

IN THIS NEWS LETTER, WE WILL DISCUSS...

- How to Prepare your House for a Power Outage
- Packing for Babies
- Tip of the month



PersonWORKS

How to Prepare your House for a Power Outage

Wind...Snow...

Ice, What's Next?!

Who knows what's around the corner for the rest of this winter.



Our recent snow storm got me remembering the winter storms in past years. The unpredictable weather started me thinking (and yes, worrying a bit) about cold weather, the wind, and power outage preparation.

This time around we had the only the barest necessities in our home. For example, we knew where the flashlights were kept, as well as candles, but that was about it. To get prepared for any upcoming inclement weather I purchased the following to prepare for the worst case scenario:

Electric Lanterns –

If you're a camper you probably have one of these. For those of you unfamiliar with their positive attributes, electric lanterns are useful in a different ways than candles or flashlights because they cast more light, and can be set down on flat surfaces. <http://tinyurl.com/buppyk>

Emergency Radio –

One of the cool features you can find in an emergency radio is the ability to recharge your cell phone. Also you can wind them up for use as a flashlight and know what is going on in the world. Just be sure to keep the batteries fresh!

<http://tinyurl.com/cwebwj>

Re-Chargeable Batteries – Have them charged and ready (or you could opt for bulk size of multiple sized batteries from someplace like Cost-Co.)

Water – Stock small bottles and jugs. Just be aware the jugs tend to expire a lot faster than the water bottles.

Blankets – To keep warm if you don't have heat

Wood or Fire Logs – To use the fire place or woodstove

Canned and Dried Foods – If the power is out, you won't want to be going into your refrigerator. Stock up on goodies like tuna, beans, and

dried fruit and chocolate. (Be sure to pack them away as emergency food items, and BE SURE you know where the can opener is!)



Chains For Your Tires – Chains are a necessity for getting places in your car! We were stuck at our house because we didn't have them. We were rescued by our family when they came up with chains and we were able to get out of the house!

Having around just this tiny amount of stuff will reassure you, and may save you when a storm comes. Be sure to put all your supplies in one place, such as a plastic tub that is easily accessible. Emergency experts suggest for areas where there are earthquakes to avoid putting the emergency kit in the garage in case it caves in. Another place could be outside behind a bush or potted plant. Take the time to set this up and save yourself the worry.



Packing for Babies

Packing for your child, or children, and yourself can be a circus for even the most seasoned packer! Here are few simple suggestions to make your packing a breeze.

Don't Forget:

1. Refill babies' medications at your local drugstore
2. Refill your medications as well (how easy it is to forget about our own health!)

To bring on the plane:

- Carry on items (be sure to check with the airline for guidelines – visit this issue to find out the current guidelines on the airline you are flying on: <http://tinyurl.com/daxaym>)
- Babies in car seats
- Roll-a-board case with breast pump and supplies in it (bottles, cleaning bags, parts, Wipes to clean pump parts etc...)
- Make-up for mom
- Medications & vitamins (babies' and mom & dad's)
- Underwear clothes
- 2 backpacks with diapers, wipes, Desitin (travel size), Purell (travel size) extra clothes (Onesies & jumpers & swaddle blankets & hats)
- Hand pump with bottles to pump into as well as nipples

To check:

- Extra diapers: Whole pack of diapers plus an additional $\frac{1}{2}$ of one
- 4-Packs of baby wipes
- Bottles and accoutrements (nipples, etc...)
- 2 Extra tubes of Desitin: click for \$1 off coupon <http://tinyurl.com/d3rb9p>
- Extra baby clothes (if you are not staying in a place with a washer/dryer)
- Clothes for yourself and your travelling companion

Use this list and I guarantee less anxiety during your packing adventure!



Tip of the month

A client recently asked me about how I set up and maintain my filing system. I had to think about it, because organizing comes naturally to me, hence my line of work! I realized how I manage to keep it up year after year: I make folders at the start of every New Year. It really does help keep your filing system going and your tax returns orderly. Try it this year! If you don't have a proper filing system set up yet, it may take a few hours. However, next year you can copy what you already made and you will be done within thirty minutes.