

EMERGENCY KIT BOOKLET

Ready for The Storm



Community Links

Aging Well Together

HOW TO USE THIS EMERGENCY KIT

AS SOON AS YOU GET THE KIT take out the Radio Flashlight and install the 3 AAA batteries included in the kit. This way your Radio Flashlight will be ready to go in case of a power outage. There are instructions about how the Radio Flashlight works later on in this booklet. Make sure to put your Radio Flashlight somewhere easy to find if the power goes out.

We have included a Vial of Life in this kit; if you choose to use it - please take it out of the kit and follow the instructions included in it. Remember to update it regularly - a tip for remembering is to update it at the same time as another regular chore, for example when you change the battery in your fire alarm.

Keep everything else in the bag and put it with any other emergency supplies you have. Keep this booklet in the bag, too. In case of an emergency or if the power goes out for several days, you will have some supplies and pastimes to tide you over. We have started an emergency kit for you, but you still need to plan ahead. Keep reading to see what you can do to prepare.



EMERGENCY PHONE NUMBERS

If you need immediate medical, police, or fire assistance during a disaster, call **911** (voice and TTY for Deaf or Hard of Hearing).

If you need information during a local disaster, call the Regional Emergency Management Organization (REMO). The provincial toll-free number is **1-866-424-5620**.

Think of at least 2 or 3 people who you might call on in case of a weather emergency. Talk to your family members, friends or neighbours and ask if you can call them if you need help. Write their names and phone numbers here:

Emergency Contact #1 _____

Emergency Contact #2 _____

Emergency Contact #3 _____

OTHER USEFUL NUMBERS

If your phone service provider is Bell Aliant and you have no phone service, have someone call **611** to report the outage. If your phone service provider is Eastlink and you have no phone service, have someone call **1-888-345-1111** to report the outage.

If you need information about supportive organizations and services in your community, call **211**.

If you are looking for a personal, community or business telephone number that you don't have, call **411**.

For information about provincial road conditions, call **511** for a recorded message.

711 is a Message Relay Service (MRS for individuals who are hearing and/or speech impaired).

If you would like to talk to a nurse about a non-urgent health issue, or are trying to decide whether or not to go to the emergency room call **811**.

PREPARING for a WEATHER EMERGENCY

Weather forecasters know when hurricanes, high winds, or bad winter storms are coming to Nova Scotia. Weather announcements are made on the CBC and local radio stations. You can also get your local weather report by calling Environment Canada's weather line at **902-752-2222**. There would usually be at least several days warning before the storm hits when you can begin to prepare for a possible power outage.



Before a disaster happens it is a good idea to talk to the people in your support network: your friends, family, neighbours, and/or caregivers. Let them know your needs in an emergency situation; ask them how they could assist with your plan and whether they would be willing to help.

Find two or three people who you can ask to check on you during and after a storm. This is especially important if you don't have a phone, or if the storm or other emergency knocks out your telephone service. If you don't have anyone you can ask, call **211** for help in finding a community volunteer.

Do you know your neighbours? Reach out to people in your neighbourhood to create a network of support in case of an emergency. Identify strengths, skills, and resources in the community; for example does someone have a generator, know first aid, or have a chainsaw? Being prepared as a community can help reduce the impact of an emergency on individuals and communities both in the short and long term.

USE THE TIME BEFORE A HURRICANE OR STORM ARRIVES TO PREPARE:

WATER Fill plastic bottles, pots, and/or a kettle with clean water for drinking. If you have a water well, fill buckets and/or the bathtub with water for flushing the toilet (If you are on town water, your plumbing will still work even if there is a power failure.)

FOOD Stock up on food that you can easily eat if you have no power—anything that doesn't need to be refrigerated or cooked, such as canned beans, canned meat or fish, crackers, canned or dried fruit, nuts, and peanut butter.

MEDICATIONS & EQUIPMENT Make sure you have enough medications and medical items for at least 7 days, along with extra batteries for any medical appliances or hearing aids; If you need oxygen supplies or other medical equipment, talk to your health care provider about making sure you have enough of the items you need. If you have a medical condition or a disability, think about what extra items you may need to stay in your home safely during a storm or power outage. If you use a system such as Vial of Life to track your medications and information make sure that it is up to date.

HEAT If you heat with a wood or pellet stove, make sure you have a supply of matches and bring enough wood or pellets inside to run it for several days, so you will not have to go outside during the hurricane or storm. If you have a generator, stock up on fuel to run it.

PETS If you have pets, make sure you have enough food, water, litter, and any pet medications for at least several days for them too.

INFORMATION It is a good idea to have a battery-powered radio in your home in case the power goes out. Make sure you have extra batteries.

COMMUNICATION Remember to write down your frequently called numbers because the redial feature on your home phone may not work during a power outage. If you have a cell phone, make sure it is fully charged.

MONEY Keep a small amount of cash handy.

SAFETY Unplug small appliances and electronic devices to prevent damage from power surges. Test your smoke alarms. Put away or secure smaller items in your yard such as lawn chairs or plant pots that might blow around outside and cause damage to homes and vehicles.

DURING THE STORM

STAY INSIDE!

For safety reasons, Comfort Centres will NOT be open during the storm, so it is important to have enough supplies to last for several days.

If the police or emergency workers ask you to leave your home because it is unsafe, leave immediately and follow their instructions.

IF YOUR POWER GOES OUT

If your phone still works, call Nova Scotia Power's outage line to let them know you have lost power **1-877-428-6004**; You can call this number at any time to get an automated update about when they estimate your power will come back on. Then call your emergency contacts to let them know you have no power.

Try not to open your fridge or freezer unless you have to. A full freezer will keep food frozen for 24 to 36 hours if the door remains closed. Checking the fridge or freezer to see how cold it is will let cold air escape, and food will not stay cold or frozen as long.

Use up items that will go bad first. If in doubt, throw it out! Do not eat food that you aren't sure is safe.

IF YOU HAVE NO HEAT

If it is cold outside, close off some rooms in your apartment or house to try to keep some of the heat in the area you use most.

If it is winter and you don't have a heat source, you may have to leave your house until the power comes back on. If you can, make arrangements in advance to stay with a friend, neighbour, or family member.

Never use charcoal or gas barbecues, camping heating equipment, or home generators indoors. They give off carbon monoxide. Because you can't smell or see it, carbon monoxide can cause health problems and is life-threatening.

IF YOU HAVE NO PHONE SERVICE

Make arrangements in advance for a friend, neighbour, family member, or community volunteer to call you during and after a weather emergency, to ensure your phone is working. If it is not working ask them to report it and come to your door to check on you if they don't get an answer.

AFTER AN EMERGENCY

EVACUATION PLAN

Plan where you will go if you have to leave your home during a power outage. Place family contact information in your wallet or purse, along with a list of all the medications you currently take, how much you take, and your health card. Your pharmacy can provide you with a print-out of your current medications. It is a good idea to keep all your medications in one place in case you have to leave your home quickly. If you have a medical condition or a disability, think about what extra items you may need to bring with you if you have to evacuate. Make evacuation plans for your pets too. If you have a service dog, they are allowed to go with you to emergency housing but all other animals must find another temporary home.

COMFORT CENTRES

If a lot of people in one area lose power, local fire departments or community volunteers may open up Comfort Centres so people's basic needs (for water, food, and warmth) can be met. If you need transportation to the warming centre, call **211** for help.



EMERGENCY SHELTERS

If people can't stay in their homes after an emergency because conditions are unsafe, the Red Cross or other community organizations will arrange temporary emergency housing. Emergency shelters will be different this year because of Covid-19. Call **211** for updated information. When you know a storm is coming, pack a change of clothes into a bag and leave it where you can easily find it, in case you have to leave quickly.

FINANCIAL SAFETY

Unfortunately, after a disaster there may be some people who may try to take advantage of older adults. Beware of high-pressure sales, disclosing personal financial information (account numbers or credit card information and services provided with no written contract. If you aren't sure whether something is a scam, contact your Senior Safety Coordinator.

You can find the name and number for your local Senior Safety Officer at www.novascotia.ca/seniors/senior_safety_programs.asp or by calling **211**.

YOUR PHYSICAL AND MENTAL HEALTH

Disasters often cause emotional distress. Being prepared will lessen your anxiety. When an emergency occurs, know that you may experience physical, emotional or mental reactions.

SOME TYPICAL PHYSICAL REACTIONS:

Stomach aches • Difficulty sleeping/fatigue • Headaches • Appetite disturbances • A worsening of chronic medical conditions like arthritis, diabetes or high-blood pressure

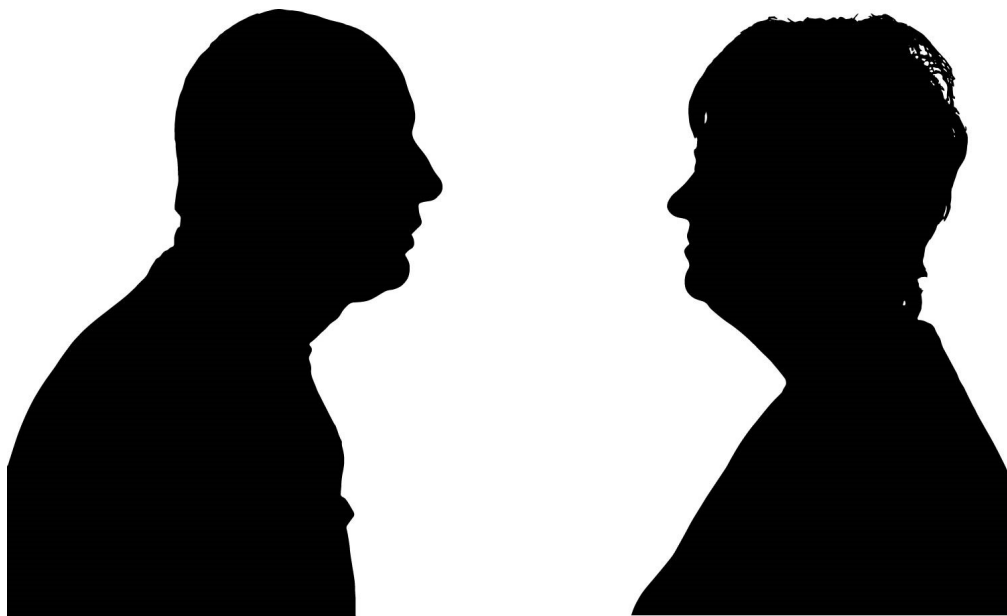
SOME TYPICAL EMOTIONAL REACTIONS:

Sadness • Depression • Excessive anxiety • Irritability and anger • Emotional numbness

SOME TYPICAL MENTAL REACTIONS:

Confusion • Disorientation • Memory problems • Lack of focus and concentration • Difficulty making decisions

If you have worsening health issues after an emergency or a disaster, talk to your health care provider. If you need help with a mental health or addictions concern, call **1-855-922-1122** (Answered Monday to Friday 8:30 - 4:30, voicemail on evenings, weekends and holidays.) If you need immediate mental health support, call the Nova Scotia Mental Health and Addictions **Crisis Line** at **1-888-429-8167**.



IF YOU USE A HEALTH DEVICE THAT REQUIRES POWER

Before an emergency happens consider enrolling in the Nova Scotia Power Critical Customer Communication Program.

The Critical Customer Communication Program is designed for customers whose health is directly dependent on electricity, such as those requiring oxygen machines or dialysis.

The program provides:

- Advance notice of planned power outages
- Contact during unplanned power outages expected to last longer than four hours and information on the cause and the expected time power will be restored
- Updates if the restoration time changes during the repairs

It's easy to sign up. All you need is a letter from your doctor or registered medical service provider describing the type of home/critical care you currently receive that is dependent on electricity.

Ask your health care provider to mail or fax the letter to Nova Scotia Power:



Nova Scotia Power

P.O. Box 910

Halifax, NS

B3J 2W5

Attention: Critical Customer
Communication Program

Toll Free Fax 1-888-428-6108

If you move or change your phone number, or if your medical circumstance change, remember to update your information with Nova Scotia Power Customer Care Line **1-800-428-6230** (8:00am – 8:00pm, Monday to Friday).

HOW THE RADIO FLASHLIGHT WORKS

MULTI-FUNCTION WITH FM | AM | SW1 | SW2 WORLD BAND RADIO
RADIO MONDIALE MULTI-FUNCTIONNELLE AVEC FM | AM | SW1 | SW2



The Crank / Solar Power Radio Flashlight with Siren comes with a built in battery that can be powered using the hand cranking mechanism, charged through solar panel, or run off of 3 AAA batteries.

The unit also includes AM/FM/SW1/SW2 Radio with a retractable antenna and a Siren feature can be heard from a distance in an emergency situation. There is also a USB jack for charging your cell phone and other devices.

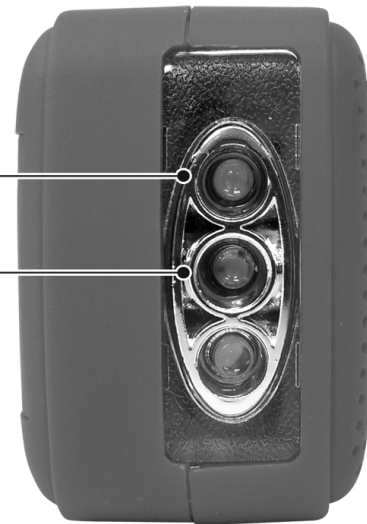
Turning the handle for 1 minute provides about 7 minutes of flashlight, 4 minutes of radio, or 7 minutes of siren.

You will want install the 3 AAA batteries that were included in your pack in the radio right away so that it is ready to go in case of emergency.

MULTI-FUNCTION WITH FM | AM | SW1 | SW2 WORLD BAND RADIO
RADIO MONDIALE MULTI-FUNCTIONNELLE AVEC FM | AM | SW1 | SW2

BRIGHT 3-LED FLASHLIGHT
LAMPE DE POCHE BRILLANTE À 3-LED

RED SOS ALERT FLASH
CLIGNOTANT D'URGENCE ROUGE



**USB DC-OUT PORT FOR
CELLPHONE CHARGING**
*PORT USB DC-OUT POUR LE
CHARGEMENT DE CELLULAIRE*

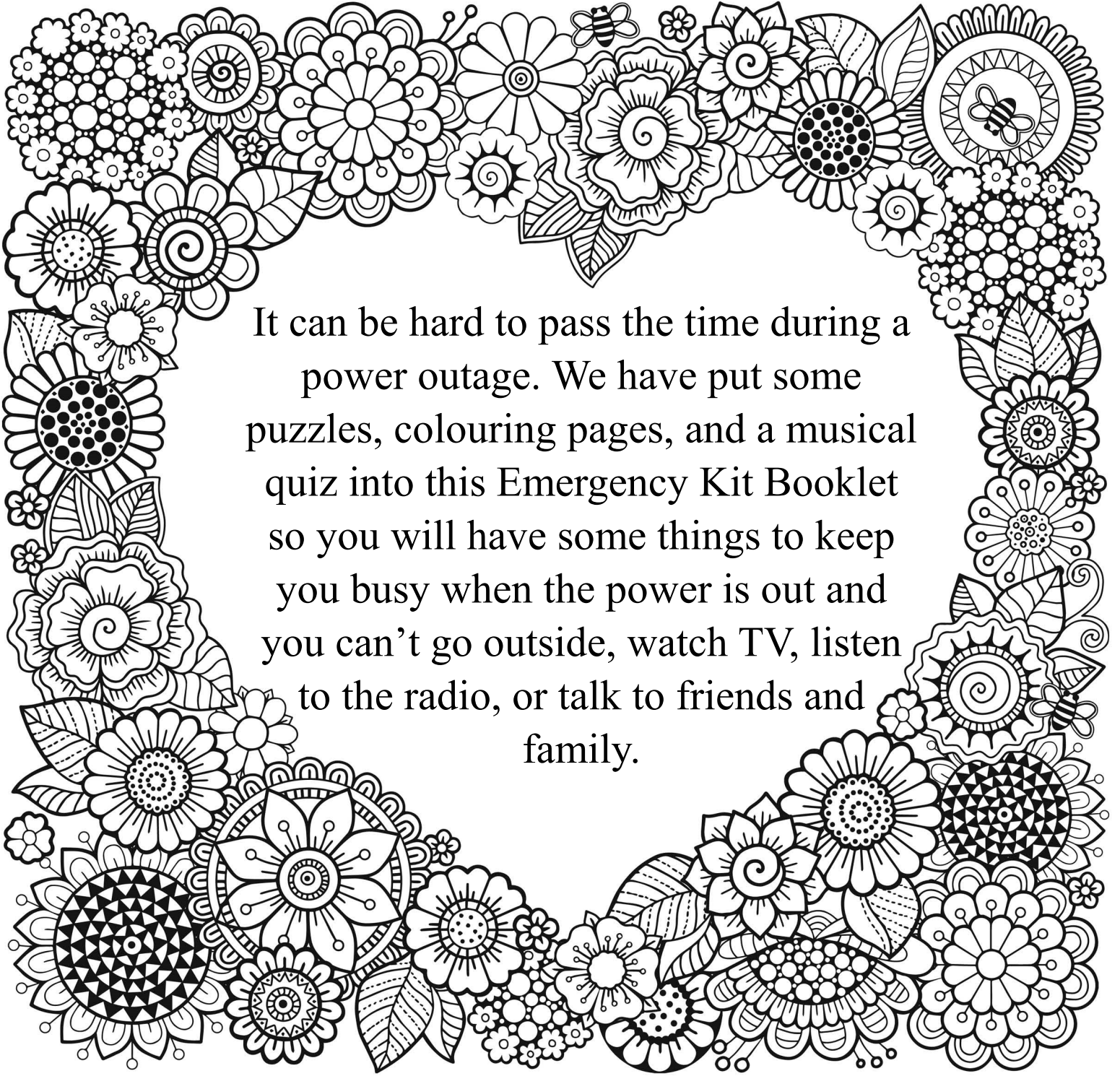
Ø 3.5mm EARPHONE JACK
Ø 3,5 mm PRISE POUR ÉCOUTEUR

MINI-USB INPUT CHARGE PORT
PORT DE CHARGE D'ENTRÉE MINI-USB

During an emergency or power outage listening to the radio can help you stay up to date on emergency information such as weather forecasts, power outages, emergency response times, and the locations of comfort centers. The radio could be an important source of information, especially if you have lost power or access to phone or internet.

Listening to the radio can also bring enjoyment and help you feel connected to your community, and engaged with the current news. It may be a comfort to hear music you enjoy or hear the voices of local radio hosts during a stressful time.

PASTIME PAGES



It can be hard to pass the time during a power outage. We have put some puzzles, colouring pages, and a musical quiz into this Emergency Kit Booklet so you will have some things to keep you busy when the power is out and you can't go outside, watch TV, listen to the radio, or talk to friends and family.



Musical Quiz (from the 1920s, 1930s, 1940s)

How many of these songs do you remember?
Can you sing the first line? The first verse? The chorus?

SONG TITLE	ARTIST
White Cliffs of Dover	Vera Lynn
Ain't She Sweet	Gene Austin
Show Me The Way To Go Home	Frank Crumit
Beer Barrel Polka	The Andrews Sisters
It's A Long Way To Tipperary	John McCormack
Let Me Call You Sweetheart	The Peerless Quartet
You Are My Sunshine	Various artists
Side By Side	Patsy Cline
Chattanooga Choo Choo	Glen Miller
Don't Sit Under The Apple Tree	The Andrews Sisters
When Irish Eyes Are Smiling	Chauncey Olcott
Shine On Harvest Moon	Ruth Etting
By The Light Of The Silvery Moon	Doris Day
Love Letters In The Sand	Pat Boone
White Sportscoat	Marty Robbins
Catch A Falling Star	Perry Como
Don't Fence Me In	Frankie Laine
Que Sera Sera	Doris Day
If You Knew Suzie	Eddie Cantor
Happy Days Are Here Again	Barbara Streisand
Bye Bye Blackbird	Ella Fitzgerald
Wooden Heart	Elvis Presley
Blueberry Hill	Fats Domino
Red Roses For A Blue Lady	Dean Martin
Who's Sorry Now	Connie Francis
Red Red Robin	Louis Armstrong
Singing In The Rain	Gene Kelly
Chestnuts Roasting On An Open Fire	Rosemary Clooney
Tip Toe Through The Tulips	Tiny Tim

SONG TITLE	ARTIST
Goodnight Irene	Steve Earle
For Me And My Gal	Judy Garland/Gene Kelly
Love Me Tender	Elvis Presley
Boogie Woogie Bugle Boy	Andrews Sisters
Makin' Whoopee	Ella Fitzgerald
When You're Smiling	Frank Sinatra
In The Mood	Glen Miller
Sweet Georgia Brown	Ella Fitzgerald
Yes Sir, That's My Baby	Nat King Cole
Somewhere Over The Rainbow	Judy Garland
A Tisket A Tasket	Ella Fitzgerald
Stormy Weather	Etta James
Tea For Two	Nat King Cole
Dancing Cheek To Cheek	Fred Astaire
Heart And Soul	Dean Martin
Blue Moon	Frank Sinatra
On The Good Ship Lollipop	Shirley Temple
Pennies From Heaven	Frank Sinatra/Bing Crosby
He's Got The Whole World In His Hands	Various
White Christmas	Bing Crosby
Sentimental Journey	Doris Day/Frank Sinatra
Buttons And Bows	Dinah Shore
Some Enchanted Evening	"South Pacific" Musical
Little Brown Jug	Traditional American
You Must've Been A Beautiful Baby	Ray Charles
A Nightingale Sang In Berkley Square	Vera Lynn
South Of The Border	Various

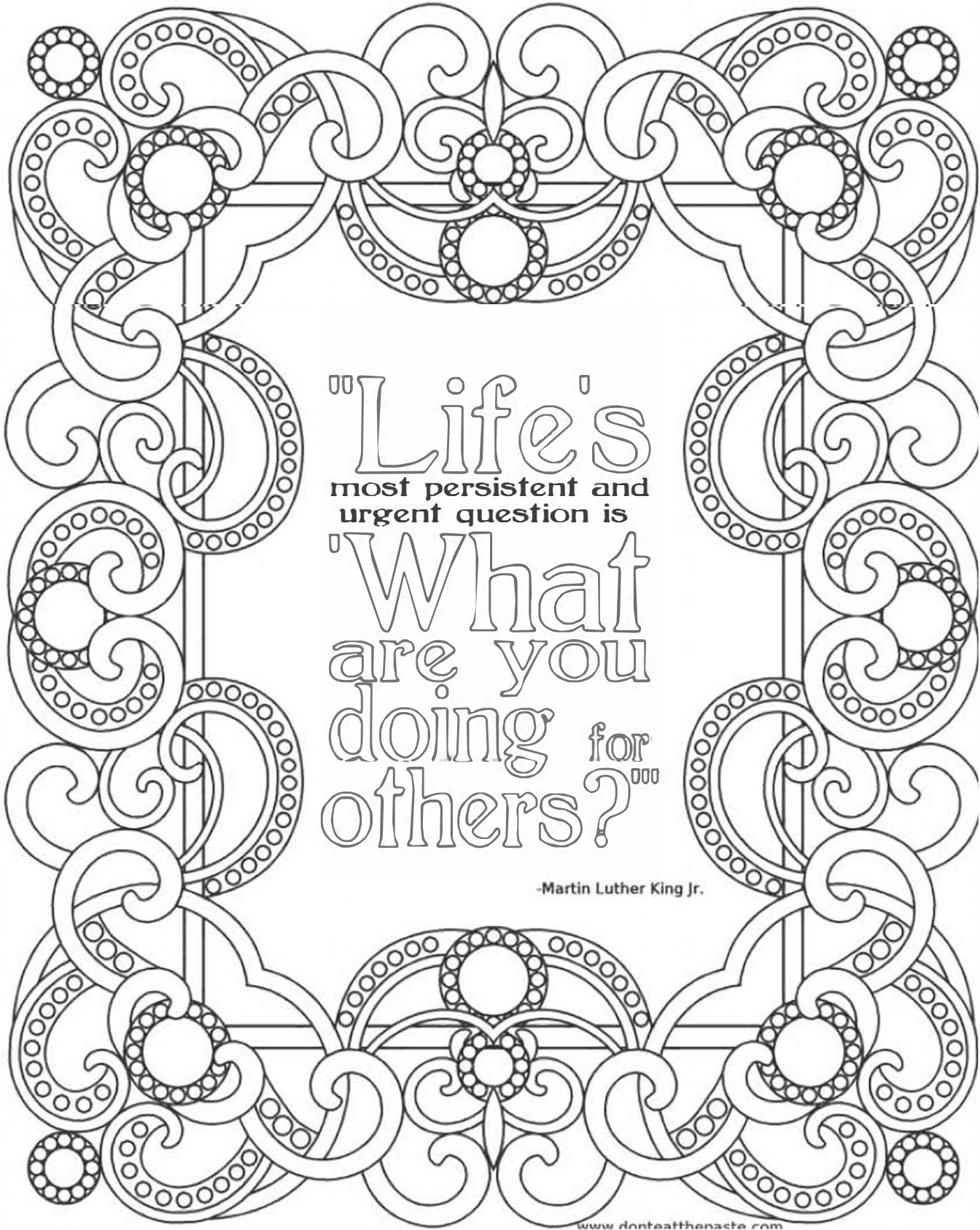


RHYMING RIDDLES

All answers rhyme with the word **LIGHT**

1.	Engage in conflict
2.	Not left
3.	How tall you are
4.	A toy for a windy day
5.	Sudden fear or alarm
6.	Cut with your teeth
7.	Great Power
8.	Period of darkness
9.	The opposite of dim
10.	Power of vision
11.	The opposite of loose
12.	The color of snow
13.	Construction location
14.	Set of stairs
15.	Ask someone to come over
16.	A real joy
17.	Use pen and paper
18.	Start to burn
19.	On fire
20.	Someone who wears shining armour

Answers
 1 - Fight, 2 - Right, 3 - Height, 4 - Kite, 5 - Fright, 6 - Bite, 7 - Might, 8 - Night,
 9 - Bright, 10 - Sight, 11 - Tight, 12 - White, 13 - Site, 14 - Flight, 15 - Invite,
 16 - Delight, 17 - Write, 18 - Ignite, 19 - Alight, 20 - Knight



"Life's
most persistent and
urgent question is

'What
are you
doing for
others?'"

-Martin Luther King Jr.

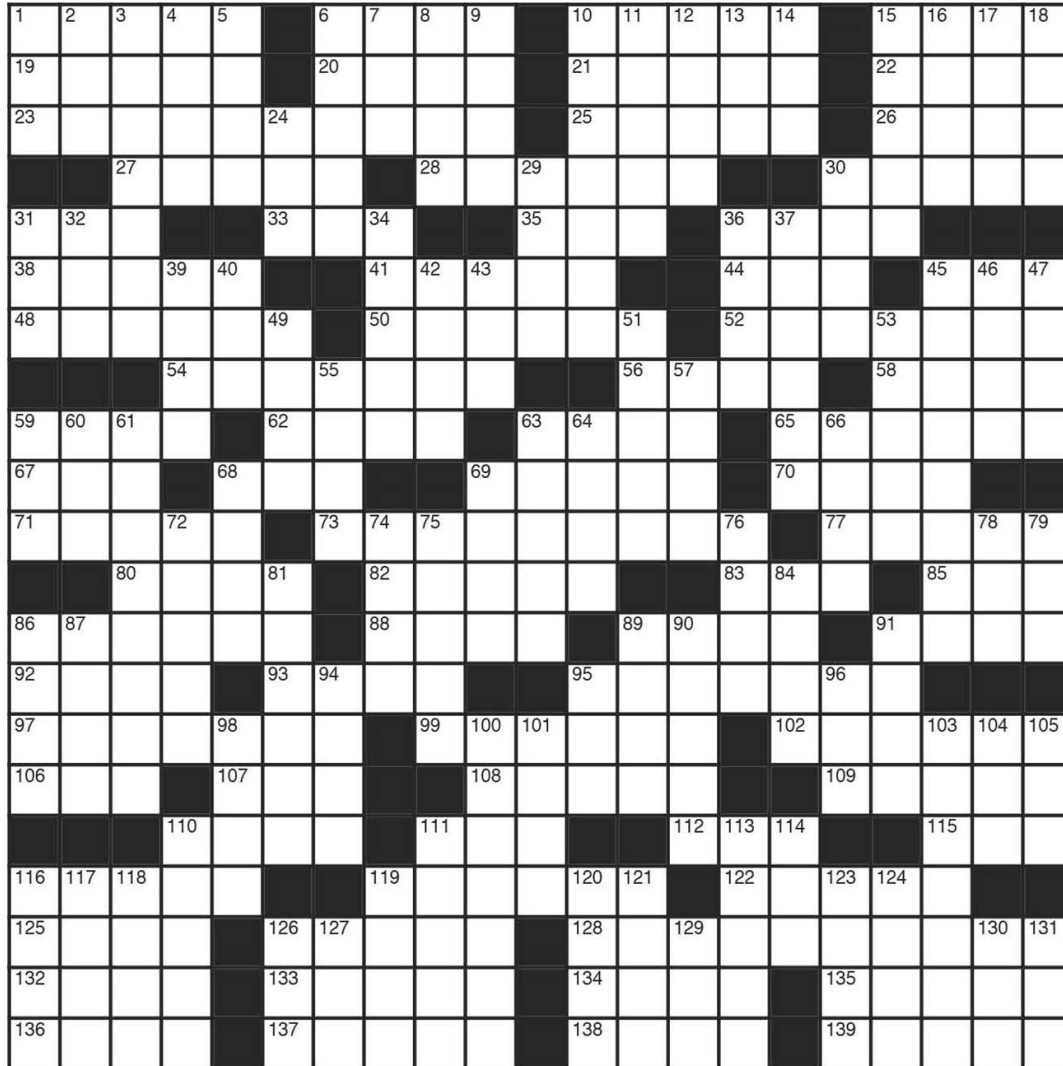
Write your own story

A storm I remember...

Lined writing area for the story about a storm.

I love living here because...

Lined writing area for the story about why they love living there.



**FAR FROM
ORDINARY.
NOT SO
FAR AWAY.**

**NOVA SCOTIA
CANADA**



ACROSS

- 1 __ Island, Nova Scotia's westernmost point
- 6 Nova Scotia's Alexander Graham National Historic Park
- 10 __ Pre, Nova Scotia's "Great Meadow"
- 15 __ Island, Nova Scotia's southernmost point
- 19 Jane of "Monster-in-Law"
- 20 Director Kazan
- 21 Sirius medium
- 22 Verdi opera set in Egypt
- 23 Nova Scotia's
- 25 __ Highland Games Nova Scotia, a great place for an __ holiday cottage rental
- 26 Nova Scotia's percussion and rhythmic dance festival (apt acronym)
- 27 Chopin exercise
- 28 Engages in debate
- 30 Catch some Z's
- 31 Prince Valiant's son
- 33 Indy 500 sponsor
- 35 Training program for future
- 36 Its. On the road
- 38 A Nova Scotia activity: __ bore rafting
- 41 Winfrey of daytime TV
- 44 Canadiens and Maple Leafs' org.
- 45 \$20s dispenser
- 48 Nova Scotia's Jogjins __ Cliffs
- 50 Cape __, a great Nova Scotia golf destination
- 52 Nova Scotia fiddle virtuoso __ MacMaster
- 54 A Nova Scotia delicacy __ chowder
- 56 Asia's shrinking __ Sea
- 58 Nova Scotia's annual __ Castle Competition
- 59 See antique fishing boats at Nova Scotia's __ Shop museum
- 62 Late infomercial pitchman Billy
- 63 Hand over, as territory
- 65 Main course
- 67 Bullring cheer
- 68 Was afflicted with
- 69 Nova Scotia's scenic Evangeline __
- 70 Appear to be
- 71 A sweet Nova Scotia product: __ syrup
- 73 Nova Scotia's Mahone Bay Festival
- 77 Take a scenic __ along Nova Scotia's roads
- 80 Org. combating music piracy
- 82 Words at a well
- 83 NFL gridiron divs.
- 85 Shakespeare by the __ (Nova Scotia theater company)
- 86 Venetian
- 88 Makes "it," in a game
- 89 Sonny's ex-partner
- 91 Editor's "leave it"
- 92 One of a dozen, perhaps
- 93 Santa's sackful
- 95 Visit the quaint __ villages of Nova Scotia's south shore
- 97 Nova Scotian of French descent
- 99 The Festival celebrates the arrival of settlers to Nova Scotia
- 102 Nova Scotia's Lobster Fest
- 106 Costa del
- 107 Miner's find
- 108 V -formation fliers
- 109 Potbelly
- 110 Is in hock
- 111 Heyerdahl's " __-Tiki"
- 112 Baseball boss: Abbr.
- 115 Dissenting vote
- 116 dive at Nova Scotia's offshore wrecks
- 119 Hiker's protective legwear
- 122 Celtic tunes popular in Nova Scotia
- 125 Nova Scotia's __ Carding Mill
- 126 Fish 'n' (popular Nova Scotia fare)
- 128 Nova Scotia's Fortress of
- 132 "An apple __ ..."
- 133 Nova Scotia's __ Trail, a great place to hike
- 134 Cuts, as branches
- 135 Nova Scotia Celtic band the __ MacNeils
- 136 Hamilton bills
- 137 Crockpot creations
- 138 Vaudeville bit
- 139 Bergen dummy Mortimer __
- DOWN**
- 1 Museum curator's deg.
- 2 Howard of "Happy Days" Has
- 3 in mind
- 4 Cut and paste
- 5 Pasta sauce brand
- 6 Poet Stephen Vincent __
- 7 Quarterback Manning Bart
- 8 Simpson's brainy sister
- 9 Cowardly Lion player Bert
- 10 Mustachioed Marx
- 11 10K and marathon
- 12 Fruity quaffs
- 13 Peeples of "Fame"
- 14 Mafia head
- 15 With a heavy heart
- 16 Word on Irish stamps
- 17 In unison, musically
- 18 Aladdin's discovery
- 24" bodkins!"
- 29 Navy mascot
- 30 Popcorn add-on
- 31 Drug-bust org.
- 32 Brazilian hot spot
- 34 N'awlins sandwich
- 36 Wintour of fashion
- 37 You can watch these creatures on Nova Scotia tours
- 39 Meeting: Abbr.
- 40 Tell a big one
- 42 Old hands
- 43 Word before tape or herring
- 45 "The sky is falling!" sort
- 46 Trident prong Ancient Iranian
- 49 Nash's one-I priest
- 51 Rock bottom
- 53 Daisy lookalike
- 55 Passing crazes
- 57 Move, in Realtor speak
- 59 __ Perignon
- 60 Suffix with schnozz
- 61 Avenger's action
- 63 Salad green
- 64 Unit pricing word
- 66 Rorem and Buntline
- 68 Burncoat __, Nova Scotia, site of extreme tides
- 69 H.S. math course
- 72 Like notebook paper
- 74 Halifax, Nova Scotia, for
- 75 one Up to one's ears
- 76 Fork-in-the-road shapes
- 78 Churchillian gesture
- 79 Chow down
- 81 Gazing fixedly
- 84 Faucet problem
- 86 __ d'Or (salt water lake of Nova Scotia)
- 87 Wacky
- 89 Corp. heads
- 90 Sultan's women
- 91 Religious spinoff
- 94 White bills in Monopoly
- 95 Sault Marie
- 96 Talk trash about
- 98 Corn Belt state
- 100 Self-centered sorts
- 101 U.S. coin redesigned in 2009
- 103 Monk's hairdo
- 104 Eggs, biologically
- 105 One-eighty, slangily
- 110 Takes orders from
- 111 Exploding cigar sound
- 113 Nova Scotia's Balmoral Mill Museum
- 114 Hi-__ graphics
- 116 Take a swipe at
- 117 2003 Derby winner Funny __
- 118 __ Bator (Mongolian capital)
- 119 Taunting remark
- 120 Right-angle joints
- 121 Corner piece
- 123 Flows back
- 124 Usurer's offer
- 126 Syringe amts.
- 127 Beret or bowler
- 129 Wire service inits.
- 130 Elementary school basics, for short
- 131 __ about (roam)

For more information, visit
novascotia.com

MI'KMAQ BEAVER, KOPIT



BY GERALD R. GLOADE

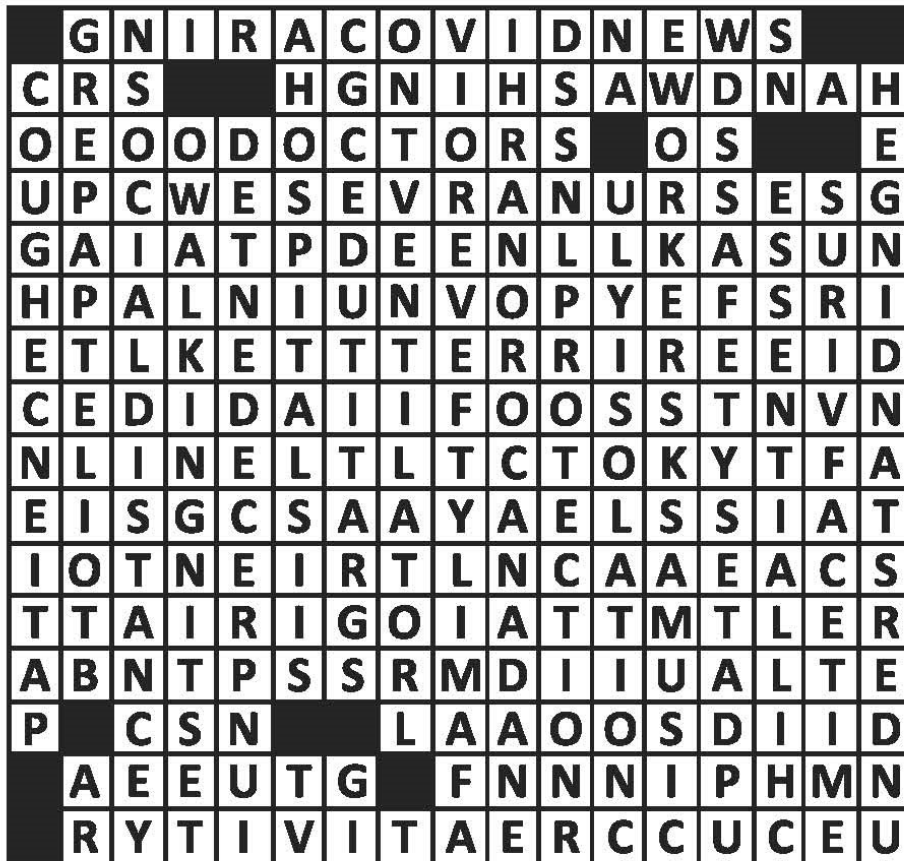


The children helped with the farm chores.
Les enfant eux aussi travaillaient sur la ferme

Covid Word Search created by Faye Barrett

Circle the letters of each of the clue words found below.
 Words can run horizontal, vertical, backwards and diagonally.
 Some letters will overlap with more than one word.

You will end up with 14 letters which you can place on the first line of blanks.
 Rearrange these letters to spell the special Covid message



- | | | |
|--------------------|-------------------|-------------------|
| 1. CORONA | 12. FEVER | 23. PATIENCE |
| 2. VIRUS | 13. CHILL | 24. UNDERSTANDING |
| 3. NURSES | 14. RESPIRATORY | 25. UPDATES |
| 4. DOCTORS | 15. VENTILATOR | 26. WALKING |
| 5. ESSENTIAL | 16. HOSPITALS | 27. COUGH |
| 6. WORKERS | 17. UNPRECEDENTED | 28. GRATITUDE |
| 7. ISOLATION | 18. MUSIC | 29. FACETIME |
| 8. SOCIAL DISTANCE | 19. CREATIVITY | 30. SAFETY |
| 9. HAND WASHING | 20. FAMILY | 31. PROTECTION |
| 10. MASKS | 21. CARING | 32. O CANADA |
| 11. TOILET PAPER | 22. COVID NEWS | |



*everything
will be
okay*

MI'KMAW TREE WORD SEARCH

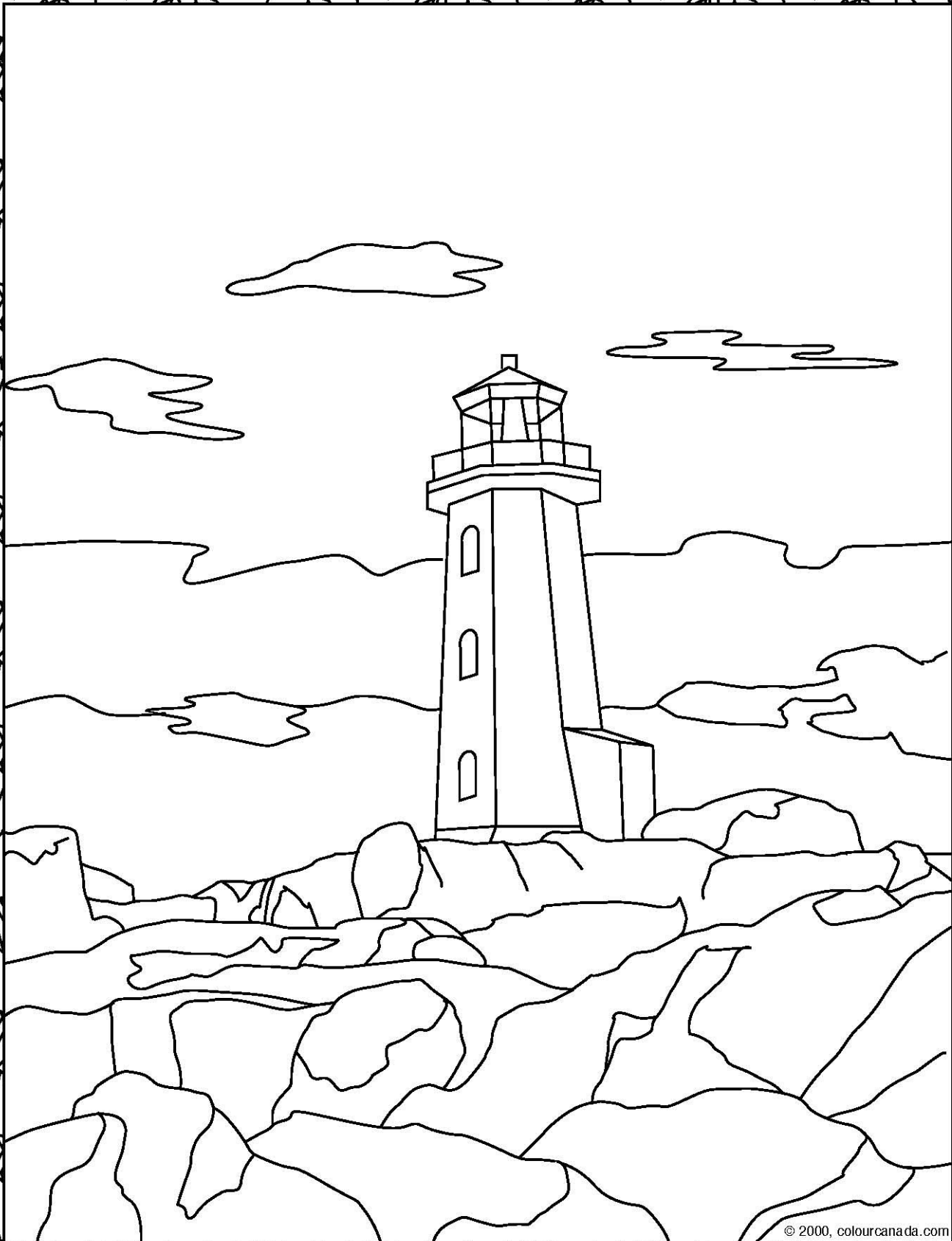
S U G A R M A P L E G Y
 N T P I S U M S Q O I J
 A U' O A L D E R X W K W
 W X P Q W U' H X K K T Y
 E S L X N E S S S T U E
 Y P A U' M T A W U' A P Q
 E R R L A M K A' S W S O
 Y U O F P I C O K A I K
 W C U' I L T A W U K E S
 K E N R E I L U' T W Y I
 R E H C R I B E T I H W

Circle the 20 words listed below in Mi'kmaq and English. Words appear in all directions, including diagonally.

MITI = POPLAR	JIOQSMUSI = MAPLE
MASKWI = WHITE BIRCH	TUPSIEY = ALDER
KAWATKW = SPRUCE	WISKOQEY = BLACK ASH
KUOW = PINE	STOQN = FIR
SNAWEYEY = SUGAR MAPLE	KSU'SK = HEMLOCK



Peggy's Cove: A small picturesque fishing village (population 120) that surrounds a narrow ocean inlet which provides safe haven for boats during the Atlantic's rough weather. A lighthouse built on the large smooth wave washed granite rocks is the crowning feature of this beautiful Atlantic cove.



© 2000, colourcanada.com

THANK YOU!

We would like to thank Ross Farm Museum and The Mi'kmawey Debert Cultural Centre for permission to reprint colouring pages and other activities from their websites; and retired PEI teacher Faye Barrett for creating and sharing the Covid word search puzzle.

We got some ideas for this booklet from *Are You Ready? Nova Scotia's Guide to Disaster Preparedness: Tips for Persons with Disabilities, Tips for Frail or Older Seniors* prepared by the former Nova Scotia Disabled Persons Commission; *Emergency Preparedness Guide for People with Disabilities/Special Needs and Power Outages - What to do?* prepared by Public Safety Canada; and *Disaster Preparedness for Seniors by Seniors* prepared by the Greater Rochester Chapter of the American Red Cross.

Community Links would like to give special recognition to the Colchester and Kings Counties Senior Safety Programs for both coordination and funding support; and thank all the Kings and Colchester Aging Well Together Coalition members and community volunteers who helped assemble, pack, and distribute these kits. We hope you feel better prepared for the storm.





This Emergency Kit has been brought to you by the Kings and Colchester Counties Aging Well Together Coalitions, with the support of the United Way of Colchester County through the Emergency Community Support Fund, and of the Rural Communities Foundation of Nova Scotia and Community Foundations of Canada (CFC), with financial support from the Government of Canada.

Community Links is a province-wide organization that supports the establishment of age-friendly, inclusive communities by linking with others to promote needed changes.

Community Links supports Aging Well Together Coalitions across Nova Scotia. Coalition members include agencies and individuals who are interested in making communities more age-friendly and in promoting healthy aging.

In Kings and Colchester Counties, the following organizations participate in the Coalitions:

Kings County Seniors Safety	Truro Public Library	Colchester East Hants
Kings County Recreation	Truro Seniors Clinic	Hospice Society
Caregiver's Nova Scotia	Municipality of Colchester	Truro and Area
Friends in Bereavement	Earth Angels Homecare	Community Health Board
Support Groups	ColchesterVON	South Colchester
Seniors LINCS	Colchester Seniors Safety	Community Health Board
Western & Central Kings	Willow Lodge	Peaceful Places:
Community Health Board	North Shore Seniors	Organizing, Downsizing,
Managed for You Inc.	Association	Relocating
Alzheimer's Society Nova	Canadian Red Cross	Cobequid Housing
Scotia	Mental Health and	Authority
Heath Promotion NSHA	Addictions	Public Health

WE CARE ABOUT YOU...



Community Links

Aging Well Together

PLEASE STAY SAFE IN THE STORM!