

## Helping Seniors Stay Safe: Emergency Preparedness Starts Today

Emergencies can happen when we least expect them—storms, power outages, wildfires, and floods. For seniors, being prepared isn't just smart—it brings peace of mind and confidence.

This May, Carebridge Community Support is proud to launch the *Celebrating Seniors* campaign, a tribute to the strength, spirit, and contributions of older adults across our region. As we mark our 50<sup>th</sup> anniversary, we remain committed to helping seniors stay safe, connected, and cared for, today and into the future.

To help meet the growing challenges of extreme weather, **Carebridge has purchased 50** Deluxe Disaster Preparedness Kits. In partnership with **Age-Friendly North Lanark**, we'll be delivering these free kits to seniors living in rural areas—providing practical tools to help them stay safe during emergencies.

Each bright red, reflective backpack is packed with essential items:

- **Food and water supplies** including a 3600-calorie food ration and water purification tablets.
- **Emergency shelter materials** such as a mylar sleeping bag, rain poncho, and utility sheets.
- **Safety tools** like a multi-function flashlight/radio, waterproof matches, duct tape, and a high-visibility vest.
- **Personal first aid kit** with bandages, antiseptic wipes, and gloves.
- **Communication and safety devices** including a whistle, glow stick, and SOS sign.

Compact enough to tuck away at home and packed with thoughtful supplies, these kits are designed to help seniors feel prepared, supported, and ready for whatever comes their way.

We're also excited to share that this October, we'll be hosting a **Celebrating Seniors Tea & Coffee Event**, where we'll premiere a special video honouring the stories, wisdom, and experiences of seniors in our community.

Stay tuned for more event details later this summer— and in the meantime, if you know someone whose story deserves to be celebrated, or if you are a senior who would like to share your own story, we'd love to hear from you!

### How You Can Get Involved

✓ **Request a free Emergency Preparedness Kit:** Contact Jenni Poulin, Manager of Senior Services, at (613) 256-1031 ext. 215.

✓ **Share your story with #SeasonedAndStrong:** Carebridge is inviting seniors, along with their caregivers, family members, and friends to share meaningful moments, memories, or reflections about aging and community using the hashtag **#SeasonedAndStrong** on social media. Selected stories may be featured as part of the Celebrating Seniors campaign this fall.

