



—Flood Recovery—
COLORADO SPIRIT
Mountain Outreach Team



December Newsletter
Saying Our Goodbyes

Dear Friends:

The Colorado Spirit Mountain Outreach Team would like to take a moment to inform you that a portion of our program will be ending **December 30, 2014**. Teams located in the areas between Loveland and Estes Park will remain for an indeterminate time frame. The specific end date will be published in January 2015. The Colorado Spirit Mountain Outreach Team was formed October of 2013 to help those who were affected by the devastating floods of September that same year. In our time here, we have had the pleasure of working with many individuals, families, communities, and organizations throughout Larimer County. Watching these impacted communities grow stronger together has been the most rewarding part of our employment. We have seen the resiliency of Colorado residents, individuals who are capable of amazing and great things. We have developed unforgettable relationships with families and individuals that will stay with us long after our time here is over.

We are sad that a part of our journey has come to an end; we have felt such a great enjoyment in being a part of your community as you continue through the recovery process. We would like to present you with a little token of our appreciation for the acceptance from each community and each individual as our thanks to you. Attached in this newsletter, you will find a bookmark of a painting titled *New Dawn*; this was created by one of our teammates. It illustrates the storms from the flood and the journey from darkness to the light in days to come.

Also, you will find a current list of resources that will be available for a longer period of time. These are local agencies and organizations we have worked closely with, and we trust they will continue to serve you in your time of need. Please feel free to contact them for further resources or additional help.

Wishing you every happiness this Holiday Season and throughout the coming year!

Sincerely,

The Colorado Spirit Mountain Outreach Teams Loveland and Fort Collins

Preparedness

Emergency Supplies List for Home and Car

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter or solar charger
- Jumper cables: might want to include flares or reflective triangle
- First Aid Kit: remember any necessary medications, baby formula and diapers if you have a small child
- Basic toolkit: pliers, wrench, screwdriver
- Pet supplies: food and water
- Radio: battery or hand cranked
- Cat litter or sand: for better tire traction
- Shovel
- Ice scraper
- Clothes: warm clothes, gloves, hat, sturdy boots, jacket and an extra change of clothes for the cold
- Blankets or sleeping bags
- Toys for children

Don't forget about your furry little friends. Those who take the time to prepare themselves and their pets will likely experience less difficulty, stress and worry.

Self-care

Self-care is any activity that you, your family, or your community does with the intention of maintaining and/or restoring physical or mental health. It is important to take time off from the

recovery process to recharge your mind, body and soul.

Signs and Reactions of Stress

Difficulty communicating or listening: irritability, anger, or frequent arguments
Change in activity level, alcohol, drug and medication use or abuse
Avoidance of triggering places or activities
Difficulty setting priorities or making decisions
Anxiety or fear, depression, apathy, grief, guilt, denial

Self-Care Tips and Ideas

Drink water and eat healthy
Get adequate sleep and rest
Talk to your family and friends frequently
Get physical exercise
Accept that you may not be able to see that you are having problematic stress reactions
Recognize your own signs of stress

How's Your Five

Questions designed to check on your well-being

WORK - How is the quality of your professional and or personal work life?
Does your work life need improvement? How can you improve your work life? Be it daily employment or work on your home, work is an important aspect of our well-being.

LOVE - The social connections you have with friends, family, neighbors, and co-workers fill your life with positive activities and your brain with positive attitudes. How are your social connections? Are you nurturing these relationships?

PLAY - Are you having enough fun? Activities that bring you happiness, joy and a general feeling of well-being are important to have in your daily life. These activities may be the things you stop doing after a life disaster or traumatic life event. What can you do today to play?

EAT - Your body and soul need food. Have your eating habits changed? How can you make healthier eating choices?

SLEEP - Your body needs sleep to heal and restore itself. Allow your body this time and it will reward you during the day! Are you getting enough sleep at night? Are you sleeping more than normal?

Tips for Coping

- Ask for help if you need it. If you are feeling overwhelmed, talk with someone. You can start with a trusted friend, relative or minister – or you may want to talk with a behavioral health professional, since they have special training in how to help people cope with high stress. Asking for help is an important positive step for your future health.
- Talk about it. Talking with others, especially friends and family members can relieve stress and build community.
- Take care of yourself. Eat (healthy foods are best), sleep, and get exercise. When you can, maintain your normal routines.
- Take things one at a time and break big things into smaller, doable tasks.
- Help others if you can.
- Avoid drugs and excessive drinking.

Tips for Helping Children to Cope

- Comfort them and reassure them they are safe.
- Encourage them to share their feelings and concerns with you. The younger the child, the less.
- Help them understand that there are no bad emotions, and a wide range of reactions is normal.
- Make a family emergency plan, which can be comforting.
- Help them identify caring, heroic actions, and help others when possible.
- Monitor children's TV/Internet coverage of the event; talk with them about what they are seeing and encourage questions. Use words they can understand, be open and honest, and admit when you can't answer all of their questions.
- Maintain normal routines as much as possible (bedtimes, meals).

Ten Ways to Improve Resilience

1. Make connections
2. Avoid seeing crises as insurmountable problems
3. Accept change as a part of living

4. Move toward your goals
5. Take decisive actions
6. Look for opportunities for self-discovery
7. Nurture a positive view of yourself
8. Keep things in perspective
9. Maintain a hopeful outlook
10. Take care of yourself

I can be changed by what happens to me. But I refuse to be reduced by it.

- **Maya Angelou**

Resources

Long Term Recovery Group

Loveland Office:

970-461-2222

350 East 7th Street, Suite 3

Estes Park Office:

970-586-5051

517 Big Thompson Avenue, #302

United Way 2-1-1

local (970) 407-7066

toll-free number (866) 485-0211

The American Red Cross

1-800-RED-CROSS

Emergency Services General Information and Bulletin Board Larimer County

(970) 498-5312

Serve 6.8

zstrange@serve68.org

Volunteers Of America

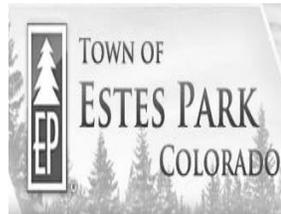
(970) 472-9630

UMCOR

303-733-3736

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Special Thanks To...



And surrounding areas.

We would also like to thank:

Ace Hardware of Estes Park
Alliance for Suicide Prevention
Berthoud Fire Protection District
Boys and Girls Club Fort Collins and Loveland
Colorado Office of Emergency Preparedness & Response
Connections
Cowboy Church
CSU-Extension program
F.E.M.A
First Responders
Food Bank of Larimer County
Habitat for Humanity
Inter-Faith Council
Kaiser Permanente
Larimer County: Recovery Manager, Suzanne Bassinger and Lori Hodges,
Long Term Recovery Group of Larimer County
Loveland and Fort Collins Housing Authorities
Neighbor to Neighbor
NOCO Rebuild Network
Poudre School District
Red Cross
River Coalitions
Rocky Mountain Churches
SAMSHA
Serve 6.8
UMCOR
United Way
Volunteers Of America
Wildlands Restoration Volunteers
....And all of the volunteer organizations



**Every successful individual
knows that his or her
achievement depends on a
community of persons
working together.
- Paul Ryan**