

RiverCane



SENIOR PROGRAM BULLETIN SEPTEMBER 2019

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Staff

Kim Cook: Director
Candy Marcotte: Cook
Connie Broussard: Assistant Cook
Ed Burgess: Maintenance Worker

Hours of Operation :
Mon. - Fri. (except holidays)

Wednesday Breakfast:
7:30 a.m. to 8:30 a.m.
Daily Lunch:
10:45 a.m. to 12:00 p.m.

Special Updates/News/Announcements:

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- ◆ The Chitimacha Health and Human Services Department will be hosting its monthly Diabetes Support Group on Wednesday, September 25th, during breakfast in the RiverCane dining room. This group is open to the community involving those with Diabetes and those caring for or having relatives with Diabetes.
- ◆ With the recent storm that just passed through, “Hurricane Barry”, and it still being hurricane season, we thought we would share the American Red Cross’ Hurricane Preparedness Checklist with you all on page 4.

September Menu:

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed In Observance of Labor Day!	3 Fried Chicken Sandwich Lettuce & Tomato Fried Okra Dessert	4 <u>Breakfast:</u> Grits, Fried Eggs, Bacon, Sausage, & Biscuit <u>Lunch:</u> Taco Soup Chips Dessert	5 Chef Salad Crackers Dessert	6 Tuna Casserole Peas Garlic Bread Dessert
9 Chicken Fried Steak Mashed Potatoes w/Gravy Beets Dessert	10 Fresh Sausage Creole Rice Steamed Broccoli Dessert	11 <u>Breakfast:</u> French Toast, Scrambled Eggs, Sausage, & Bacon <u>Lunch:</u> Nachos with Chili & Cheese & Salsa Salad Dessert	12 Indian Tacos with All the Fixins' Dessert	13 Fried Shrimp White Beans & Rice Salad Dessert
16 Meatball Spaghetti Spinach Salad Garlic Bread Dessert	17 Steak Stir Fry with Noodles & Vegetables Egg Roll Dessert	18 <u>Breakfast:</u> Pancake, Bacon, Sausage, Boiled Eggs & Banana <u>Lunch:</u> Bacon, Lettuce & Tomato Sandwich French Fries Dessert	19 Fried Chicken Macaroni & Cheese Spinach Salad Dessert	20 Fried Catfish Cheesy Potatoes Coleslaw Dessert
23 Beef Stew Rice Green Beans Carrots Dessert	24 Pork Fingers Baked Beans Rice Dressing Dessert	25 <u>Breakfast:</u> Sausage, Egg & Cheese Biscuit, & Hashbrown <u>Lunch:</u> Chili w/ Beans Crackers Dessert	26 Smothered Potatoes with Sausage Mixed Vegetables Dessert	27 Shrimp Stew Rice Devilled Eggs Dessert
30 Closed in Observance of Native American Holiday!				Please Note: Menu is subject to change at anytime.

**Calendar of Events
SEPTEMBER**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Happy Birthday Georgia Hurst Closed in Observance of Labor Day!		Tribal Bingo! 12:00 p.m.	Shopping Day: To Walmart & Raintree Market 8:00 a.m.	Happy Birthday Connie Mora	
8	9	10	11	12	13	14
	Happy Birthday Lonnie Martin	Happy Birthday Monica Bernard	Happy Birthday Barbara Lambert	Happy Birthday Alfred Crochet Shopping Day: To Walmart & Raintree Market	Happy Birthday James Bernard	
15	16	17	18	19	20	21
	Happy Birthday Keith Segura			Happy Birthday Michael Hill Shopping Day: To Walmart & Raintree Market		
22	23	24	25	26	27	28
Happy Birthday Sheila Gaddy Happy Birthday Josephine Hurst Happy Birthday Countice LeBlanc			Happy Birthday Judy Bobbitt Happy Birthday Carla Newman Diabetes Support Group during breakfast	Shopping Day: To Walmart & Raintree Market	Happy Birthday Cory Compton Happy Birthday Darlene Toups	
29	30	31				
Happy Birthday Vernon Higgins	Happy Birthday Gwen Murray Closed in Observance of Native American Holiday!					

Be Red Cross Ready

Hurricane Safety Checklist

Hurricanes are strong storms that cause life- and property-threatening hazards such as flooding, storm surge, high winds and tornadoes.

Preparation is the best protection against the dangers of a hurricane.

Know the Difference

Hurricane Watch—Hurricane conditions are a threat within 48 hours. Review your hurricane plans, keep informed and be ready to act if a warning is issued.

Hurricane Warning—Hurricane conditions are expected within 36 hours. Complete your storm preparations and leave the area if directed to do so by authorities.

What should I do?



- Listen to a NOAA Weather Radio for critical information from the National Weather Service (NWS).
- Check your disaster supplies and replace or restock as needed.
- Bring in anything that can be picked up by the wind (bicycles, lawn furniture).
- Close windows, doors and hurricane shutters. If you do not have hurricane shutters, close and board up all windows and doors with plywood.
- Turn the refrigerator and freezer to the coldest setting and keep them closed as much as possible so that food will last longer if the power goes out.
- Turn off propane tanks and unplug small appliances.
- Fill your car's gas tank.
- Talk with members of your household and create an evacuation plan. Planning and practicing your evacuation plan minimizes confusion and fear during the event.
- Learn about your community's hurricane response plan. Plan routes to local shelters, register family members with special medical needs as required and make plans for your pets to be cared for.
- Evacuate if advised by authorities. Be careful to avoid flooded roads and washed out bridges.
- Because standard homeowners insurance doesn't cover flooding, it's important to have protection from the floods associated with hurricanes, tropical storms, heavy rains and other conditions that impact the U.S. For more information on flood insurance, please visit the National Flood Insurance Program Web site at www.FloodSmart.gov.

What supplies do I need?



- Water—at least a 3-day supply; one gallon per person per day
- Food—at least a 3-day supply of non-perishable, easy-to-prepare food
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area
- Baby supplies (bottles, formula, baby food, diapers)
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Tools/supplies for securing your home
- Extra set of car keys and house keys
- Extra clothing, hat and sturdy shoes
- Rain gear
- Insect repellent and sunscreen
- Camera for photos of damage

What do I do after a hurricane?



- Continue listening to a NOAA Weather Radio or the local news for the latest updates.
- Stay alert for extended rain fall and subsequent flooding even after the hurricane or tropical storm has ended.
- If you evacuated, return home only when officials say it is safe.
- Drive only if necessary and avoid flooded roads and washed-out bridges.
- Keep away from loose or dangling power lines and report them immediately to the power company.
- Stay out of any building that has water around it.
- Inspect your home for damage. Take pictures of damage, both of the building and its contents, for insurance purposes.
- Use flashlights in the dark. Do NOT use candles.
- Avoid drinking or preparing food with tap water until you are sure it's not contaminated.
- Check refrigerated food for spoilage. If in doubt, throw it out.
- Wear protective clothing and be cautious when cleaning up to avoid injury.
- Watch animals closely and keep them under your direct control.
- Use the telephone only for emergency calls.

Let Your Family Know You're Safe

If your community has experienced a hurricane, or any disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org/SafeandWell to let your family and friends know about your welfare. If you don't have Internet access, call 1-866-GET-INFO to register yourself and your family.



For more information on disaster and emergency preparedness, visit RedCross.org.