

>> How can you sit there  
like there's nothin' to do  
Just like you don't care  
what the world's comin' to  
Lord

>> I know we can make it  
I know that we can  
I know darn well  
we can work it out

>> It's gonna be hard,  
but like people say  
No matter how hard,  
where there's a will,  
there's a way

>> I know we can make it  
I know that we can  
I know darn well  
we can work it out

>> Welcome to, and welcoming  
back my co-hosts, and the  
co-hosts who are ghost hosts,  
Amelia and Iris Bermudez, who  
produce the program.

This is Archie Jennings with...

>> Julien Henley.

>> Julien, how you doing?

>> I'm doing good.

I can't wait to hear about your great recognition, and the great work that you've been doing as an organization for this territory.

>> Well, you've been part of the whole thing, so...

You're settling back in your ABA coordinator position and taking on those great battles.

>> Oh, yeah.

It's one that I couldn't project that would be of such great challenge.

But I feel that we're making progress on --

There's things that's coming together.

There's individuals who care.

And you're finding, with everything that we're doing, that more and more people are getting in tune with the

disabled community and what they might need, or how they can encourage them to be more vocal. And we've been doing that over the years.

>> Great, great, great.

So, this morning, we have a couple guests that are gonna give us great information,. This is an inclusive program for people with disabilities and without disabilities, so we try to make sure that the total community stays informed of what's going on, and what benefits them and how they can participate.

So, we have Ms. Joanne Karr, Ms. Ginny Dargan, who are both connected with the CDC program.

Is that correct?

>> Yeah, that's correct.

We're both CDC contractors working with the Department of Health.

>> Okay.

And would you state your name

and what's your connection?

>> Okay.

My name is Joanne Karr, and I'm

a health-education specialist.

>> Ms. Dargan.

>> I'm Ginny Dargan, and I am a

communications specialist.

>> All right.

And, both of you, can you tell

the community what you do in

regard to health and the CDC

here in the Virgin Islands?

>> Primarily we engage with the

public and the community in

educational-outreach programs,

seminars, and workshops.

The idea is to make sure that

our community is as prepared as

possible in case a disaster

strikes.

>> Is it just disasters?

What about communicable diseases

or anything like that since

you're the Center for Disease  
Control?

Isn't that what CDC means?

>> Primarily, it's for disaster  
preparedness.

>> Okay.

And what sort of activities have  
you engaged in thus far, as far  
as the seminars and  
educational-outreach aspects?

>> We have participated in  
various local events like  
UVI Afternoon on the Green,  
the Finance Authority's expo  
they had last weekend.

We've also gone to several  
schools and did a  
disaster-preparedness seminar  
for the kids from, like, first  
to third grade to high school at  
Eudora Kean.

So that type of thing.

>> Okay.

Any other?

>> We also work in the

background.

We do a lot of media, a lot of commercials.

Joanne did a billboard that you notice on the way up Raphune Hill.

Joanne does a lot of design work.

You'll see a lot of her t-shirts soon, radio, television.

You'll also see ads in the movie theaters.

>> Okay.

And, I mean, your work has been great, and you're reaching a population that definitely needs your services.

How is your relationship to the community as to individuals, with the CDC patient --

You know, exactly --

I know you're doing the awareness campaign, but what is your day-to-day when it comes to patients or individuals that is

in need?

Is that something that you guys work with?

>> No, we don't work with medical patients.

Primarily, because it's public relations, we fall under that umbrella or that department for the Department of Health.

>> Okay.

>> We have done some one-on-one work, like in the schools.

It's interesting to see the perception that kids have of what they went through in the last storm, and what their expectations are for anything upcoming.

So that, for me, at least, is a learning experience as to the difference being an adult, and how I see preparing for a storm, and what a child goes through. And one of the things that we're trying to promote is that

parents understand that, in the event of a storm, children need activities that are going to keep them calm and peaceful as they go through the storm.

That's one of the things we're trying to promote.

>> And what about pre-storm?

Like, when you talk with the kids, what do you want the kids to do pre-storm to help their parents?

>> We've explained to them that, as a family, they should have a communication plan so that their parents can tell them where to go in the event of something happening and they're separated, what happens -- if they need to go to an auntie or grandma's house.

You know, things like that.

We've also explained to them the need to build a kit.

That's something they completely

understand, 'cause they know they need food, they know they need water.

And some of them actually have helped their parents in the last storm we had or in Maria.

I explain to them, you know, that they can also stay informed.

And by staying informed, you know, when they're listening to the radio with their parents, or by the television or newspaper or things like that.

We also have, like, little activities.

So, explain to them that, when they're building a kit, they can build their own kit which includes things that they would need.

And the difference is not having electronic things in the event that there's no electricity -- that was, like, a

big hurdle.

That they would need books and games and cards and things like that.

So, it's been interesting.

>> It's always noted that kids are the calmest when there's a storm.

Where the parents are freaking out and making sure, "Do we have all this?" the kid is so calm and ready to put things together.

So it's great that you're doing that, because I think that that makes a difference, especially for preparation when it comes to disasters.

>> Are there any other particulars, such as checklists or things of that nature -- 'cause you have different age groups, you said, from like first through what grade?

>> We did first to third grade.

>> Oh, okay.

>> And then we did

high-schoolers.

With the first through third grade, we have an activity book.

It's called "Ready Wrigley."

It explains concisely what a disaster is, types of disasters, and what you need to do, but in terms that a child would understand.

In the older age group, we talk more about the same things but on their level, but more about stress and anxiety, and things that they can do to relieve those type of things.

>> Such as?

>> Well, I mean, generally, if you're anxious, I think it's easier if you have something that you can focus on so that your attention is not on whatever it is that's making you stressed.

So, again, you know, like  
books, music, those type of  
things.

Whatever type of games or things  
like that.

We stress also helping your  
neighbor.

And everyone felt it's important  
to help whomever they can help.

And I think that way, that  
alleviates a lot of stress  
because you're in action mode  
and you're helping someone, and  
you're not as focused as much as  
what it is that's going around  
-- around -- along -- around  
you.

Sorry.

I'm a little under the weather.

I'm sorry.

>> No problem.

>> One of the things about  
neighbors helping neighbors,  
we've created a document where  
if you have, like, five

neighbors around you, you don't necessarily know their phone numbers.

People nowadays, they have a cellphone number, a home number, a work number.

So it's important that you have in one place all of the numbers so that, in the middle of a storm or in the lead up to a storm, you can reach people.

And also on this form are other things like, are you diabetic?

Do you have cardiac issues?

Are you disabled?

So that your neighbors form little clusters and look out for each other, so it isn't you're on your own in the middle of a storm.

Which I think, traditionally, has kind of been the case.

If the person next to you wasn't a family member or really close friend, you would

kind say, "Oh, they're on their own." Now we're trying to push for communities to be more wholistic about things.

>> Okay.

Well, we have to step back for a minute to pay tribute to our sponsors.

And we'll be right back to "Ability Radio -- You and Your Life."

>> We got to make this land a better land

Than the world in which we live

>> And we got to help each man be a better man with the

>> We can work it out

>> Yes we can, can

Yes we can, can

Oh, why can't we?

If we wanna get together,

we can work it out

>> I know we can make

>> Welcome back to "Ability  
Radio -- You and Your Life."

I'm with my co-host here,  
Julien.

>> Yes, Archie.

You know, we have to keep in  
mind that this is a call-in talk  
show.

>> Right, right.

>> And so if anyone wants to ask  
questions to our guests, the  
number's 779-1079.

And if you're trying to listen  
to it on the radio, it's  
107.90 Da Vybe.

So, we were having some great  
conversations off while we were  
in commercial mode.

Share with us a little bit more  
of the challenges that you're  
having as to communication.

Is there any blocks that you  
have that you feel that you need  
from the community or from your  
office to better communicate and

get individuals prepared?

>> I have been reaching out to churches, to senior organizations to come and do presentations.

And one of the things that I'm a little bit surprised by is, the response I'm getting is, "We're okay. We're fine."

And I don't know if that is because it was too early in the year, not close enough to hurricane season, or whether people just don't want to think about it, you know.

But being proactive will get you your kit together, will get you to have that meeting with your neighbors, to get it together so that in the event, God forbid, we have another storm, we're ready.

>> So, with the Department of Health, at one point --

It might have been VITEMA put

together a program called  
Citizens Emergency Response  
Team.

Is that still alive?

And are everybody working  
together in that regard with the  
community and neighborhood  
approach?

Or how's that being coordinated?

>> I think, Department-wise,  
everyone functions on their own  
unless there's a call to get  
together and function together.  
So I think that CERT is still  
around.

How well it's functioning, I'm  
not sure.

I know there was a call for -- I  
think FEMA has, like, a youth  
council on disaster, and there  
was a call for more younger  
people to attend it and  
participate.

So, you know, it's kind of back  
into what Ginny said -- there

are a lot of routes in engaging the community in disaster preparedness, but it's just to make sure that the community as a whole is engaged.

I think that's one of the reasons that we're having our expo, so we can bring all of the partnering agencies together, and different organizations that you would need services from before, during, and after a disaster.

>> So, how's that shaping up?

>> It's going pretty well.

Right now, I believe we're both booked on St. Thomas and on St. Croix, because the expo is in both places.

The expo on St. Croix is gonna be held June 22nd from 11:00 a.m. to 4:00 p.m. at DC Canegata Recreation Center, and the St. Thomas expo is June 29th from 12:00 noon to 5:00

p.m. at Tutu Park Mall in the  
Center Court.

And, you know, it's a family  
event.

We have a deejay with music.

In St. Croix it's DJ Swain.

on St. Thomas, it's DJ Country.

We have Adam Oh, who will be  
hosting both events.

We have giveaways, raffles, and  
prizes.

On St. Thomas, we're currently  
all booked up, as well as St.  
Croix, and our participants  
range from Viya, Department of  
Health, Human Services, the fire  
department, the police  
department, VITEMA, FEMA, Family  
Resource Center, St. Croix Long  
Term Recovery Group, the Humane  
Society.

So it's gonna be a great event,  
and we hope that everyone comes  
out and participates.

We will also be giving away

emergency kits on both islands.

And the emergency kits are in a backpack, and it includes emergency radio, a can opener, toiletries, wipes, et cetera.

>> It also includes a ziplock, where you should be putting all of your important documents -- your insurance information, your, I don't know, Social Security cards.

Whatever you need to keep dry and mold-free.

So that's a big plus.

Most people forget that.

>> One of the areas that's of major concern is individuals with pets.

Do you have any kind of advice for individuals at this point?

We're planning for the kids.

We're planning for the adults.

The pet, sometimes, is a part of that family.

>> Yeah.

In our presentation, we do include care for pets.

So, if you have a pet, or it's a service animal, we explain that they would need the same things that you would need.

They would need food, and they would need water for "X" amount of days.

If you have -- like, if you're going to a shelter, you need to have a cage or a carrying case, things like that.

And if you would have to evacuate and you're going to another location, that you ask whomever it is that you might be staying at if it's allowable to bring your pets so you know.

Because I know that after the storms, there was a serious issue at the Humane Society of people literally abandoning their pets, or pets abandoned all over the island.

And that's one of the reasons that we will have Donna Wheeler, she's the executive director of the Humane Society, at our event on June 29th.

>> Are they gonna do some presentations about -- various people like the Humane Society?

>> Yeah.

We haven't developed a program yet, but we will have a program, I think, on various aspects that touch the lives of people.

I know that Humane Society will have a more developed explanation on pet care, especially during a disaster, for individuals who approach the booth, as well.

>> I don't know if you --

We have a caller?

Okay.

Let's hear from the caller.

>> Hey, good morning, Mr. Mason.

>> [ Speaking indistinctly ]

That program, matter of fact, we just finished two youth CERT -- one at the high school on St. Croix, and one at Eudora Kean High School here on St. Thomas.

We've got a couple more on the books to do, so we're still doing it.

>> All right.

Do you have any contact number for people who want to participate?

>> Once we put it out and we advertise it, then I will call back.

[ Speaking indistinctly ]

So, once we put it out, it's gonna be on the website.

And then it's three days.

We start Friday afternoon about 6:00, and then we finish on Sunday about 3:00 with a big disaster drill.

So, once we have the schedule  
and we put it out [Speaking  
indistinctly] they'll be able to  
call and sign up for it.

>> Okay.

You say website. Which website?

>> It's gonna be VITEMA website,  
but it's not out yet.

The schedule is not out yet.

It's just in the planning stage.

I was just trying to put it out,  
you know.

So, I guess I want you to know,  
yes, we're still doing it.

The schools have just completed  
CERT, and we're getting ready to  
schedule some adult CERT.

So once we start doing that,  
we'll put it out.

>> All right.

Thank you, Mr. Mason.

The man in the know.

>> Thank you.

>> Yeah. Take care.

>> Thank you.

Thank you so much for calling  
in.

Great comments by Mr. Mason.

And, as you know, they play a  
major role with all that you're  
doing.

And, so, have you been --  
is your role, as far as learning  
things from them so you're kind  
of not reinventing the wheel,  
is there anything that some of  
these agencies is doing that  
you're practically doing?  
Or you're more reinforcement of  
it?

>> Yeah.

Basically, we're just  
reinforcing a lot of the  
communication plans that VITEMA  
and FEMA put out.

I think that, with the constant  
reinforcement, especially --  
When we do our presentations, we  
have our emergency checklist  
that we give out to everyone so

that people -- you know, it will become a habit.

Like, for me, because I was a senior in high school when Hugo had hit, a lot of hurricane preparedness for me is like breathing.

It's just an automatic.

At a certain time of the year, I buy my supplies, I get my water, I have my storage bins to fill up if I need to.

But for a lot of people, that's really not how it is.

And we always have individuals that are moving to the islands that really have no idea what it's like if they experience a hurricane or another natural disaster that happens based on our tropical location.

>> And because of tropical location, and we just had Mr. Mason on the line, one of the topics that he really

expands on is earthquakes.

In your messaging, is that part of your planning?

>> Okay, thank you.

>> We can answer that after we take a call.

>> Yes, caller.

"Ability Radio."

>> Yes, good morning.

Good morning.

>> Good morning, sir.

How you doing?

>> Morning.

>> Yeah, I'm good.

How you doing?

This is Bruce Ramon.

You have a great program this morning.

I'm all excited. I'm listening.

But I missed the name of the organization and who was there.

Could you repeat that for me?

>> Sure.

Thank you, Bruce, for calling in.

My name is Joanne Karr, and I'm a CDC contractor working with the Department of Health, and I'm currently a health-education specialist.

>> My name is Ginny Dargan.

I'm also a CDC, as a contractor, assigned with the Department of Health.

>> Oh.

And you said that you have a fair coming, an expo coming up?

I'm on St. Thomas.

Could you repeat that expo information, too, for me?

>> Sure. No problem.

The expo is gonna be held on St. Croix and St. Thomas.

On St. Croix, it's June 22nd, from 11:00 a.m. to 4:00 p.m. at DC Canegata Recreation Center.

On St. Thomas, it will be held on June 29th from 12:00 noon to 5:00 p.m. at Tutu Park Mall, the Center Court.

>> One more question.

I know you ladies are good.

I just, I have an organization called Ride Out the Storm volunteers.

Would we be able to partner up with your expo?

Because we're on St. Croix and St. Thomas.

>> Right now, we're booked, but if you give us your information, I might be able to see what I can do.

>> Okay.

Do you have a contact number that you can share?

Or you can get my number from Julien.

He has it.

>> Okay.

Thank you.

>> Thank you guys so much.

>> All right, Bruce.

All right. Take care.

Yeah, have a good one, buddy.

>> Thank you so much.

I'll keep listening.

I really love what you're doing.

Great program.

Thank you.

>> All righty.

>> Julien, please share my  
number.

>> I will.

>> I'll make sure he does it,  
Bruce.

Don't you worry, buddy.

>> Yeah, you got to stay on  
them.

You know that, right?

[ Laughter ]

>> All right.

So, ladies, one of the things  
that was being discussed is the  
upcoming fairs.

And, actually, I don't even know  
if our agency is -- I was gonna  
say the Disability Rights --  
part of the St. Thomas or St.  
Croix program.

>> On St. Thomas, I don't think  
so.

But on St. Croix, I think.

I'm not sure.

We just finished, actually,  
finalizing our list yesterday.

But we were in the midst of  
packing the backpacks for the  
giveaways, so we haven't  
finished making sure that  
everyone's on their...

>> Because I was off-island,  
when I came, I saw your flyer,  
and then I was wondering what  
was happening with our agency  
and yours, because we want to  
make sure that people with  
disabilities who can't go to the  
fair --

We may have a little bit  
slightly information on  
preparation, such as, even  
though both are connected and  
brought it up before,  
medication.

Making sure you have enough medication prior to the storm. Julien brought it to my attention in the last hurricane, and then he started working on helping people get medication after their drug stores and everything was down. And from your medical background, that's something I'm sure you're aware of.

>> Well, it's not just about getting medication.

Because you can get medication. But you have to be able to preserve it.

For instance, a lot of diabetic medications have to be kept cool.

>> Right.

>> So that's something you have to plan for, which is what we are trying to go out and reach out to the community and say, "You need to plan for these

things."

And I know, with rotary, for instance, we had gotten information about certain products that are available that can keep specifically diabetic medications cold without a refrigerator and without ice.

So, there are things you can go online and investigate.

So it's not just getting the medication, it's preserving it.

You need to put it in ziplocks so that it stays dry, and so it's usable.

And all of this goes into the preparedness for a storm.

>> And, also, there might be some intersection with Red Cross there, because Red Cross is the one who had the generators last time, with regard to it, and I think they still -- I don't know if they're there at your fair.

>> Oh, yeah.

They will be at both expos.

>> At both fairs?

Okay, good.

I say fair, and I should be saying expo.

>> No, we know what it is.

>> And, you know, a lot of individuals even, with that being said, has come up with some great ideas.

I know one of the qualifications for Red Cross was you have to have a respiratory challenge. Whether it was asthma or whether it was you're a diabetic and stuff like that, you then qualified for these very small, quiet generators that really is not made to run your refrigerator.

It's made to run a small refrigerator and keeps your medication, or your diabetic medication especially, cool.

But then what about influence,  
especially through Department of  
Health, as to the insurance?

Most individuals are on Cigna.

This is a disaster area.

This is hurricane season.

Sometimes some pharmacies allow  
90-day prescriptions.

Is there anything that, through  
your advice or conversations,  
you been contacting Cigna to  
say, "Hey, if we have patients  
now throughout this hurricane  
season, especially peak time,  
August through October, they  
should be able to fill their  
prescription and pay and get the  
treatments," work for those who  
could afford that?

Is that any kind of  
communication?

>> It's my impression that there  
is a dispensation that, in the  
event of a storm coming, then  
the rules are kind of set aside,

and you can get a three-month supply if you go to the pharmacy, if your doctor said it's okay.

But normally that's not the case.

Normally you need to, on a monthly basis, pick up your prescriptions.

You can mail-order some.

Because I don't personally mail-order, I don't know if it comes once a month, or whether it comes as a three-month supply.

But it is something that, in the event of a storm, the rules kind of are a little bit more flexible.

But as a general rule, it's not gonna.

>> So a person should check with their pharmacist?

They may know those rules and give you --

>> Yeah, that's correct.

They should first speak with their doctor, and then check with their local pharmacy.

And then, that way, if they need to make any arrangements, they can beforehand.

And it's better to be prepared than not to be.

>> Again, that's part of preparing for the storm, so that you know what the rules are for you, because every doctor's office is different, every pharmacy is different.

So there is no blanket "all the pharmacies will do this, this, this."

>> And every medication is different.

So, some, you can get the 90, and some, if it's controlled, it might say only 30.

But we want to encourage the listening audience to really

have that conversation.

Because, like Archie mentioned, that was one of -- a very stressful time of individuals who couldn't get even the types of medication that they wanted. And medication was running out at the clinic, at the hospital, and they were substituting little things.

"Maybe if we try this or try that."

And that ends up into other chronic health issues.

So, I think it's one of those things that really sits on the top of the shelf, as to medication.

And I think that topic, to preserving your medication, like diabetic stuff, I think they had, like, a sleeve that you would wet the sleeve, and then the sleeve keeps it cold for five days.

Things like that, I think it's really good for individuals to look them up.

I was actually searching locally to see if I could find them, and you couldn't find them.

So that's one of the reasons that I know of this, that you can actually order them if you need them.

>> That's the sleeves you're talking about.

>> That's the sleeves.

>> So, everybody who may need it might want to -- do you know of a source where they can get those sleeves?

>> I can get that information.

I don't have it here with me.

>> Right, right.

Because now's the time to prepare.

That's why we're trying to have these shows, CDC folks are here -- to put you on alert and to

take care of some of these things, because we are end of June.

>> Yep.

And, once again, your communication has been great. I think that a lot of individuals know about it, I guess, within our circle because we deal with individuals with disabilities, we deal with those that have challenges as far as communication, those that's deaf or hard of hearing.

Would you have sign-language interpreters at your event?

Is there a need for that at your event?

>> I'm sorry to say that's something we probably overlooked.

But we still have time.

We can make it happen.

>> And we can give you a

contact.

>> We still have time.

>> Yeah, and we have contacts that we can give you, the names of persons who could be there.

You'd probably need two, at least on each island, because --

>> Yeah, that's great.

>> Right.

>> ...in order for the communications to take place and be effective for persons with disabilities.

And, also, with the emergency kits, for those who are disabled and don't need the special radios that Julien and USAID have worked out.

For persons with hearing disabilities and visual disabilities, they're getting special radios that either blink or have an LED information across it, but they're only weather radios tied to the NOAA

Weather Radio system.

>> And that's a great tool to have, because it actually, if you're a person that's deaf, you would see the light blinking, so then you know to go and check to see what's going on.

And it's called a Midland weather radio.

There's two models.

There's the EZ and then there's the standard.

We have the standard.

And then there's one that's EZ that's one step higher.

But not that expensive, but they're a great tool to have, especially seniors and others who might need notifications.

>> Are they battery-operated?

>> Both.

They're dual battery and power so that you can keep it plugged in, and when it's time for a storm or whatever, you can turn

it over to battery.

>> And those who are visually impaired and hearing impaired that did not pick up a weather radio at DRCVI St. Thomas, there will be another showing on June 25th at 5:30 p.m.

313 Havensight office.

And those who have not picked up those special radios can.

They're free, so come by and pick up what's available.

And we're trying to make sure people know how they operate.

That's on June 25th at 5:30 p.m. at our offices on St. Thomas.

>> And even for those who received it, we're inviting you back if you didn't totally understand, or you took it home or you tried to see if this works.

Please, you probably might not be hearing what we're saying

because you're deaf or hard of hearing, but if there's someone who knows someone who could get that message to them and say, "Do you know how your weather radio is working?"

"Oh, I didn't get one."

"Okay. You need to go to the Disability Rights Center over at Havensight, suite 313, 5:30 on June 25th to see exactly how these radios work."

>> That's totally awesome.

I think we'll also make a note of that, put that on our DoH Facebook page so that we can reinforce that idea and make sure that the community who needs them comes out and gets them.

>> And that, for anybody that's going to the expo, such as our office, try to give as much handwritten information for persons who are hearing impaired

so they can take that home and have that with them.

Family and friends, also, we're asking them to notify persons with disabilities within your family to come to the expo, make sure they get all the information that's available to the rest of the community.

And we encourage that, especially with the picking up of kits.

Because I assume, between your CDC, Red Cross, everybody on the island should have a kit.

>> Yeah.

[ Laughter ]

>> And I think CERT gave me a kit seven years ago, so I need a renewal.

>> Okay.

[ Laughter ]

And it's great, because when you look at -- like, you're doing what you're doing, and others

are doing similar.

And when you bring them all in one room, you realize how strong it is.

And I think that is something that, we have to get out of the silos and start getting into where we're connected, and having messages out for -- you know, even with all the messages that you do, to say, "If you're an organization who does what we're doing, please give us a call."

Because just like we're having dialogue today, and there's things that, with all your hard work, that slips through the cracks.

>> Yeah.

That's always the case.

And we actually do encourage anyone, if they have an organization that's interested in educating everyone about

disaster preparedness, or they are in a similar field as us, we encourage you to let us know, and then we can pool our resources and do something together.

>> One of the things, especially for the disabled community, that they have challenges with storms and preparation for storms, especially going through it, is being misplaced.

A person who's blind, who knows how to walk through their home. A person who has a mobility device.

Before storm, everything is uncertain.

So those are the individuals that we really need to, when we're meeting and talking with them, kind of find out their experience or where they are. Because all it takes is the announcement of a hurricane and

everyone goes, really, in a bad mood.

So, we're gonna be taking a break.

Keep in mind, this is a call-in talk show.

779-1079.

Archie, we're gonna take a break.

>> "Ability Radio" back at you.

>> Thank you.

>> And do respect the women of the world

Remember you all have mothers

We got to

>> How can you sit there like there's nothin' to do Just like you don't care what the world's comin' to Lord

>> I know we can make it

I know that we can

I know darn well  
we can work it out  
>> It's gonna be hard,  
but like people say  
No matter how hard,  
where there's a will,  
there's a way  
>> I know we can make it

I know that we can  
I know darn well  
we can work it out

>> Welcome back to "Ability  
Radio -- You and Your Life."  
Well, we have some great guests  
here -- Ms. Karr, Ms. Dargan --  
and there are some other issues  
that we might want to touch upon  
as we come upon your expos that  
are coming up on the 22nd of  
June in St. Croix and the 29th  
of June on St. Thomas.  
And we were just discussing some  
of the other items, such as  
water and cleaning of water.  
Is there information the CDC

wants to make sure the public is aware of?

>> Yeah.

We have a fact sheet on cleaning and disinfecting your cistern.

And so it just outlines the basic information that you would need so you can make sure that the water that you're drinking is clean.

Ginny, you want to talk about the water purification?

>> There are various systems that you can get commercially where you can dip water out of your cistern, put it through this system, and end up with water that is perfectly clean.

It can be used for drinking, for cooking, for bathing.

They're a little bit pricey, but if you keep your eyes and ears out, sometimes there are community organizations that give them out for free here in

St. Thomas for sure,  
and I believe they also do it in  
St. Croix.

So if you hear somebody giving  
out water filters, go grab one,  
because they're definitely worth  
it.

Something else I'd like to talk  
about is, as part of the  
planning, many people don't  
think, I guess, far enough  
ahead.

But in the event that you have  
to evacuate your house in the  
middle of a storm, if you don't  
know every route from your house  
to the potential shelters, then  
you're gonna be out on the road  
and basically put yourself in  
danger.

Part of the planning process is  
figuring out, what are the  
roads, what's most likely gonna  
be available, where is the  
nearest shelter.

I mean, I'm not advocating you move during a storm, but if you have no choice, you're better off if you know where you're going.

>> Right.

>> Even if it's to your next-door neighbor, you need to know how to get there.

>> And to piggyback on that, that's why we have the neighbor-helping-neighbor plan -- for you to communicate with your neighbor prior to a disaster in case you have to stay there and ride out the storm, because that would be the next thing.

Because you're not going to leave in the middle of a storm. And during Maria, my landlord actually came, and the upstairs apartment, the door was, like, coming off, and the wind was just pulling the shutters.

And she called and she asked us for help, and we helped her.

And that's basically what you do in case of an emergency.

But we just want to make that everyone is prepared.

I know a lot of people have actually said to me, "Well, how can you be prepared?"

There are things that you can do so you don't have to think about in case a disaster happens.

You can have enough food, enough water.

If you can, you can have your medical devices with batteries.

If you have a disability, you have the medical equipment that you would need.

If you need to leave and go to a shelter, you can always make sure it's packed up prior to if you have that need.

But I think it's better to be cautious than to just say,

"Okay."

I know, where I lived, we were fortunate that the grocery store down the street was open, so we didn't have an issue of getting supplies.

But that wasn't the case for a lot of people.

And also, where I live, 'cause I live on the East End, we don't have access to shelters.

So these are the type of things that you have to take into consideration, especially if you live with someone that has a type of disabled or special needs or are elderly and they need specific care.

>> Right.

Well, also, we're asking those who have special needs or disabilities to prepare ahead of time and go to a shelter rather than waiting for the storm to approach or hit, and then

they're stuck.

Because the last couple -- well, there were two at the same time -- people were almost abandoned.

Because imagine you're a person who has a hearing disability.

They get themselves in a situation where they don't know if the storm's over or not unless they're with someone or they're in a shelter and that kind of thing.

Also mentioned something about immunization.

There was something in the preparation for the storm that may be helpful for everyone regarding...

>> One of the biggest things, particularly after the storm, you've got debris everywhere, you've got roofs that have come off, you've got metal pieces, nails, screws, whatever, and you never know.

You need to make sure that your tetanus shot is up, and you are able to not get lockjaw.

Okay?

Tetanus shots need to be given every 10 years.

You need a booster.

You can proactively make sure that you're prepared by getting a tetanus shot before a storm.

Like June 1st, schedule.

"For this year, I'll do it," and keep a record that you have it done.

Make sure you have your immunization card up to date.

That's one of the things that needs to go in that ziplock keep-dry pouch.

>> Wait.

It's been a year since I've seen an immunization card for me.

[ Laughs ]

>> Well, you need to find it.

>> I have no idea where mine's

at.

>> Now you've been told.

>> I did it for my kids for years, but I never thought that I needed one after an adult.

But that's why we're having you here.

Give us information.

Tetanus shot, here I come.

>> Yep.

>> I'm late already.

June 1st is already past.

>> Every 10 years.

That's right.

>> And one of the other areas is diet.

People in storms, they're filled with food with sodium and salt and all the stuff that comes with MREs and different things.

What kind of message do you have for individuals now if they haven't started?

What would you say?

What is your game plan for

individuals accumulating food  
for storms?

>> Well tell everyone, don't  
wait until June 1st.

Start at the beginning of the  
year.

You can start building your kit  
at the beginning of the year,  
and you can stretch it out.

The best thing to do is to buy  
dried foods, things that can be  
rehydrated.

If you're on a specific diet,  
you know what you're supposed to  
eat and what you're not supposed  
to eat.

So you can get the items that  
you need ahead of time, and you  
won't be waiting, and then you  
won't be relying on Vienna  
sausage, Skittles.

[ Laughter ]

>> I didn't know Skittles was a  
food.

>> Ravioli, MREs.

You know, the Beefaroni.

Yeah.

>> Don't forget the baby root  
that was in there, also.

>> Oh, yeah, the baby root.

The cameos.

You want to be prepared, because  
you really -- that type of diet,  
high in fat and salt and sugar,  
takes a toll on your body.

And you may not see it at the  
time, but it does affect you in  
many ways.

>> But some of the foods that  
are really, really good are  
high-protein foods.

Peanut butter, for instance.

Beans that are dried that, as  
Joanne said, can be rehydrated.

These are things that you can  
set aside.

They won't go bad.

They should be used.

>> All right.

Well, I think we got one more shot for the sponsors to come through, and we'll be back at you with "Ability Radio -- You and Your Life."

>> All right.

>> We got to take care of all

>> I know darn well

we can work it out

Oh, yes, we can

I know we can, can

Yes, we can can

>> So, we're back with our guests.

And what do we have as far as wrap-up?

Making sure that public knows of what's gonna go on next weekend and the following weekend.

>> Yeah.

We just want to make sure that everyone comes out to our expo.

If you are in St. Croix, it's

June 22nd from 11:00 a.m. to  
4:00 p.m., DC Canegata  
Recreation Center.

And if you are in St. Thomas,  
it's from June 29th.

It takes place during 12:00 noon  
to 5:00 p.m. at the Tutu Park  
Mall Center Court.

We have music, we have  
giveaways, we have prizes.

We have the majority of all the  
agencies and organizations  
coming out to attend our expo.

So if you have any questions or  
concerns, that's the best time  
to come out.

We're also giving away an  
emergency-preparedness kit.

So stop by and get your kit so  
you can be prepared.

Ginny, do you have anything you  
want to add?

>> Our mantra is to make a  
plan, make a kit, stay informed,  
and meet with your neighbors so

that it's an all-inclusive  
neighbor-helping-neighbor  
situation.

That's how you stay prepared.

Become more proactive.

Think about the things that you  
personally are gonna need, like  
your immunizations, Archie.

>> Yeah.

>> [ Chuckles ]

>> And try to spread the expense  
out over the year.

Think about the things that are  
nonperishable items that you  
will need, like batteries, like  
a radio, like candles, a can  
opener, different things, so  
that you will pick them up  
gradually.

Because you know, in the event  
of a storm, KMart is gonna be  
overwhelmed.

>> And Home Depot.

>> Yes.

[ Laughter ]

>> And don't forget your matches  
and cigarette lighters because  
of those candles.

>> Archie, this has been a great  
show.

>> All right.

Good seeing you again.

We've sort of been running our  
separate ways and trying to  
cover the disability community.

Thank you, Ms. Karr,  
thank you, Ms. Dargan, for  
giving us this information.

And if we can do another show  
before the height of the  
hurricane season, if you've got  
something else going on, we  
certainly want to bring you  
back, because we want to keep  
the community up and informed.

So, again, thank you, listening  
audience.

Hope you have a good day, good  
weekend, and everybody be kind  
to one another.

>> Definitely do that, Archie.

All right.

Have a great week.

>> Bye-bye.

>> Bye-bye.

>> I know we can make it

>> I know we can

I know darn well

we can work it out

Oh, yes, we can

I know we can, can

Yes, we can, can