

# September Is National Preparedness Month Are You Ready?

Make a  
Plan

Get A  
Kit

Be  
Informed

Help your neighbor ● Join our Medical Reserve Corps (413) 787-6761



**Proclamation Day**  
**Thursday, September 6, 2012, 10AM**  
**Springfield City Hall; (front steps), 36 Court Street**  
***(alternate venue in case it rain: City Hall's Ante Room – 220***

**Come and join us**

**Events in Springfield designed to provide information, education and outreach:**

- **September 6th at 10AM**—Proclamation and Banner hanging on the steps of City Hall with Mayor Sarno.
- **September 18th at 11AM**—“GET READY DAY” at Tower Square on Main Street—Food Court.
- **September 21st at 1:30PM**—“LET’S MAKE A PLAN” training at 95 State Street, Suite 201.
- **September 24th** - at the Big E Better Living Center—Chiefs of Police Booth.
- **September 30th at 9AM**—Mass Mutual Center Outreach during the Suicide Prevention Community Walk—  
“Out of the Darkness”.



Fall 2012

Dear Residents:

To help prepare for public health emergencies, the Springfield Health and Human Services Department is reminding residents that you need to have an emergency preparedness stockpile with at least three days of food, water and supplies. SDHHS Get Ready: Set Your Clocks, Check Your Stocks effort is to encourage people to check that your stockpiles are up to date when you change your clocks for daylight saving time and back again.

For people who don't have an emergency stockpile yet, Set Your Clocks, Check Your Stocks offers information to help you become prepared. Remember to check the batteries in your smoke detectors when you change your clock.

The Set Your Clocks, Check Your Stocks Web site, online at <http://www.getreadyforflu.org/clocksstocks> includes a stockpile checklist, grocery list, stockpiling facts, tips for healthy stockpiling and stockpiling recipes. There are even games and other materials aimed at kids.

The Springfield Department of Health and Human Services is calling on you to spread the Set Your Clocks, Check your Stocks message and help residents become more prepared. The next clock change is coming up, so now is the time to spread the word!

Please forward this information to your contacts and encourage them to share the message with their friends, family and neighbors. Your participation will help ensure that more residents are prepared for emergencies and disasters. For more information go to [www.westernmassready.org](http://www.westernmassready.org) and <http://www.getreadyforflu.org>

Thank you.

Sincerely,

Helen R. Caulton-Harris  
Director