



# My Life In A Box

## ... A Life Organizer

## January 2008 Newsletter

### ***A Time To Make Reasonable Resolutions***

On New Year's Eve, nearly 50% of Americans will make at least one resolution as they look toward the New Year. Today, I want to encourage you to make a resolution that is both important and easy to keep: *prepare for emergencies*.

In a recent national survey 91% of Americans agreed that taking some simple steps to prepare could help protect themselves and their families in the event of an emergency. However, only 54% had taken at least one of the three steps recommended by the U.S. Department of Homeland Security's Ready Campaign, including getting an emergency supply kit, making a family emergency plan, and being informed about the different types of emergencies that could occur and their appropriate responses.

To help you take these simple steps to get prepared, I am attaching links to immediate downloads for three simple suggestions that I have offered in the past year. They are:

- *How To Build A Getaway Bag*
- *4 Month Emergency Calendar*
- *Small Business Emergency Preparation.*

I also encourage you to finish reading *My Life in a Box...A Life Organizer*. It is a very simple way to pull together your personal, legal and financial documents and put them in one file. This way you can leave your home quickly in case a fire or disaster requires you to do so. Once you complete your file, then it is time to create an in-home emergency plan, and begin a survival plan if you own a business. By visiting [www.ready.gov](http://www.ready.gov) you may have access to even more detailed materials and tools to make a New Year's resolution that will bring you and your loved ones peace of mind.

If you wish to take a more active role in your community's preparedness, get involved by joining a Citizen Corps Council near you. Citizen Corps brings community and government leaders together to coordinate the involvement of volunteers and non-governmental resources in emergency preparedness, planning, mitigation, response, and recovery.

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### ***Question: What Is Citizen Corps?***

**Answer:** Inspired by the vast outpouring of spontaneous volunteer support after the September 11, 2001, terrorist attacks, Citizen Corps answered the essential questions "What can I do?" and "How can I help?" in a meaningful way. Created by the President in 2002, Citizen Corps is headquartered in the Federal Emergency Management Agency's (FEMA) Community Preparedness Division. Citizen Corps provides local opportunities for Americans of all abilities to prepare, train and volunteer to help address all types of natural and man-made hazards.

**Question:** What is the Citizen Corps mission?

**Answer:** Citizen Corps' mission is to bring community and government leaders together to coordinate the involvement of volunteers and non-governmental resources in emergency preparedness, planning, mitigation, response, and recovery. When disaster strikes, everyone knows what their role is, who they need to coordinate with, and how to get support where and when it is needed most.

**Question:** Where are Citizen Corps Councils located?

**Answer:** Over 2,200 State, local, tribal and territorial governments in all 50 states and U.S. territories have formed Citizen Corps Councils, and every day new Councils are formed in communities around the country. Citizen Corps currently works with five national Partner Programs.

These programs include:

- Community Emergency Response Teams (CERT)
- Medical Reserve Corps (MRC)
- Fire Corps
- USA On Watch/ Neighborhood Watch (NWP)
- Volunteers in Police Service (VIPS)

Visit [citizencorps.gov/programs/](http://citizencorps.gov/programs/) for more information.

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## ***Do Something New This Year***

1. Reach out to your local Citizen Corps Council and train to be a CERT Volunteer or volunteer in one of the other Citizen Corp programs.
2. Reach out to your local American Red Cross Chapter to:
3. Take a Red Cross first aid class.
4. Schedule a *Be Red Cross Ready* workplace or community presentation.
5. Sponsor a preparedness event which educates people in first aid and CPR training or preparedness actions.

To locate the Red Cross Chapter in your area, visit: <http://www.redcross.org/where/chapts.asp>.

Become familiar with The National Weather Service, which provides life-saving weather and water services, around-the-clock, every day.

To contact the WCM for your area, please visit: <http://www.stormready.noaa.gov/contact.htm>.

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As you may know, I offer a workshop entitled *Be Prepared, Get Organized and Stop Procrastinating*. Procrastination as well as not following through with New Years Resolutions is very normal. However, it is still my goal to continue to find new ways to encourage you to take positive steps and get your personal, legal and financial documents organized. I look forward to hearing from you this year. Please let me know if there are preparedness subjects you would like to know more about, or if your organization would like to have me speak this year. You may reach me at my direct email address: [laurie@mylifeinbox.com](mailto:laurie@mylifeinbox.com)

*Many thanks to Erin Streeter , Director, Ready Campaign  
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My family and I wish you a very happy and safe New Year  
and remember...

***Don't Wait...Set a Date...  
Resolve to be Ready in 2008***

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