

Safety Tips for Participants & Staff

The Center for Life Enrichment

6/12/2013

Quality Assurance Newsletter

How to Stay Safe at Home Tips & Warnings

- Keep doors and windows locked—this is the first step in staying safe. Check the window locks to make sure they are in good working order. Place a wood or metal bar in the lower track of sliding glass doors for added protection.
- Make sure bushes and plants in front of doors and windows are trimmed regularly; they can offer a good hiding place for a burglar.
- Know your neighbors—knowing your neighbors and who their visitors are will keep you aware of your surroundings. Exchange phone numbers with a close neighbor to use in case of emergency.
- If living in an apartment, always use the peephole to see who is at the door before you open it.
- Consider a life alert program, a monthly program that monitors your well-being.
- Don't get into an elevator if you are uncomfortable with the occupant; make an excuse and wait for the next one.
- Reprogram the answering machine to add the word "we."
- Never leave a spare key under the mat or flowerpot; a burglar knows where to look!
- Never allow an uninvited person into your home; make an excuse if necessary.
- Never leave ladders or tools within easy reach, as a burglar can use them to break in.
- Always check credentials of repairmen, and call their place of business to verify, if necessary.
- Create a safe room—in case of an emergency, it is important to designate a place ahead of time where you can hide out until help arrives. This room should include a telephone, flashlight, and means for exiting if necessary. 911 should be programmed into your telephone along with two other numbers of close friends and family who live nearby.
- Purchase a few electronic timers for your TV and lamps if you are going to be gone for a few days. Set them to come on in the evening and go off in the morning.
- Turn on a few lights, music, or TV when going out for the night. Homes are least likely to get robbed when it looks like someone is there.
- If you will be gone for a few days, and if you have a neighbor you trust that lives in an apartment next to you, ask them to keep an eye on your place while you are away. Be SURE you only tell someone you can really trust.
- Keep windows covered with curtains or blinds. Often, criminals will watch a target for a period of time before striking. Leaving windows uncovered can give clues to a resident's habits and lifestyles which can make them more vulnerable to criminal activity.
- Be careful of what you post on social media (Facebook, Twitter, etc.). Avoid posting messages indicating you are alone. Adjust your privacy settings on social media to make your profile private, not public.

Important Phone Numbers & Resources

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~ **Emergencies ONLY**
9-1-1

~ **Poison Control Center**
1-800-222-1222

~ **Calvert County Sheriff's Office**
410-535-2800
301-855-1194

~ **St. Mary's County Sheriff's Office**
301-475-4200 Extension 1900

~ **Maryland State Police**
301-855-1400
301-855-1975

~ **Calvert County Health Department: Resource Coordination**
410-414-9367

~ **St. Mary's County Health Department: Resource Coordination**
301-475-4389

~ **The Center for Life Enrichment**
301-373-8100
www.tcle.org
www.facebook.com/TCLE.news

CodeRED

Emergency Notification System

The CodeRED Emergency Notification System is a fast communication service allowing St. Mary's & Calvert County to notify citizens of an emergency situation. It enables the Counties to provide mass notification quickly and easily. This service is free to St. Mary's & Calvert County residents and businesses. Residents can also sign up for CodeRED Weather Warning while signing up for CodeRED. The CodeRED Weather Warning will automatically call citizens when severe weather (tornado, flash flood, severe thunderstorm, winter storm and tsunami) warnings are issued by the National Weather Service for your address. The CodeRED Weather Warning System calls only when warnings are issued and only if your address is in the path of the storm. To register for CodeRED and CodeRED Weather Warning, visit:

For St. Mary's County Residents:
<http://www.stmarysmd.com/emergencyencodered.asp>

For Calvert County Residents:
<http://www.co.cal.md.us/index.aspx?NID=235>

Click on "Emergency Alerts"

Extreme Weather

Tornadoes

Tornadoes are one of nature's most powerful and destructive forces. Here's some advice on how to prepare for a tornado and what to do if you're caught in a twister's path.

Safety Tips

- Whenever possible, prepare for extreme weather by gathering emergency supplies such as food, water, medications, batteries, flashlights, & important documents in advance.
- When a tornado approaches, anyone in its path should take shelter indoors—preferably in a basement or an interior first-floor room or hallway.
- Avoid windows and seek additional protection by getting underneath large, solid pieces of furniture.
- Avoid automobiles and mobile homes, which provide almost no protection from tornadoes.
- Those caught outside should lie flat in a depression or on other low ground and wait for the storm to pass.

Quality Assurance

At TCLE

Thank you to everyone who participated in TCLE's recent Quality Assurance Survey. The Center greatly appreciates all the feedback we received from participants, families, and group home staff. Based on your feedback, TCLE is working diligently to address your concerns and implement new procedures to improve our services. If you have additional comments or concerns regarding your programming and/or transportation services, please contact Ann Kline, Quality Assurance Director, at klineam@tcle.org.

Stay Informed

For the most current TCLE news, visit our website at www.tcle.org & become a fan of our Facebook page at www.facebook.com/TCLE.news!

Making the Call to 9-1-1

- Answer the questions the operator asks. They are necessary to determine the help you need.
- Follow all instructions given to you by the operator.
- If your house is on fire, leave the house and call from a neighbor's or mobile telephone.
- Keep the answers short and to the point.
- Know where you are. If help is needed at another location, advise the operator.
- Stay on the line until the operator tells you to hang up.
- Tell the operator the nature of the emergency: I need the (police, fire department or ambulance).
- Try to remain as calm as possible. Take a deep breath and speak clearly.
- Turn your outside lights on and if possible send someone out to direct the emergency personnel in.