



Proudly providing resilience education and training in the Shenandoah Valley since 2000.

Resiliency Digest

September 2021

*News & tips for being ready
before, during, and after emergencies.*

Having trouble reading this email? Click the link to view in your browser.

[View as Webpage](#)

PREPARE TO PROTECT

Preparing for disasters is protecting everyone you love



September is **National Preparedness Month** (NPM). Launched in 2004, NPM is FEMA's annual preparedness outreach campaign that aims to educate and empower Americans during NPM and throughout the year to prepare for and respond to all types of emergencies, including natural disasters and potential terrorist attacks.

What can you do to Prepare to Protect? Resolve to do one thing each week in September that will prepare you and yours for natural disasters and emergencies. Here are FEMA's recommendations:

Week 1 September 1-4: Make A Plan

Talk to your friends and family about how you will communicate before, during, and after a disaster. Make sure to update your plan based on the Centers for Disease Control recommendations due to the coronavirus.

Week 2 September 5-11: Build A Kit

Gather supplies that will last for several days after a disaster for everyone living in your home. Don't forget to consider the unique needs each person or pet may have in case you have to evacuate quickly. Update your kits and supplies based on recommendations by the Centers for Disease Control.

Week 3 September 12-18: Low-Cost, No-Cost Preparedness

Limit the impacts that disasters have on you and your family. Know the risk of disasters in your area. Learn how to make your home stronger in the face of storms and other common hazards. Check your insurance coverage to make sure it is up-to-date.

Week 4 September 19-25: Teach Youth About Preparedness

Talk to your kids about preparing for emergencies and what to do in case you are separated. Reassure them by providing information about how they can get involved.

Follow along on the [Shenandoah Valley Project Impact Facebook page](#) for more tips to incorporate into your preparedness planning.

Keeping Up with COVID-19 News



Want to keep up on the latest COVID-19 guidelines and news like back-to-school safety, booster shots, travel information, or the possibility of break-through infections after vaccination? The CDC has a "What's New & Updated" section on their website that will give you the absolute latest and most accurate information available.

[Read More](#)

Coordinator's Corner



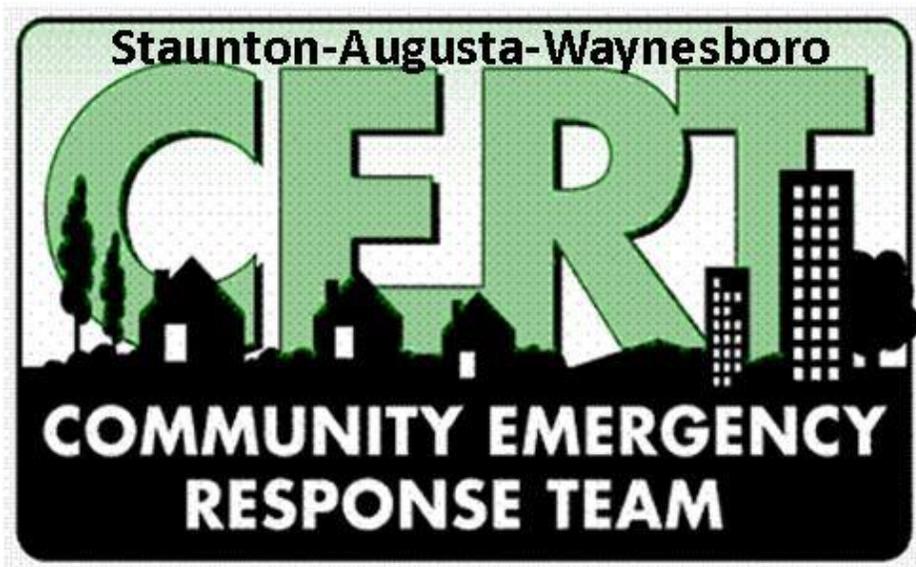
This year, September will be a month of remembrance and preparation for many of us. Two significant anniversaries occur in September 2021. Twenty-five years ago, Hurricane Fran caused significant flooding in the Central Shenandoah Valley. Twenty years ago, the terrorist attacks at the World Trade Center, the Pentagon, and Shanksville, Pennsylvania shook our nation to its very core. September is also National Preparedness Month (NPM). NPM was started in 2004 in the aftermath of the 9/11/2001 terrorist attacks and because September is typically the most active month of hurricane season.

Hurricane Fran made landfall near Cape Fear, North Carolina on September 5, 1996 with sustained winds of 115 mph. In the U.S., Fran caused 27 fatalities and \$5 billion in damages (1996 USD). In western Virginia, up to 16 inches of rain fell and Page and Rockingham Counties were hardest hit. The Shenandoah River crested 20 feet above flood stage and the South Fork of the Shenandoah River crested at 22 feet above. Based on its impact, the name Fran was retired from being ever used to name a hurricane again.

On September 11, 2001 a series of four coordinated attacks with hijacked airplanes were carried out from 8:46 a.m. to 10:03 a.m. These attacks were some of the deadliest terrorist attacks in World History causing the deaths of 2,996 people. That day, the way Americans viewed their sense of safety on United States soil, changed forever.

To help Americans be better prepared for natural and human-caused disasters, National Preparedness Month was created. The 2021 theme for NPM is “Preparing To Protect. Preparing For Disasters Is Protecting Everyone You Love”. Each week of September will focus on a different preparedness task; 1. Make a plan, 2. Build a kit, 3. Low-cost, no-cost preparedness, and 4. Teach youth about preparedness. During a month where we will be remembering two disasters with lasting impacts while we are also in the middle of a third with the COVID-19 pandemic. Doesn't it only make sense to spend a little time this month preparing yourself and those you care about to be safer?

Community Resiliency Achievements & Announcements



Did the start of the pandemic catch you off guard? Do you wish you had been more prepared? This fall, Community Emergency Response Team (CERT) Training sponsored by Augusta County, Staunton, and Waynesboro will restart. Learn how to be prepared for severe weather, emergencies, and disasters. The course is free and all materials will be provided. If you would like to learn more or be put on the waiting list for the Fall CERT Course, contact Rebecca Joyce SAW CERT Coordinator at rebecca@cspdc.org or 540-292-7754.

For additional resources to help protect yourself, loved ones, and property, visit the [National Weather Service](#), [Ready.gov](#), [U.S. Fire Administration](#), and the [National Safety Council](#).

[540.885. 5174] [rebecca@cspdc.org] [www.cspdc.org]

Follow Us



Central Shenandoah Planning District
Commission | 112 MacTanly
Place, Staunton, VA 24401

[Unsubscribe](#)

jeanne@associationbuilders.com

[Update Profile](#) | [Constant Contact Data
Notice](#)

Sent by rebecca@cspdc.org.