



Adverse Weather Conditions Policy Enumclaw Senior Activity Center



360-825-4741

1. **The Enumclaw Senior Activity Center will try to be open on all scheduled days.**
2. Watch the NEWS: If the Enumclaw School District is operating on a TWO HOUR DELAY – the Enumclaw Senior Center programs and services will also be operating on a DELAY. This is to allow icy and snowy streets to clear for **YOUR SAFETY**. This also allows time for Senior Center staff to arrive safely when driving in from out of town on icy/snowy roads. This allows time for the Senior Center parking lot to be de-iced and cleared for your safety.
3. Watch the NEWS: If the Enumclaw School District is Closed – the Enumclaw Senior Center will cancel classes and most programs that day. The Center staff may be present and the Center open, but we encourage seniors to stay at home and be safe. Please call the Center before venturing out on days with adverse weather conditions.
4. Heavy snow, icy conditions or power failure may result in the cancellation of some services and/or programs offered, even if the Center is open. We always recommend that you call the Center if you have any questions.
5. On days with extremely adverse weather, the City of Enumclaw may chose to close public buildings and allow City employees to return home. On these days, notices will be posted on the building doors and on our phone message machines.
6. Catholic Community Services will not deliver food for our LUNCH PROGRAM if the Enumclaw School District is CLOSED for that day.
7. **Our main concern is for your safety.** Do not try to drive or walk in icy, snowy or windy conditions.

If the power goes out for an extended period of time, and you are without heat – do not hesitate to call your family, neighbors or the Fire Department. **(360) 825-5544**

Food

Stock up on easily prepared foods that do not require refrigeration. Do you have a manual can opener? Always have bottled water on hand.

Power

Do you have an electric garage door opener? Do you know how to open it if the power is out?

Check on and replenish supplies:

Batteries, Flashlights, Paper plates, Plastic utensils, Radio, Pet food

Keep your refrigerator door closed – only open when absolutely necessary. Keeping door closed will keep foods safe for up to 3 days without power. Remember – eat your ice cream first!

Medications

Arrange to always have an adequate supply of all of your prescription medications. Do not allow yourself to run out of required medications in case of emergency situations (power outages, road closures).

Staying Warm

Do not leave candles unattended – especially while sleeping. **Try not to use candles at all.** Large hand-held emergency lanterns are available at hardware stores. Buy early. Keep blankets on hand, wear gloves and hats indoors to help store body heat.

Do not use a barbeque as a heat source. Be careful with any portable heat source. Always remember proper ventilation. **Fumes can kill.** Close off extra rooms. Maintain a small area for warmth. Put towels or blankets across the bottoms of doors to keep out drafts. Keep doors and curtains closed.

Emergency Shelter

Call the Enumclaw Fire Department at (360) 825-5544 to determine if an Emergency Shelter is open for the public due to power outages or other conditions.

Fall Injuries

People age 75 and older who fall are four to five times more likely than those age 65 to 74 to be admitted to a long-term care facility for a year or longer.

Rates of fall-related fractures among older women are more than twice those for men.

Over 95% of hip fractures are caused by falls.

In 2009, there were 271,000 hip fractures and the rate for women was almost three times the rate for men.

Center for Disease Control – US Government Website