



We make home an alternative

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Editor's Note

Preparing for something that "might be" can be difficult. As we enter the summer, it is important to remember that June 1st marks the advent of Hurricane Season. While this newsletter focuses on hurricanes, these tips may also be applied to many other types of disasters. Alternative has begun preparing our employees to be ready in the event that we must act. Everyone should start preparing and be ready—just in case!

George Cann
Editor

Hurricane Season is Upon Us... Start Preparations Now and Be Ready

By Carla Albano, Executive Administrator



I recently had the opportunity to socialize with some dear friends. We began to discuss hurricanes Andrew, Charley and Wilma. The conversation became reminiscent—and anecdotal—to some degree. We even had a tough time remembering which years these storms had hit, and what it had taken for our neighborhoods to

repair. As I write this, I feel that time has tempered our fear. Please don't let that happen. I invite you to briefly return to memories of the days following those storms, and remind yourselves that you can prepare better than ever this year.



October 2005: Hurricane Wilma

If this is the only newsletter you read or retain, please spend 5 to 10 minutes reading this issue. This information may make a tremendous difference to you in the coming months.

Over the years we have collected many helpful tips and suggestions which can make life easier during hurricane season. Back by popular demand are our **Top Ten Tips** for planning for the upcoming storm season. Please take a couple of minutes to read this article and perhaps go shopping with our helpful checklist on page 3.

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1: Stock up on gas cans. Leave them empty most of the time, but fill them when a storm is approaching. Recall in the early days following Hurricane Wilma: Gas stations would only fill approved gas containers.

2: Plan for phone outages. Cell phones and traditional phones may not work following a storm. Develop a way for co-workers and

family to contact you if you have no phone. Let your loved ones know your plan.

3: Cash, Cash, Cash. Have an adequate supply of cash on you to get you and your family through seven days or more. Banks will be closed and ATM machines may be out of money. You will need cash for gas and other essentials.

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Spotlight on Caregivers



ALTERNATIVE
HOME HEALTH CARE

Employees of the Month



Roslyn M. – Fort Lauderdale

Roslyn is a seasoned professional. She has worked with us for the past eight years and during that time, she's provided the very best of care to her clients. She has received many letters of commendation for her service. Roslyn is dedicated, hardworking and compassionate. We are very lucky to have her on our team. Congratulations

Roslyn on earning the Employee of the Month award!



Colis L. – Miami

Although Colis is a relatively new aide with Alternative Home Health Care, she does not hesitate to take assignments, regardless of the distance. Colis lives in North Miami but will happily travel to any location she's needed. Colis is kind, caring and extremely attentive to her clients' needs. We are very lucky to have such a wonderful, new addition

to our team. Congratulations Colis on earning the Employee of the Month Award!

**Clip This Information & Keep It Handy
During Hurricane Season 2011!**



Emergency Phone Numbers & Web Addresses

Ensure that you, your family, pets & property are ready in the event of a storm:

Broward County

- Hurricane Hotline: **954-831-4000**
- Official Hurricane Preparedness Guide: www.broward.org/hurricane
- Broward Non-Emergency Answer Center: **3-1-1**
- Pet Hurricane Hotline: **954-266-6871**

Miami-Dade County

- Non-Emergency Answer Center: **3-1-1**
- Emergency Evacuation Assistance Program Registration: **305-513-7700**
- Alerts for wireless emergency notifications: www.miamidade.gov/oem

Palm Beach County

- Emergency Management:
www.pbcgov.com/publicsafety/emergencymanagement/resources
- Palm Beach County Disaster Assistance: **2-1-1** or **561-712-6400**

Employee Anniversaries

14 Years

Michael S. Sunnet S.

11 Years

Bernice B.

7 Years

Delores S. Ladean J.
Janet F.

6 Years

Fay M. Sylvia D.
Olive G. Wilma J.

5 Years

Andrea F. Marie D.
Erlena R. Marie F.
Frances S. Marlene P.
Hyacinth M. Sophia R.
Lulletta L.

4 Years

Adeline W. Elaine W.
Agatha L. Guerline B.
Betty B. Janet Y.
Daisy W. Valrie M.
Deyon T.

3 Years

Bresuliane K. Karlene C.
Carmelle J. Laurianne B.
Dianne L. Litetra C.
Evangeline O. Semone C.
Geraldine S.

2 Years

Avis B. Judy J.
Cynthia W. Marie G.
Djenane M. Monise P.
Florence B. Simedey C.
Joseline D.

1 Year

Charlecina C. Marie C.
Elrett A. Mimose J.
Esther J. Mowava S.
Herlande F. Randell H.
Ivel W. Sharon M.
Lallemande D. Tara D.
Maria A. Ulrick J.
Maria M. Yadira F.

Thank You

Hurricane Season is Upon Us...

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4: Adequate medical supplies. If you use oxygen, adult diapers, or any other item of diminishing supply, have at least a seven day supply on hand. In the event of a hurricane, your normal supplier may not be able to re-open or provide your necessary items.

5: Consider a special needs shelter. If you have medical needs that require the assistance of another person, consider a Special Needs Shelter. You must enroll *now*. Call (954) 357-6385 in Broward; 311 in Miami-Dade; and (561) 712-6696 in Palm Beach County.

6: Locate the closest general shelter. If your home is damaged you may have no choice but to seek refuge in a shelter. You can save yourself a lot of grief if you know where to go ahead of time.

7: Back up your computer. One of the most valuable tools we have is our computer. Be sure to back it up and unplug it as a storm approaches. An ounce of prevention can save you a ton of aggravation in the future.

8: Refrigerator/freezer management. Eat it or lose it. Modestly stock your freezer and refrigerator during hurricane season. Have a large portable cooler ready.


9: Pets need love too. Have an adequate supply of pet food on hand. Make sure that all animals have some sort of identification.

10: Run a load or two of wash. An adequate supply of clean clothes can make you more comfortable in the aftermath of a storm. Many of us ran low on essential clothing in the days following Hurricane Wilma. Remember: *There is*

nothing like clean clothing after that cold shower!

We hope you never need to use this information, but we are providing it to you as a courtesy.

For further information, contact:
• Broward County (954) 831-4000,
• Miami-Dade County at 311, and
• Palm Beach County at 211.

Prepare early this year! 

Disaster Preparedness Checklist

A reference to assist you in your preparedness planning

SURVIVAL MATERIALS

- Water: 1 gallon per day per person, enough for 14 days
- Non-perishable foods: canned meat, fish, fruit and vegetables, soup
- Bread in moisture-proof packaging, candy and cookies
- Powdered milk, drink mix, single-serve drinks, coffee, tea
- Cereal bars, peanut butter, jelly
- Flashlight, battery-powered lantern
- Battery-powered radio/alarm clock
- Extra batteries
- Glass enclosed candles
- Portable cooler, extra ice
- First-aid kit including: aspirin, bandages, antibiotic cream, antacids, anti-diarrheal
- Insect repellent, sunscreen
- Waterproof matches, butane lighter
- Extra cash
- Bleach or water purification tablets

COOKING EQUIPMENT

- Portable camp stove or grill
- Stove fuel: charcoal, lighter fluid, sterno
- Manual can opener
- Napkins, paper towels, paper plates and cups, plastic utensils
- Aluminum foil

PERSONAL SUPPLIES

- Prescriptions: 1-month supply
- Photocopies of prescriptions
- Cell phone

PERSONAL SUPPLIES - continued

- Books, magazines, entertainment materials
- Fill up car with gas
- Toiletries: soap, detergent, etc.
- Changes of clothing
- Toiletries: soap, detergent, etc.
- Bedding, pillows, blankets, etc.
- Rain ponchos
- Extra eyeglasses or contact lenses
- Extra set of keys
- Incontinence supplies

DOCUMENTS (waterproof box if possible)

- Photo identification
- Proof of residence: utility bill
- Medical history and information
- Computer files saved to disk
- Waterproof camera and film
- Pet's photo and license
- Family disaster plan including cell phone and map (if applicable)

OTHER NECESSITIES

- Tools: hammer, nails, wrench, saw, screwdriver, etc.
- Trash bags (lots)
- Cleaning supplies
- Plastic drop cloth
- Mosquito netting
- ABC-rated fire extinguisher
- Masking or duct tape
- Outdoor extension cord
- Spray paint





ALTERNATIVE
HOME HEALTH CARE

Ask Us About...



CLOCKWORK!
ACCOUNTABILITY
In Home Health Care

A Unique Timekeeper And More...

4481-2 North State Road 7
Fort Lauderdale, FL 33319
License #HHA299991246
190 Northeast 199th Street, Suite 108
North Miami Beach, FL 33179
License #HHA299992273
Palm Beach Office
License #HHA299993391
www.alternativehomehealth.com

- > Companions
- > Home Health Aides
- > Live-ins

We make **home** an alternative



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NEWSLETTER

COMING SOON!

“Six Months of Giving”



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15 YEARS OF CARING
1996 - 2011

In appreciation of the continued support we have received from the health care community, Alternative wishes to “give back.” Our community relations representatives soon will be hosting **pizza parties, ice cream socials, and other fun sponsored events** at numerous area facilities in the coming months!

It’s our way of saying **Thank You** for being Alternative’s friend for the past 15 years.