



Mishawaka Communicator



Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life, and inspiring pride in our community.

Dave Wood, Mayor

www.mishawaka.in.gov

July 2012

A Letter from Mayor Dave Wood



Recently, I attended The Mayoral Institute Seminar, Senior Officials Workshop for All-Hazards Preparedness, and Crisis Leadership and Decision-Making Seminar for Elected Officials. Attending with me were several key City of Mishawaka Department Managers. This is an area that the Mishawaka Police and Fire Departments continually train in and are well-versed. It is just as important that your elected and senior officials are knowledgeable in how to prepare, prevent or respond to emergencies. I found the time to be most valuable and I learned a lot.

The purpose of this workshop was to prepare senior level elected officials on how they should prepare, prevent, protect against and recover from emergency situations, be they natural disasters or man-made. The course was taught by nationally respected instructors who have trained many government officials on disaster preparedness and response. Course work included case studies and actual disaster scenarios.



My goal in making the citizens of Mishawaka aware of my involvement in this workshop is not to alarm or insinuate that a disaster is likely to happen. Indeed, my goal is to make you aware that my administration is committed to devising emergency plans that will protect our city and its citizens in the event that a disaster occurs. I believe that if we fail to prepare and devise a plan for these types of situations, the consequences could lead to far worse consequences.

Citizens have come to expect a certain level of safety and public services from their elected and senior officials. Day-to-day, these safety and public service expectations usually revolve around issues such as local crime, potholes, schools, zoning, snow removal, waste management, economic development, etc. These are issues that normally consume most of a City's time. While citizens are not "banging down the doors of City Hall" to demand a

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Prevent Your Athlete from Overheating this Summer

Advice from Saint Joseph Regional Medical Center

Parents, here is a cool breeze of relief as summer starts scorching. Heat illness in young athletes is largely preventable, experts say. With a few common-sense safeguards, practices, meets, and games can go on even when the mercury rises.

The American Academy of Pediatrics (AAP) recently revised its guidelines on sports and heat. The update cites new research showing healthy kids and teens can adapt to the heat just as well as adults.

Smart Strategies Keep Players Cool

Preparation goes a long way in keeping warm-weather workouts safe. If your child is on a team or in a league, ask school or sports officials about their emergency plans. They should have trained staff present at all practices and games, and be ready to change the length or reschedule when the heat index gets too high.

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Summer Energy Savings Tips

- ◆ Repair and weatherstrip air leaks in the home; about 10-25% of energy used to cool homes escapes via leaks
- ◆ Install a programmable thermostat; set it higher when you are away
- ◆ Install ceiling fans to circulate cool air throughout the house.
- ◆ Close draperies and shades on south-facing windows to block sunlight and heat during the day.
- ◆ Move furnishings away from floor or return air vents.

Upcoming Concerts

Battell Bandshell

Concerts begin at 7pm

- 7/2—Ron Wiggins Quartet
- 7/9—Michiana Concert Band
- 7/16—Everyday People
- 7/23—Acoustic Justice
- 7/30—Da Bears

Beutter Park

Concerts begin at 6:30pm

- 7/5—Everyday People
- 7/12—The Kameleons
- 7/19—VanDyke Review

Family Movie Night

Beutter Park

Movie - TBA

Movies begin approximately 9:15pm or dusk

A Letter from Mayor Dave Wood (continued)

better level of emergency preparedness for issues such as terrorism incidents or major disasters, they will certainly expect an effective response when an incident occurs.

While attending this workshop I was reminded of how crucial time can be during an emergency. Citizens in despair will turn to elected and senior officials for answers, aid and comfort during an emergency. This has a great deal to do with why I volunteered to become a part of this seminar. It was made clear to me that the first 72 hours of responding to an incident or major disaster will be critical to determining the successful response and recovery efforts of a situation. Communication with the public is vital in the days and hours leading up to an incident, as well as during and immediately after the event. Some hazards offer some warning to officials and citizens while others may occur without notice. Regardless of the type of hazard that we may face in our community, your elected and senior officials can play a productive communication and response role by being prepared.



It is also very important that you are prepared in the event of an emergency. Devising a “family plan” for a disaster is highly recommended. Communication plans and maintaining disaster supplies such as food, water, batteries and medical supplies should be essential to your disaster plan. Each and every one of us should take

a personal responsibility for making individual and family preparations as that will play an important role in aiding in the overall response and effectiveness of the City’s emergency management strategy. By developing a household emergency plan and assembling disaster supplies in advance of an event, people can take care of themselves until assistance arrives. This includes supplies for household pets. (See the recommended disaster supplies list at <http://www.ready.gov>). By carefully following the directions provided to the public via various media, residents can reduce their risk of injury, keep emergency routes open to response personnel, and reduce demands on landline and cellular communication.

Businesses should also have emergency plans developed to safeguard employees and property. Small businesses and companies represent 99.7% of all employers and it is important that they are prepared not only for their business, but also for their employees and community. In many facets of the incident, the government works with private-sector groups as partners in emergency management. These organizations play an important role before, during and after an incident.

I want to assure you that the City of Mishawaka is committed to being well-prepared to handle an emergency situation in our Community. We will continue to provide our citizens with the world-class service they have come to know and expect—especially in an emergency/disaster situation.



Prevent Your Athlete from Overheating this Summer (continued)

- ⇒ Talk with your children about the dangers of heat illness.
- ⇒ Explain that they should drink and rest more when it’s warm.
- ⇒ Make sure they know to speak up if they feel ill.



Limit your child’s activity during and soon after illness, especially one that affects the stomach or causes fever. If your child has a chronic condition, including diabetes or cystic fibrosis, talk with his or her doctor before allowing exercise in the heat.

Finally, make sure there are enough fluids on hand before, during, and after workouts and events. Depending on their age and weight, children need as much as one 8-ounce cup every 15 to 20 minutes.

Act Quickly When Heat Illness Strikes

When you’re on the sidelines, watch for warning signs of heat exhaustion. These include:

- ⇒ Heavy sweating
- ⇒ Dizziness & Confusion
- ⇒ Nausea
- ⇒ Headache
- ⇒ Pale, moist skin

If you spot these signs, have your child stop exercising, sit or lie down, and cool off with fluids and cold towels or ice bags. If symptoms don’t subside, get emergency help.