checkbox"/>

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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:

SCHOOL, CHILDCARE, CAREGIVER, AND WORKPLACE EMERGENCY PLANS



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:

**IN CASE OF
EMERGENCY
(ICE) CONTACT**

Name: Mobile #:
Home #: Email:
Address:

**OUT-OF-TOWN
CONTACT**

Name: Mobile #:
Home #: Email:
Address:

**EMERGENCY
MEETING PLACES**

Indoor:
Instructions:
Neighborhood:
Instructions:

Out-of-Neighborhood:
Address:.....
Instructions:

Out-of-Town:
Address:.....
Instructions:



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**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: #:



Congratulations to former PC2 staff member Tami McGrath, recipient of the 2020 Tracy Vandewall Leadership Award, presented at the Pierce County Legislative Forum on November 17th.



On December 15th, PC2 was recognized by Pierce County Human Services Aging & Disability Resources, at their annual Appreciation Celebration, for the work we do on behalf of Pierce County citizens who experience developmental disabilities.

Thank you, Pierce County, for your continued faith in and support of our mission.

We are honored to be included among your past recipients.

