



NorthStar Community Services

Meeting Agenda

Training Title: Willow West House Meeting

Location: Willow West Date: 11/20/2024 Time: 9 am

Trainer (s): Ashley Fetters

In Attendance: Mindy, Tara, Jamie, Heidi, Shianne, Ashley, Camie, Tara

Activity (Outline)	Discussion
Welcome: Introduction	went around & did introductions
Weather Preparedness: Being prepared at home. Being prepared while in vehicles. <i>Handout</i>	<ul style="list-style-type: none"> - make a little tote/bag for going out. lead will make & put in front closet. - check everything at the house prior to a storm.
Individual Specific: <u>BH</u> _____ _____ _____ -Positives of each person -Community outing/activities -Medical appointments -Behaviors -Upcoming	<ul style="list-style-type: none"> - Doing really well. Enjoying her Christmas tree. - long sleeve shirt typically leaves the sweat bands off. - works well with females & males, but prefers males. - had Transsgiving or Christmas w/cross lake - little up & down with her sleeping cycle. - very minimal, wrist not broke open - wears briefs all the time (inc Day, large night)
Star Services Training: Assigned Training New Policy <i>Handout</i>	<ul style="list-style-type: none"> - will get training done on shift & by end of the month.

<p>House Specific: Daily Task Lists Community Outings Activities within the home (Plan) Progress Notes Schedules / Covering Shifts House repair needs</p>	<ul style="list-style-type: none"> - Schedules - Ralph look at getting him cross trained. - Daily Task Log - needs to get updated with winter tasks - Landlord Does the plowing but staff share to the apron. (Keep up each shift) - make sure salt is down.
<p>Call in policy: Who to call (verbally speak to someone) Self-replacement</p>	<ul style="list-style-type: none"> - Try to give as much notice as possible to have deputy correct
<p>Office: File Acknowledgements Need additional training on?</p>	

Next Meeting: 12/18/2024 @ 9 Am

Winter Weather Preparedness

Prepare for winter storms by planning ahead, getting supplies, and getting your home and car ready.

Listen to weather forecasts regularly.

Stay off the roads if at all possible. Limit your time outside. If you need to go outside, then wear layers of warm clothing. Watch for signs of frostbite and hypothermia.

Prepare at home:

Ensure that the home has enough non-perishable food for at least 48 hours. This can include dry goods, canned food, granola bars, etc.

Get a case of bottled water for the home.

Ensure the first aid kit is together, flashlights work, and the emergency radio is working.

Have extra batteries for radios and flashlights.

Prepare your car:

Items to stay warm such as extra hats, coats, mittens and blankets.

Windshield scraper, shovel, flashlights, batteries, first aid kit, emergency radio.

Have water and non-perishable snack food.

Know your winter weather terms:

Winter Storm Warning	Winter Storm Watch	Winter Weather Advisory
Issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12-24 hours before the event is expected to begin.	Alerts the public to the possibility of a blizzard. Heavy snow, heavy freezing rain, or heavy sleet. Winter Storm Watches are usually issued 12-48 hours before the beginning of a Winter Storm.	Issues for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.

Learn the signs of, and basic treatments for, frostbite and hypothermia.

Frostbite: Causes the loss of feeling and color around the face, fingers and toes.	Hypothermia: Is an unusually low body temperature. A temperature below 95 degrees is an emergency.
Signs: Numbness, white or grayish-yellow skin, firm or waxy skin. Actions: Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad. Seek medical attention as needed.	Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness. Actions: Go to a warm room. Warm the center of the body first – chest, neck, head and groin. Keep dry and wrapped in warm blankets, including the head and neck. Seek medical attention as needed.