

Dear Friends,

These past few years living through a global pandemic have motivated me to prepare more and make ready things that are needful should there be a crisis or emergency. One thing that I have improved and better prepared is called a 72 hour kit or what we call in our home a "bug out bag"! Sound familiar? I bet many of you have one already.

Today, I would like to share a handout from FEMA to help us organize things that are needful in times of disaster, crisis or emergency. It just takes a few evenings in front of the TV to assemble. As ostomates, your grab bag will need to include supplies to care for your ostomy and any nutritional supplements to assist you in maintaining hydration and proper nutrition. My bug out bag has a special light that is solar powered because I don't like the dark. What special items will your bug out bag contain?

I have used my bug out bag when taking a trip to visit my parents in the hospital. and visiting my daughter after she was bit by a dog and quite shaken. It has many more uses besides a disaster. You may find it very useful as well. I'd love to hear your thoughts and additions!

Our ostomy group is still dark, meaning we are not having in person meetings. Covid in our area is trending down and that is good news. We will continue to keep in touch with our monthly newsletter for now. Thank you all for your patience.

Don't forget we have a really neat website coriverostomy.com that Stephanie monitors and keeps going. It is a great resource so check it out. My best to you all!

Kind regards,

Desiree

[FEMA Ready Checklist:](#)