



# Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities



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## PRESS RELEASE FOR LOCAL MEDIA

**To:** Local Media Outlets  
**From:** Central Michigan District Health Department  
**RE:** National Preparedness Month (September)  
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### September is National Preparedness Month

This year's focus is on preparing older adults for emergencies.

Central Michigan District Health Department (CMDHD) would like to remind the public that September is National Preparedness Month. This year's theme, "Preparing Older Adults," aims to raise awareness about the unique needs and challenges faced by this vulnerable population during emergencies. Older adults can face greater risks when it comes to the multitude of extreme weather events and emergencies, especially if they are living alone, are low-income, have a disability, or live in rural areas. [Source: U.S. Department of Homeland Security's Ready Campaign <https://www.ready.gov/september#2023>]

"Helping older adults to prepare for emergencies is a matter of safeguarding their health, well-being, and dignity during challenging times," said Montie Schutz, CMDHD Emergency Preparedness Coordinator. "Planning that takes into account their unique needs and challenges is essential for ensuring their safety."

**Build A Kit:** Do you have a [basic disaster kit](#) for your home, work, and car? Do you have one to take with you if you must evacuate? It's a good idea to store items in airtight plastic bags and then put them in easy-to-carry plastic bins or bags. Consider any unique needs, such as food for pets, medications, and other items for those living in your home who may need to have access to medical equipment and other essential items. It's a good idea to add items to your kit(s) to help prevent COVID-19 and other respiratory illnesses.

**Make A Plan:** What is your family emergency plan? Businesses should also have a plan. Have you practiced any drills in the last year -- at home and at work? The ["Do 1 Thing"](#) campaign is a wonderful resource for individuals and businesses. Following just a few simple steps each month will help create a plan by the end of one year.

**Protect Family and Property:** Is your renter's insurance or homeowner's insurance policy up to date? Find

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out if flood insurance is offered in your area, whether you own your own home or rent. Learn about the disasters that can happen in your area. It is also recommended to make copies of important financial documents. A good resource is the [Emergency Financial First Aid Kit](#) from FEMA. Learn more about being prepared financially at: <https://www.ready.gov/financial-preparedness>.

CMDHD encourages all older adults, their families, and caregivers to actively participate in National Emergency Preparedness Month. By taking the necessary precautions, older adults can significantly reduce their vulnerability during emergencies.

For more information about planning , visit *Ready* Campaign ([www.ready.gov](http://www.ready.gov)), Michigan Department of Health and Human Services preparedness site ([www.michigan.gov/michiganprepares](http://www.michigan.gov/michiganprepares)), American Red Cross ([www.redcross.org](http://www.redcross.org)), and Central Michigan District Health Department ([www.cmdhd.org/ep](http://www.cmdhd.org/ep)).

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. Visit our website at [www.cmdhd.org](http://www.cmdhd.org) and follow us on [Facebook](#) and [Instagram](#).

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