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### Deskercise!

- Chop Wood: From a standing position, clasp your hands and hold them close to your right shoulder, as though resting an ax there. Gently swing the ax by straightening your elbows and moving your hands toward your left thigh. Raise your clasped hands to your left shoulder, and swing your ax toward your right thigh. Repeat on both sides seven or eight times.
- For more deskercises, visit: <http://uclivingwell.ucop.edu/deskercise>

Remember to always consult a physician before beginning an exercise program.

# Healthy on the Job!

## Workplace Wellness Newsletter

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4

Focus: Emergency  
Preparedness

For an index of free Rutgers NJAES publications on  
Emergency Preparedness, visit  
<http://njaes.rutgers.edu/disasters/>

## Emergency Preparedness

Whenever there is a natural disaster or large-scale emergency, many people are caught unprepared. Preparing for disaster can make it much easier to cope when the unexpected happens. FEMA and the American Red Cross, in their collaborative booklet, "Preparing for Disaster," advise following four steps to get prepared for disasters. **First, get informed.** Contact your local emergency management office and ask for information about community hazards, disaster

plans and warning systems. **Second, make a plan.** Have a family meeting. Choose an out-of-town contact with whom you could stay if necessary. Complete a family communication plan with work and school contact information for everyone. Plan escape routes and designate safe meeting places in case of emergencies. Be sure to prepare for different hazards and

plan for those with special needs and any pets. **Third, assemble a disaster supply kit** (see website for contents). **Last, Maintain your plan,** quizzing, drilling and restocking often.

Learn more online at  
<http://www.redcross.org/>



**Don't forget to plan ahead financially! Try to establish a fund with a three to six months supply of living expenses. Only use the money for emergencies!**

### Aftermath

After a disaster, safety is crucial! Walk or drive cautiously because debris or rodents may be a hazard. Check for structural damage before entering any buildings, and never use open flames as light sources when entering. Check your food and water for damage. Destroy any foods that have been contaminated by industrial waste or flood waters. Remember that

frozen or refrigerated foods may spoil if warmed. Do not drink water that is discolored or has an odor. Cooking after an emergency can be tricky. Charcoal or gas grills may be used, but NEVER INDOORS. Electrical appliances may be used if access to a generator is available. Wood can be used for cooking in a fireplace as long as the chimney is open. Always be careful with flames. Failure to

adhere to these cooking tips could lead to a fire or asphyxiation by carbon monoxide. It is also important to restore emotional balance after a disaster. Pay attention to your behavior and that of loved ones for signs of stress. And if you need to cope, ask for help. Above all, remain hopeful. For more complete information on coping with a disaster, visit <http://njaes.rutgers.edu/disasters>.



## Recipe of the Week

### Apple Crisp

This dessert uses wonderful apples picked fresh from the Garden State! Apples make an excellent addition to recipes because they can be found all year at local supermarkets and in-season at local farm stands.

Apples provide fiber and a rich source of antioxidant compounds. The proverb "An apple a day keeps the doctor away." dates back to 19th century Wales.

Makes 8 generous servings

Total time: 60 minutes

8 apples, peeled and diced

1/4 cup water

1-1/2 cups uncooked rolled oats

1 cup flour

3/4 cup brown sugar

1 teaspoon cinnamon

1/2 cup margarine

1 quart low-fat frozen yogurt

Place apples and water in an 8 inch baking dish. Combine oatmeal, flour, brown sugar and cinnamon. Add margarine and blend until crumbly. Spread over apples. Bake at 350 degrees for 45 minutes. Spoon Apple Crisp equally into eight dessert dishes, and top with frozen yogurt if desired.

Nutrition information: Per serving: 456 calories; 14 g fat (27%

calories from fat); 4 mg cholesterol; 80 g carbohydrates; 9 g protein; 5 g fiber; 337 mg sodium.

## Related Web Sites for additional info

[www. Ready.gov](http://www.Ready.gov) The Federal Emergency Management Agency (FEMA) site has directions for making a plan of action for individual families and for business.

[www.fema.gov/areyouready/](http://www.fema.gov/areyouready/) FEMA offers an in-depth guide to citizen preparedness.

[www.bt.cdc.gov](http://www.bt.cdc.gov) The Centers for Disease Control offers a variety of information for all types

of hazards.

[www.osha.gov/SLTC/emergencypreparedness/index.html](http://www.osha.gov/SLTC/emergencypreparedness/index.html) Safety and health tips from the US Department of Labor.

[www.njaes.rutgers.edu/disasters/](http://www.njaes.rutgers.edu/disasters/) Rutgers Cooperative Extension provides fact sheets and tips for NJ residents.

## Disasters and Children

It is important to remember that emergencies have serious effects on children. Kids of different ages and backgrounds will have different reactions. Caregivers must remain positive influences on children, who will be able to sense tension. Reassure your child that you will be there

to help him or her get through any problems. Remember that you must take care of yourself after an emergency in order to be able to help your child.

Source: Rochford, Marilou. "Helping Children Recover from Disasters." *NJAES Fact Sheet*. 2005.

### Food Supplies in Case of Disaster as suggested by the Red Cross

**-Ready to eat canned meats, fruits and veggies (make sure to include can opener)**

**-Canned juices, milk, and soup**

**-High-energy foods: peanut butter, granola bars, trail mix, jelly, crackers**

**-Comfort foods: candy, cookies, etc**

**-Instant coffee, tea bags**

**-Foods for infants, elderly persons, or persons on special diets, if needed**

**-Compressed food bars**

**-Dried foods, but be careful of salt, which dehydrates**

**-Freeze-dried foods (require water)**

**-Instant meals (require water)**

**-Prepackaged beverages**

**A VOID: commercially dehydrated foods, bottled foods, whole grains, beans and pastas.**