



ONE VISION

December 2019

Volume 10, Issue 12

INTEGRATION, EQUALITY, AND OPPORTUNITY FOR PEOPLE WITH DISABILITIES.

Be Ready, Be Safe for the Holidays!

by Matt Taylor & Lauren Hatcher

Winter is coming, and we want you to have a safe and happy holiday season! Here are some tips and strategies on how to be prepared in case of an emergency, like winter storms, house fires, and floods.

One of the most important strategies for being prepared is to have an **emergency kit** ready and easily accessible. These kits do not need to be fancy or expensive, they just need to have the supplies to keep you safe and healthy for a minimum of *three days*. One of the basic necessities to stay alive during any type of emergency is *food and water*. These foods should be nonperishable; if you have any specific dietary needs, these need to be reflected in your emergency kit.

Next, you should have **personal items** in your kit. For people with disabilities, this is sometimes just as important as food and water. The basics include *clothing*, extra *blankets*, *sanitary supplies*, *cash*, *in case of emergency contact (ICE) information*, *insurance cards*, and *identification*. Some

other supplies that may be necessary due to your disability can include *medications*, *urological and hygienic supplies*, or *assistive technology* like a wheelchair, sit to stand, communication devices, etc.. (Also, if you have a power chair, remember your *wheelchair charger*!)

If there is an emergency and you are displaced, you need **to know where to go**. The most ideal situation would be to stay with *friends or family* if their home is accessible. The next best option would be to find a *Red Cross shelter*. To do this, you can go to redcross.org and find local shelters, or you can download the *Red Cross app* on any smart device.

Have a safe & happy holiday season from all of us!

*Transitional Paths to
Independent Living*



www.trpil.com

Transitional Paths to
Independent Living (TRPIL)

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(turn over for calendar)



December 2019

Day	Time	Event/Activity
Wednesday December 11	1:00–3:00	SPIL Input from Consumers <i>Pennsylvania has a state plan for independent living that needs your input. Come tell us what Independent Living means to you!</i>
Thursday December 12	12:00–3:00	Bowling at the Meadows <i>The bus will leave TRPIL at 11:30 am.</i>
Wednesday December 18	12:00-1:00 1:00-3:00	Lunch & Learn <i>Bring your favorite healthy dish and discuss healthy diets with us.</i> Advocacy Afternoon: Educate, Advocate, Organize! <i>Join us to discuss how we can grow and improve our membership!</i>
Monday December 23	1:00-3:00	Holiday Movie Party <i>Come join us for a holiday movie and pizza!</i>
Mon, Tues, Wed Dec 24, 25, 26	All Day	Christmas Holiday <i>Office closed.</i>

RSVP for all events at least one week in advance!

As always, members can come in for Wii Wednesday (enjoy virtual bowling, golf, tennis, and more!) and Internet Café Training.

TRANSITIONAL PATHS TO INDEPENDENT LIVING STRENGTHENS CONSUMER CHOICE AND ACTIVE CITIZENSHIP THROUGH LEADERSHIP, SERVICES, AND PROGRAMS.

Have an Idea for Our Calendar?

Become a member (or renew your membership) by contacting **Matt Taylor** at mtaylor@trpil.com, or call **724.223.5115, ext 1385**.

