

BE READY - APRIL 2010 PROGRAM EVALUATION

TOTAL PARTICIPANTS: 7,139
ONLINE REPORTING: 6,319, 5,769 compliant
ONLINE SURVEYS COMPLETED: 2,429

SURVEY RESPONSES

Did you enjoy this approach to improving health and safety?

92% YES 8% NO

Have you become more responsible for your overall health habits and lifestyle during the past month as a result of your participation in Be Ready?

91% YES 9% NO

Will you participate in the next program – Read The Label?

95% YES 5% NO

STATEMENT: 1- Poor, 2-Fair, 3-Good, 4-Very Good, 5-Excellent

Emails	3.87
Recipes	3.65
Website & Tracking	3.99
Personal First-Aid Kit	3.69
Overall Program	3.89

PERSONAL BEHAVIOR BEFORE PROGRAM

Emergency tools, kits, and supplies	3.03
Emergency planning or preparation	2.96
Productivity work/home	3.32
Overall well-being	3.41

PERSONAL BEHAVIOR DURING AND AFTER PROGRAM

Emergency tools, kits, and supplies	3.73	24% increase
Emergency planning or preparation	3.73	26% increase
Productivity work/home	3.71	12% increase
Overall well-being	3.77	11% increase



COMMENTS FROM HEALTHIER WY PARTICIPANTS

This was fantastic. It made me realize how much I take for granted. 1 week after I "winterized" my car, I got stuck in a snowstorm and would have been lost without all the stuff that your program had told me to pack. So you saved me!

I read and forwarded to my husband all the preparation tips-we have been advocates for preparation and were really surprised at the ideas and suggestions we had not thought about. It has increased our awareness of 1) the need for preparation, 2) what we need for preparation, and 3) how to better prepare our children. I love the emails and enjoy the recipes. I have been much more aware of what I need to be eating and how it affects my energy and motivation-what an amazing awareness. I am looking forward to reading labels because I have never really been taught-sad to say. Thank you for everything.

I feel that I am now very prepared in case of an emergency. I am an 86-year-old retiree, living alone so getting prepared has been a very positive experience. My daughter records my information since I do not have internet. Therefore, I do not get recipes unless she thinks I would like them. Thank you for a great program.

I am new to the wellness program and this was my first event. I really enjoyed the interaction!

I love your program...I love the reminders...makes my life so much easier. Please keep up the fantastic work!!

The Be Ready Program has inspired us to do the following in the month of May...

- Learn how to turn off the power, water, and natural gas to our house,
- Update the beneficiaries on our life insurance policies,
- Complete living wills and last will and testaments,
- Backup our hard drive and store it and other important documents in a waterproof, fire proof box

I taught first aid and water safety classes and instructor classes for the American Red Cross, High Plains Chapter, for about 20 years. This fit right in with what I preach. I enjoyed the information; maybe instead of a few people giving their statement that it made them feel better to be prepared, the stories of how being or not being prepared could fit in with each of the plan suggestions. i.e. the most important things in order of importance are water, shelter/clothing, food/medication, pets.

The April program was great! I live in a small community and it's hard to convince people that something bad could happen. I am on The Emergency Respond Committee here. Just reminded me how I had gotten a little lax.

I would like to say thank you for this month's topic. In my opinion this topic is one of the best we have worked on to date. THANK YOU!!!!

Because of the Be Ready Program...

- Our CO detector is plugged in to a power source,
- My family has a fire escape plan,
- We have tire-changing tools and first aid kits in both cars,
- Our fire alarm has batteries,
- We have an evacuation box ready to go at a moment's notice,
- We have a list of additional items to pack in case of an emergency evacuation,
- Our cars contain WY winter travel kits complete with blankets, food, TP, water, flares, flashlights, lighters...

Having been a ski patrolman in past years, and a professional veterinary- and human-oriented health scientist for 40+ years, I've been aware of health-related risks and the methods needed to prepare for them. The recent program contained few factors I had not already prepared for.

This was an area that I have not addressed a whole lot. Shared a lot of the tips with my family to become more aware and prepared in case something were to happen. Thank you!

I didn't realize how being prepared for an emergency can save a lot of time and money. All of the programs have been very helpful and encourage health.

This was a excellent program. I gave some copies to my family and friends. They were very glad to get it. Thank you much!

April was the best! I'm spending this academic year exactly 8 miles from the San Andreas fault line, south of San Juan Bautista, CA. We've had lots of tremors. The preparedness and safety ideas for emergency situations were really informative and helpful. Many, many thanks.

CONGRATULATIONS TO THOSE PREPARING THIS PROGRAM. IT WAS BOTH INTERESTING AND INSTRUCTIVE. I ENJOYED IT VERY MUCH.

Having the information in print helped me to convince my wife that emergency preparation is necessary, and not just her know it all husband coming up with ideas.

I liked the short but useful weekly hints of things I was already doing but had not checked in a while. Like I discovered my fire extinguisher which I had never used had lost pressure and need attention. Just because you have all the emergency items does not guarantee that they will work in an event of an emergency. Thanks for that.

I kept a daily calendar of items I added to the kit. This was helpful to ensure my kit was complete, and encouraging to me to see the progress I was making.

We were able to really incorporate this as a family.

Putting a system in effect for papers needed in a separate duplicate file for anything we may need. It takes a bit of thought to get the important things for any circumstance.

Excellent program. I thought I was prepared for disasters/emergencies before participating in this program but found out there was way more I could do. This program beats out the ones given to you by the popular magazines by miles. Thank you.

Knew most of info already but good to refresh. Little first aid kit was great. Had most of stuff in house. Put in car.

More programs like this please. Everyone should be taught to be prepared and this month what you offered is a good beginning.

Planned for emergencies such as fire, electrical service interruption, etc. Made sure smoke alarms were working, had enough water and canned foods available as suggested. Have first aid kits in my automobiles and in the home, all fire extinguishers are in working order, etc.

Thanks for the reminders.

I made a time allowance to meet my family in case of emergency, we have 4 hours to meet at the first destination, and 4 hours to meet at the second destination. It was good to talk about what, where, and when.

Checked all home and auto fire extinguishers; checked and tested home smoke alarms; checked and updated all first aid kits in my vehicles and in the home; added to bottled water and canned goods needed in case of an emergency; planned for contacting family members if emergency arises; how to exit the house in case of fire; and tried recipes suggested for healthier meal planning.

Enjoyed this program. Very informative.

Great job. Program keeps you on track.

Great reminder how to be prepared for anything; nice to include pets.

Good program.

Program keep you on track.

Love the guidance and recipes. I know the recipes are available, at least for a while, on the site. I will look to see if the guidance is as well.

Completed a preparedness plan. Good suggestions.

Some great ideas, certainly many that I had not considered. I am in the process of making our emergency ready, still collecting items.

Thank you for all that you made me aware of this month!

I needed to have things updated and this helped.

I needed to update and add some things to my emergency preparedness.

Thanks, that was very help reminders of how to be prepared.

I think this program should be repeated yearly. Quite frankly, I get busy and forget to think about safety issues, and disaster plans etc.

Thank you - enjoyed this program.

I have become more responsible for my overall health and safety through participation of this program.

It was great...you do need to have a plan and have supplies in place.

This program really helped me to focus on preparedness. It also provided a lot of formation I would not have found on my own. This program was extremely beneficial to me and my family. Thank you for this program.

This program was outstanding. It really made me think about how tentative the world is around us. We could be in trouble in a heartbeat.

Again, the daily messages are excellent.

Made me more aware on a daily basis. No one wants to think about a disaster but this program brought many good tips and being prepared.

Having lived in tornado alley before, this was really just a refresher course for me, but we did make some positive changes we might not have made otherwise.

This was a great idea. I don't think everyone had even thought of some of the hints/ideas. Carla

The program reminded us to update all of our emergency equipment and supplies. We also will now be keeping a supply of non-perishable items & canned goods we didn't keep before.

I have been through a tornado where it completely wiped out the town. I understand how important it is to be prepared.

Very interesting and learning experience.

I loved this program, It helped me to realize that my family wasn't as prepared as I thought we were for emergencies. This has helped me to organize and prepare for an emergency. Thanks!!

I was pleased to realize that my home had most of the emergency preparedness supplies, just not all together. It made me glad to know that we were already doing a good job, and now you've helped us be more organized with the materials we do have.

Very good program. It is nice to see this program brought before people.

Appropriate and timely topic - carried over into all aspect of my life (work, home).

Our family was already well prepared and were pleased to see that you were encouraging this! We found a few gaps and great ideas that we will put to good use! Thanks!

Participating in the program made me more aware of the importance of being prepared for an emergency.

I don't have a success story and I did not complete the program. I did, however, keep all the information - which was very good. I was not in the position to obtain all the suggested items, but will each payday add to my supply and will someday have everything on the lists. Thank you for all the valuable information.

Great publications!

There was certainly a lot to think about and prepare. I still have several things that need to be done, but overall I am much more prepared.

I had spent my emergency cash supply a while ago and this past month I replaced it. I also got more water and food supplies in and fixed my camp stove.

Seeing all the weather related disasters around the world this month made this program particularly useful. No place is safe from disaster and being prepared is wise and "comforting". Hope I never have to use the supplies I have stockpiled, but they are there if we need them.

Changed out all of my smoke and CO2 detectors. Also repaired CO2 fan on furnace.

I loved the handy first aid kit you sent! Thank you! It will most definitely come in handy and I love that it is so portable :)

Collecting the necessary items for disaster made me realize how much I was not prepared. Doing this project it gave me a sense of peace and readiness. Being prepared is a good thing.

It was fun to get prepared and become more aware of the potential emergencies that are before us at all times.

I really like these programs. It gives me things to do that I would not normally think of myself.

Interesting information...very needed!

Made me aware of the lack of first aid material I had in my vehicle. Also hadn't thought of putting a first aid book in our home's emergency supplies.

I am so thankful for the daily list so that I was able to start MY disaster preparedness kit. I enjoy the recipes for healthy eating too. I have lost 8 pounds since starting out this year! I'm one Happy Camper!

Wonderful!

Truly enjoyed and appreciated the subtle reminders to take safety into consideration!

Love the program and now I am ready for an emergency and everything is in one place. I always knew that I needed to do this but kept putting it off. Thanks for the 'jump start'!

An excellent program!

I'm not sure my "overall well being" is improved, but emergency supplies and planning definitely are. Thanks.

I really enjoyed the tips and exercises. I very much appreciate feeling more secure and better prepared for an emergency.

Participating in this program gave me a better understanding of how being prepared for emergencies is very important. Keep up the good work.

Thank you!

Thanks.

It was fun to get my children involved in planning and preparation. My 7 year-old has an "emergency" purse by the side of her bed!

Great recipes!

It is part of my job to be prepared for emergencies as I am responsible for the safety of members in the program that I run. However, if I had not already been trained in this area I would have found the tips you gave in the program quite useful.

I have enjoyed the recipes. The tips for safety preparedness.

This program certainly got me to think seriously about the future.

The Be Ready hints and emergency planning information was well presented, but not so easy to follow on a daily basis. My life is too busy; all the more reason for me and my family to be prepared for emergency. I will implement the information ASAP. Thanks.

I think my husband and I have been pretty safety minded, but we did think of other safety ideas this month.

Excellent topic and ideas.

I received excellent reminders and good information that I would not have thought of. Thank you.

It made me more aware of how important it is to be ready for emergencies.

I have been interested in emergency preparedness for several years, so I really enjoyed this section. It was helpful to just have daily reminders of ways in which I can be more prepared. Some of the ideas were good refreshers, and others were new ideas to me. Great program!

A lot of the emergency items I already had, but had forgot about. Glad to get a reminder that I had a lot of stuff that would come in handy if we had an emergency.

The programs have been helpful to me.

Thanks, things I had not thought of for emergencies. Enjoy the recipes.

I don't think you can stress having the extra water on hand enough...it comes in handy so often when you run into unexpected things - construction on the streets - water shut off. Taking off for a day...have water jugs...

Great program for getting my entire family safe and involved in the planning.

The program was a good refresher course for things i was mostly doing at home already.

My spouse and I made this a fun house hold project. Took some planning and shopping. Overall it did help to focus on a whole family experience.

Having this information is great. I feel more prepared just understanding what is needed during an emergency situation.

Great program - Hope it raises everyone's overall preparedness as we all need to do our part to become prepared!

This really did make me think more and plan better about safety and preparation for emergencies. Thanks.

This program was harder than some of the others it really made my family and I stop and think about some very important things that we would not have done otherwise. Thank you!

There were so many things I never thought about when putting together an emergency kit. This was great!

It is always good to be reminded to be prepared, especially when you live out away from the city amenities.

Very good information. I now know what I need to do to prepare my family for several different types of emergencies

Good job!

This program has opened my eyes in regards to being prepared in case there is a real emergency. It's nice to be reminded that you need to keep an emergency plan in place.

This really did make me think about plans in place for emergency situations.

Better flashlight, water storage and garbage bags were the big improvement for me.

I enjoy participating in the programs. Thank you for the programs!!!

This is a great program that I appreciate being able to participate in.

Loved it! Great ideas with things I didn't think about. Helped me be more aware plus we updated our emergency kits in home, at work and in our vehicles. Have a plan that includes my mom in her home she lives alone and hadn't put a lot of thought into what she would do but now there is a plan. Yea! Thanks

Liked having lists to help us think about the kits, etc. and give us an idea how/where to start. Keep up the good work! Thanks!

Very good tips and pointers - thought provoking to the point of making one get off their duffs and doing some preparing.

Always love the recipes!

Lots of good ideas--looked forward to the e-mails coming each day.

Outside of being prepared for disaster type emergencies I prepared myself for non emergencies as well. I changed the batteries in my smoke detectors, bought a carbon monoxide detector, bought spare light bulbs and batteries, and made sure I had a list of contact information on my fridge in case something happens to me.

Thank you.

My garage looks like we're ready for anything! I really learned how to take care of my family and pet during emergency situations. Some things I had not thought about.

It was good to make you think about what you need in an emergency. I do need to purchase an emergency radio and a good water filter.

Very informative!

I enjoyed the recipes! Great tips on Emergency and Disaster situations.

Because of the "Be Ready Guidelines" we have started our emergency tools, kit, and supplies. Thank you!

I never thought of "ready" a part of wellness but it is.

Living in Wyoming for many years, my family has always known that we could have a snow storm that would isolate us for days, and therefore we needed to be prepared to manage without running to a store, etc. Now I live in the country and have ramped up at the prospect of having no electricity and being farther from emergency help. I was relieved to know that many of your ideas we already have in place, and our major improvement was to upgrade our smoke alarm system and to install gas detectors.

We doubled checked our safety procedures especially in our vehicles.

I was pleasantly surprised about how much of this my family already had in place.

I started my emergency awareness and am working on getting some of the ideas implemented. I have moved my purse so I can grab it on the way out the door. At first a number of people in the office were saying it was not a good program but once you started talking about -- It was a good program.

Great concise information without having to read a whole article at one time which I usually don't have time to do. Really good reminders for times of emergency, made me

review what plans I have in place and what I need to upgrade. Hopefully will never need to use this info but glad I had the review!

I generally like to be self-sufficient (Shovel/chains/first aid kit/food in car) and at home (smoke alarm/first aid kit etc) but this program opened my awareness to a lot of other details to think about & prepare for. Don't want trouble but I'm ready for it now.

Discussion of 'what if' emergency planning with family provided peace of mind.

Emergency planning I knew but not organized as probably should be. Still stuck on where do you locate all this - I have it in the basement and that said to move to the top floor. I have a greater chance of a tornado than a flood.

I had always kept plenty of food on hand, since a blizzard can easily wipe out our food supply. But I did not have any other emergency plans -- that, however, has changed dramatically. Thanks for getting me going!

Prepared tips and ideas into emergency booklet.

I started my emergency awareness and am working on getting some of the ideas implemented. I have moved my purse so I can grab it on the way out the door. At first a number of people in the office were saying it was not a good program but once you started talking about -- It was a good program.

What a great program.

As soon as the Be Ready tips are available to print--I am giving copies to family & friends. Thank you!

I first thought this would be a topic I would not enjoy. It was thought provoking and lead to discussions with my family about what to do in case of emergency. In addition, I have moved into the action phase of putting together basic emergency supplies. I printed off many of the daily messages to keep and use as the source of what to do. Great program. Thanks.

It was a good thing to focus on.

Please keep doing this because it does make us all more aware of things when you do this.

While we don't like to think of disasters striking us, this program enabled me to plan and prepare for the worst. I was also able to share this important information with my 17-year-old son, which was a bonus!!

I printed all of the recommendations and will share them with my extended family as well. There were supplies that I wouldn't have thought of. Excellent program.

I copied all the suggestions to Word and will be following through on my emergency planning.

Excellent Program!

I forwarded every email to my husband so we could make plans. This program definitely changed our ability to be prepared.

Some of the preparation hints are somewhat difficult for those of us that live in a mobile home--Lack of storage areas that would be readily accessible in case of an emergency

The program helped me think of things that I wouldn't have thought of in the event of an emergency.

Started out really good, then had major medical problem and could not complete the program for this month. This program is vitally important so I will complete it soon.

Love the first aid kits, they are so handy!

I loved the daily emails. Some of that stuff I just never thought about until you mentioned it.

I really enjoyed the tips. It got me motivated to look more into the long-term dried food planning. Basic survival planning. I even purchased a dry safe. Updated/stocked my car, home, & back pack. It was fun!

There is a lot to think of when things happen and you covered them very well. I made copies of several items you advised for future reference. Very good!

This was a good program and really made me realize that my family was not prepared in the case of an emergency. We are working towards pulling all necessary items together in one place.

I never think about emergencies, but this really got me thinking about what should be at home - like a working flashlight.

This really opened my eyes and I am so glad I did this session. We now have a supply kit set up and an emergency plan in place - just in case. Great idea - thanks!

Made me think about planning better.

This was my first program. It was fun and informative.

I actually loved this section, even though I didn't successfully complete it. I was out of town too many days to complete enough days. However, I was able to go over each

day's suggestions several times. I intend to copy every day's post & compile it for all my (adult) kids & friends. I have a great emergency kit put together now, water everywhere!!! and small emergency kits in each vehicle.

Due to family members/friends being active and retired EMT's, law enforcement, the kits were already in place but this program provided incentive to update and restock said kits.

I was motivated to restock and change out expired supplies in vehicle safety kits.

This was a great promotion and very timely for our organization - all eligible staff was encouraged to participate. Thanks!

Great program! It made me more knowledgeable about the things we need to have in case of an emergency.

Program did get me to think about preparing medications & pet supplies. Because I live a ways out of town, I do many of the recommendations routinely.

Both my husband and I participated and noticed many things in our home that we needed to update and/or replace. We created a mini emergency supply budget so we can continue to expand on our efforts in the near future.

I love these programs! Thank you.

A very good idea.

Cute little first aid kit.

Keep up the good work. Very helpful information.

Very interesting!

Our home is equipped with a tornado/safe room constructed of concrete. I also had a generator system for selected circuits in the event of an extended power outage (on a separate panel). This exercise offered some thoughts and items for storage in the room. Everything from toilet paper, towels, flashlights, oil lamps, batteries, etc. have been added to the room. The e-mails have been added to a clipboard for use in the event of an emergency (flooding is not an issue). Residents should also include a crescent wrench on or near any gas shutoff valve.

We are ready for the tornado season with stored water, food, emergency tools, phone and radio.

I loved the recipes

I have lost a total of 25 pounds yahoo!

Sorry I did not complete this program, I was out on FMLA until the 13th of April.

This was a good way to update myself and family for being prepared for any kind of emergency, keeping tabs on this on a daily basis was very inspiring

My husband and I have been meaning to get our supplies together for months, and this gave me the motivation to look at what we had, what we didn't have, and get it all together.

Program brought up a number of considerations that we would otherwise have overlooked.

Good information to remind that emergencies do happen and it is important to be prepared.

Made us talk about what we'd do. Made us organize ourselves. Before we had much that was needed, but not in one easily accessible place. It would have taken us time to gather it together in an emergency.

Enjoyed the information given to help make the emergency plan easier to attain - what to get, how much, etc.

The daily e-mails gave several items I never would have thought about for an emergency kit that are now in mine. Thanks!

Very well organized and thorough program.

Thanks for these programs!

Wow, there was a lot to prepare for this, more than I thought. It was learning experience.

I did have fire alarms and smoke alarms in my house but I was not ready with all the other items but get everything together and prepared for being ready. Thanks for all the help!

Good reminder for everyone to be prepared.

Interesting information.

Thank you so much!

Springtime is a good time for this kind of emergency preparedness. So many things can happen at this time of the year so upgrading my readiness was a good thing.

I now have about 5 days of everything I might need if something big happens.

Preparation is 1/2 of any battle in life, and you can never be too prepared.

I enjoyed the information in the e-mails on emergency planning. Most of the information was common sense but was information that is often overlooked. The information was helpful.

Great Program!

It was a very good reminder of what needs to be ready.

It was nice to have a guideline as I found a few things I had not thought of before.

Very good planning!

Really became more aware of more things in order to be prepared in case of an emergency.

The email information was excellent. There were many good tips on items needed for preparedness kits and supplies that I did not think about. The daily preparation tips were great!

We now own a fire extinguisher.

I have a grandson in pre-school they have been talking about fire drills. He enjoyed talking about what to do if there is a fire.

I had several of the items but no coordination of them. Thank you for your ideas and recommendations

Lots of good ideas and things to think about.

With tornado season here, I did not realize how important it was to be ready just in case. I am an insulin dependent diabetic and have made up a little emergency kit that I can just grab out of the refrigerator and run if necessary. I also have one ready for trips in the car.

Program was very good and informative. It was a good reminder of what a family should do for emergency preparation.

Gave me the incentive to prepare for the future. Keep up the good work.

Interesting program - lot of ideas that I hadn't thought of before (even being a bit of a "survivalist")! Liked it a lot!

This particular program has made me more aware of potential dangers and what I need to do to be more prepared to deal with them. It has made me think more about safety issues and I have reviewed my emergency preparedness more closely.

Thanks for reminders!

Liked the reminder on pets! Nice to see them included!! I went out and bought an extra bag of food.

This actually came at a good time for me and my family as we moved to a new home. We've been able to set up or work at setting up the suggestions made throughout the month. As well, it has helped in making us aware and how to plan in our new home.

Helped us be aware of what could happen.

I now have greater peace of mind!

I think this is a good topic.

Everyone should be reminded of safety emergency, and personal first-aid practices. So, overall a good reminder.

My mother and I went on a trip to Seattle in April and I packed clothing/blankets for emergencies and supplies in case we got stranded. Be Ready made me more aware of planning ahead and preparing for emergencies.

This program definitely get's a person to think about becoming prepared. Good job!

Enjoyed and thought about becoming more prepared.

Always nice to have a little refresher. There is always something one forgets about.

It is amazing how some of the improvements came in handy right after they were suggested.

As I work in emergency management, preparedness activities are a critical part of my home life. This was a good refresher to insure we (our family) on better prepared for the unexpected.

I used a band-aid the day after I got the first-aid kit! Good timing!

Reading the email topics each day was a good way to keep up with the program.

I have always had emergency kits in the car, house and motor home, but hadn't thought about disposable alcohol hand wipes... I also bought a fire extinguisher and some more freeze dried food as well as an emergency light/radio. Thanks!

We have 5 children and this helped us remind them to make sure they have emergency kits in their homes and cars.

This makes you stop and think about how you are handling these important things in your life.

I am retired and live in Salt Lake City where earthquakes are a significant threat. Because of this program, I am as earthquake ready as I can be. Thank you.

There are many things to think of in an emergency. This definitely raised awareness.

I think my family was fairly well prepared for emergencies, but this program did make me think about it and relate it to what we were already doing.

Great emails! They were so important to the success of this program. They gave us something to discuss and work on each day. I've saved them for our reference.

Good to have list of items to keep on hand in case of emergency.

I haven't really thought about emergency here except a little extra food and batteries but we could have other problems here in WY too.

One thing that I've been putting off for too long at home is replacing the batteries in my smoke detectors. I knew I should do it, but just put it off. Many of the smoke detectors in my home had no battery at all because when it died I just took it out. I kept telling myself "one of these days I've got to do that" but I finally did as part of participating in this program.

We just bought a second car and it impelled me to get a good first-aid kit in that car.

I thought this program was great. The suggestions were fantastic. There were so many ideas that I had never thought of. It was an eye-opener.

Made me think about our level of preparedness and provided direction on many things we were missing

This program helped me think about and get my emergency kits and supplies put together into one place. I collected a backpack for each kit and the additional recommended supplies. I also put together a better kit for each vehicle. I had most of the supplies on hand, just not put together into a quick, easy to grab bag, but now I do! We also reviewed our emergency meeting contacts and places, and made changes where needed.

Two things that came out of the planning -- take care of your pets too and don't forget extra medications (a week's supply at minimum).

I am so much more aware of what it takes to be prepared for various emergencies.

Our grandson is living with us now and it has helped to remind us to get him and his mother clued into our home preparedness/safety procedures. Among other things, he is learning who the out of town contact is for our family.

Many good items that I had not overtly thought about. Really like the daily e-mails.

This past month has made me realize that we do need to be more prepared for whatever the day may bring.

Didn't need the first aid kit...just more stuff. Didn't really need survival info either.

Picked up some great ideas. Just the overall consciousness created through the constant email reminders is a health benefit.

Rather simple program that encourages organization of first aid supplies.

I thought that all the ideas and tips were great. Unfortunately I did not have the time needed to implement them. I have saved all emails on this topic, however, and plan to work on getting plans and kits ready this summer.

Excellent program that benefits all of us whether we have an emergency or not. Hopefully, everyone applied at least some of the suggestions.

This program motivated me to purchase a fire safe to keep important documents in, make copies of important documents, organize emergency supplies into a container that can be readily available in an emergency situation. I still have more to accomplish, but I felt like the program motivated me to get a start on a project I had been meaning to tackle for quite some time. Thanks!

Great Program – fun!

I made a booklet of the information that was presented to give to my daughter and other family members to help them set up a plan over a month's time. By doing one thing a day makes it easier to accomplish the task.

I learned a lot from your descriptions of things needed besides the basics. I had not thought about money, important papers and such. Thank you.

I was great getting the e-mails with suggestions, hints and tips! I wasn't sure how I was going to cover a full month, but the e-mails helped keep me on track! I even inspired

me to put together an 'emergency' box and clean out from under my steps in the basement so we would have a place to go in case of bad weather! Thanks!

I just had to update my Y2K box. Thanks for the motivation.

This was one of the best topics to-date. It gave me lots of new ideas.

Thank you!

Excellent program!

Thank you for another great program

This program forced me to check things I have overlooked in the past.

I don't have it all done, yet, but am working on it!

Excellent program.

It was good to think about what I needed to do in my home to make it safer and be ready for emergencies.

We found that although we had a majority of the items needed for emergency preparedness, they were not organized, or had not been updated. It was good to get organized as well as planning an outside source for all family members to link up/contact.

Awareness of possible emergencies has inspired me to be more prepared at home and in our vehicles! Thank you!

I was able to share the e-mails with my teenager and get her thinking about the importance of being prepared for an emergency.

I talked to my grandson about if there a fire where we would me. I've talked to him about his house in case of an emergency. I made up five first aid kits, one big one to have in the car.

I decided I need an exit window from the second story of my house. I have a fire proof "metal" blanket now.

Took the opportunity to add to our home food storage, improve first aid kits and have a 72 hr kit for the family members on order.

First aid kit was compact, easy to carry in purse or bag and useful. Great idea!

I knew about all of these things, but this drew my attention to it more so I could do it.

This is an outstanding program. Helped me a lot. I even gave copies to my children and friends. Thank you!

A check list that can be added to and changed occasionally and items recycled is something I want to try, as some things will have a shelf life. Hopefully they will never be used for an emergency. I like the suggestion to added one or two things each time you shop or have some extra left over from other budget to use it to add to or upgrade your supplies. It takes a bit of planning to put everything together. I thought I had things together...just to find that things had been taken out and not replaced...batteries, flashlights, radio, etc.

Can't say enough how positive this program is for all of us. Thanks and keep up the great work.

Excellent!

Love the recipes and tips in the emails. Keep them coming.

Please never change how you remind us and make an easy link...I love it. No suggestions except to continue as is!! Thanks!

Keep the recipes coming, some of them my wife already had but didn't realized how they can be used in different ways.

You're doing a great job and we are learning so much. Thank you!!!

Enjoy all programs very informative.

This one should be repeated every year! Thanks

When I think of wellness I think of something that includes improving mind & body. I think one of the challenges for next year should be the walking challenge.

I liked having daily reminders about safety and most of the recipes could be made from ingredients that were already stocked in my kitchen.

Small emergency kit gift was useful and in my car.

I believe the program was a success, and for now I will use the insight that I have learned from this awesome program.

IT WAS WELL THOUGHT OUT AND PREPARED.