

WUMC Weekly Update: September 25, 2024

1. Worship

This past Sunday we explored finding Harmony in the Mayhem, discovering how we are called to come together in our diversity and seek the peace of Jesus who can calm our created mayhem with love and understanding. You can watch the video of the service on [Facebook](#) or read the attached sermon. I'm not sure what has changed but Facebook will not allow me to upload the video to YouTube this week, so please just watch on Facebook. You do not need a Facebook account in order to view if you use the link above.

2. Join us for a DAY of SERVICE! Last two days to sign up for MedAssist Day

All Wilkes County United Methodist Churches are invited to partner with Atrium Baptist Medical Center - Wilkes Region to offer some much needed resources to our community. On Friday, October 4th the hospital will host an NC MedAssist Event at First UMC in North Wilkesboro. This event will provide services such as free groceries, flu shots, end of life directive planning, free over the counter medications, and much more.

How can you help? 2 ways....

A. Volunteer! We need volunteers on Thursday, Oct 3 from 1-4 to help with bagging groceries and setting up for the event. We need volunteers for Friday, Oct 4, to help serve, guide, and support visitors throughout the day. You can serve all day or choose between the morning shift or afternoon shift. Contact Jim Brooks (jimbrooks973@gmail.com) or Jean Stetler (jstetler52@gmail.com) for signups.

B. Bring non-perishable food items

We will collect food items to be given away at the event. All items must be at the church no later than 10 a.m. on Thursday, October 3rd. You can bring them each Sunday or drop them by the church office any weekday between 9 and 1.

3. Community Conversations - Wednesday at 5:30 pm.

Tonight is our third community conversation and we will move to Wilkes Community College for this conversation focused on: Conspiracy Theories - how we spot them and why we love/hate them. Join Pastor Karen in room 133 in Thompson Hall on the lower campus of Wilkes Community College and bring a friend or two!

4. Clean up and Clean out - and Repeat this Saturday

The good news is, we are very close to reaching our fundraising goal for the Daycare wing renovation! The more pressing news is - this means we are under a time crunch to get that wing emptied. How can you help?

A. if you are a crafter or know a crafter, come and take what you wish from the Crafter's room at the end of the hall.

B. Come, if you can, this Saturday to lend a hand at cleaning out a few more rooms.

C. If you are planning to take something to the landfill, call us if you have room to spare. We have several items that need to go.

D. Take on a project in your own time...see Pastor Karen for details

5. Pianos need a new home

We have two old, upright pianos that need a new home. I'm not sure if they are salvageable as an instrument but I know people often repurpose them or use them for craft ideas so pass this along to anyone you might know would take them off of our hands.

6. Day Two Lay Servant Class: This Saturday, September 28, 2024 Broad Street UMC in Statesville.

7. **Community Shred-It Event:** Saturday; October 12th at WUMC from 9am 12 noon to **SECURELY DESTROY** all of your **UNWANTED PERSONAL DOCUMENTS**. *A few volunteers are needed to help with this event.* Please let Dottie know if you can help.

8. The UWFaith will be selling **Mrs. Pumpkins Chicken Pies**, Baked Spaghetti and Cream Cheese Brownies starting October 2nd – 23rd. Orders will be ready for “drive-thru” pickup in the parking lot on October 31st from 3-5:30pm.

9. Relay for Life Bingo: NOVEMBER 8th. Details TBA soon!

10. Flower Girls, don't forget that this Sunday is the 5th Sunday. **Wear your flower crowns!** 😊

11. **Storm Update:** We have the potential for some significant weather this week with the greatest impact being Thursday night through Friday am.

Storm Preparedness Info

[Red Cross Mobile App Instructions](#)

[Red Cross Flooding Preparedness](#)

[Red Cross Preparedness Checklist](#)

12. *Important Dates to Remember:*

Join us Sunday for worship at 10am & Sunday school in the Ecclesia Room at 11am.

Tonight: Bible Study – A Community Conversation at the Ag Center conference room at Wilkes Community College in room 133 in Thompson Hall. Dr.

Tuesday; Coffee with Karen at Anchor Coffee at 10am.

Saturday; September 28th, 2nd Clean-Out-The-Clutter Day at church at 9am

Saturday; September 28th, Day 2 of the Lay Servant Class at Broad Street UMC in Statesville.

Saturday; October 12th, Shred-it will be on site for a 3 hour live, in person, Shred event from 9am-12pm.

Sunday; October 20th, Children's Sabbath

Saturday; December 14th, Salvation Army Bell Ringers needed from 10-6pm at Walmart. See Dottie.

13. **Prayer List** - Please let us know if you have a specific prayer request or any changes.

Phyllis Austin – as she recuperates from knee surgery.

Family and friends of Betty Beshears, Becky Harris, and Carlee Vannoy Frazier

Phyllis Austin, Billy Brown, Jim Day, Charles Drum, Mark Eskew, Kyson Farley, Francois Hughes, Frank Jones, Greg Luck, Sherry Mabry, Glenda Pierce, Robert Rizoti, Sherry Sachritz, Mary Summerford, Keith Summerford, Herb Taylor, Cecil Walters, T.A. Welborn, Edgar Wilcox, Derrick Wilson, Seth Wilson, Darlene Winslow, Gary York, Ukraine, our planet in crisis, the US, Israel, Gaza, Middle East for God to bring Peace to all World Leaders, The Purple Church Initiative and for all the persons doing shootings all over the US; especially in the schools.

NURSING FACILITIES: Brenda Dale (Wilkes Health and Rehab), Bobbi Blake (Rose Glen Village), Wanda Garwood (Rose Glen Village), Barbara Groce (Wilkes Assisted Living), Jenny Miller (Westwood Hills Nursing and Rehab Facility), Caroline Randolph (The Pines in Davidson) and Rosie Shephard (Rose Glen Manor)

Have a blessed week,
Dottie

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Stay safe during emergencies with expert tips & useful tools.



Emergency

Help Keep Your Loved Ones Safe Climate change is causing more extreme weather events. We built the FREE Emergency app to help you prepare. It is simple to use and lets you customize 40 different weather alerts with fast notifications. It provides step-by-step guides to help you prepare and explains how climate change has impacted each hazard. You can easily find open Red Cross shelters with an interactive map. Choose to use the app in English or Spanish with an easy-to-find language toggle, and full weather alerts in both Spanish and English.

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Get Help



Or text: "GETEMERGENCY" to 90999

Emergency App

Every Day Apps

Apps for Parents and Kids

Hospitals & Medical Professional App

Alexa Skills

Every Day Apps

Keep critical information & support at your fingertips at all times.

First Aid App

Pet First Aid App

Blood Donor App

Hero Care App

Be Prepared for Emergencies. Accidents happen – but you can be ready to help yourself and your loved ones with this FREE app. The First Aid app puts expert advice for common emergencies at your fingertips. Videos, interactive quizzes and simple step-by-step advice makes learning easy and engaging. You can access your course certifications, new lifesaving First Aid content, and locate your nearest hospital in case of emergency. Select English or Spanish language with an in-app toggle.



First Aid



Or text: "GETFIRST" to 90999

Emergency Preparedness Checklist



American Red Cross
Mile High Chapter

The next time disaster strikes, you may not have much time to act. Prepare now for a sudden emergency.

Learn how to protect yourself and cope with disaster by planning ahead. This

checklist will help you get started. Discuss these ideas with your family, then prepare an emergency plan. Post the plan where everyone will see it—on the refrigerator or bulletin board.

For additional information about how to prepare for hazards in your community, contact your local emergency management or civil defense office and American Red Cross chapter.

Emergency Checklist

Call Your Emergency Management Office or American Red Cross Chapter

- Find out which disasters could occur in your area.
- Ask how to prepare for each disaster.
- Ask how you would be warned of an emergency.
- Learn your community's evacuation routes.
- Ask about special assistance for elderly or disabled persons.

Also...

- Ask your workplace about emergency plans.
- Learn about emergency plans for your children's school or day care center.

Create an Emergency Plan

- Meet with household members to discuss the dangers of fire, severe weather, earthquakes and other emergencies. Explain how to respond to each.
- Find the safe spots in your home for each type of disaster.

- Discuss what to do about power outages and personal injuries.
- Draw a floor plan of your home. Mark two escape routes from each room.
- Show family members how to turn off the water, gas and electricity at main switches when necessary.
- Post emergency telephone numbers near telephones.
- Teach children how and when to call 911, police and fire.
- Instruct household members to turn on the radio for emergency information.
- Pick one out-of-state and one local friend or relative for family members to call if separated during a disaster (it is often easier to call out-of-state than within the affected area).
- Teach children your out-of-state contact's phone numbers.
- Pick two emergency meeting places.
 - 1) A place near your home in case of a fire.
 - 2) A place outside your neighborhood in case you cannot return home after a disaster.
- Take a basic first aid and CPR class.
- Keep family records in a water and fire-proof container.

Prepare a Disaster Supplies Kit

Assemble supplies you might need in an evacuation. Store them in an easy-to-carry container such as a backpack or duffle bag.

Include:

- A supply of water (one gallon per person per day). Store water in sealed, unbreakable containers. Identify the storage date and replace every six months.
- A supply of non-perishable packaged or canned food and a non-electric can opener.
- A change of clothing, rain gear and sturdy shoes.
- Blankets or sleeping bags.
- A first aid kit and prescription medications.
- An extra pair of glasses.
- A battery-powered radio, flashlight and plenty of extra batteries.
- Credit cards and cash.
- An extra set of car keys.
- A list of family physicians.
- A list of important family information; the style and serial number of medical devices such as pacemakers.
- Special items for infants, elderly or disabled family members.

Emergency Plan

Out-of-State Contact

Name _____

City _____

Telephone (Day) _____ (Evening) _____

Local Contact

Name _____

Telephone (Day) _____ (Evening) _____

Nearest Relative

Name _____

City _____

Telephone (Day) _____ (Evening) _____

Family Work Numbers

Father _____ Mother _____

Other _____

Emergency Telephone Numbers

In a life threatening emergency, dial 911 or the local emergency medical services system number

Police Department _____

Fire Department _____

Hospital _____

Family Physicians

Name _____ Telephone _____

Name _____ Telephone _____

Name _____ Telephone _____

Reunion Locations

1. Right outside your home _____

2. Away from the neighborhood, in case you cannot return home _____

Address _____

Telephone _____

Route to try first _____

Escape Plan

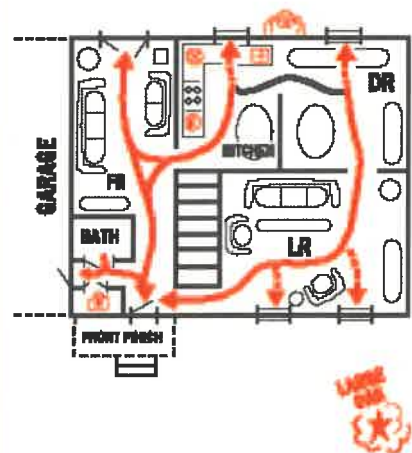
In a fire or other emergency, you may need to evacuate your house, apartment or mobile home on a moment's notice. You should be ready to get out fast.

Develop an escape plan by drawing a floor plan of your residence. Using a black or blue pen, show the location of doors, windows, stairways, and large furniture. Indicate the location of emergency supplies (Disaster Supplies Kit), fire extinguishers, smoke detectors, collapsible ladders, first aid kits and utility shut off points. Next, use a colored pen to draw a broken line charting at least two escape routes from each room. Finally, mark a place outside of the home where household members should meet in case of fire.

Be sure to include important points outside such as garages, patios, stairways, elevators, driveways and porches. If your home has more than two floors, use an additional sheet of paper. Practice emergency evacuation drills with all household members at least two times each year.

Example:

Floor one

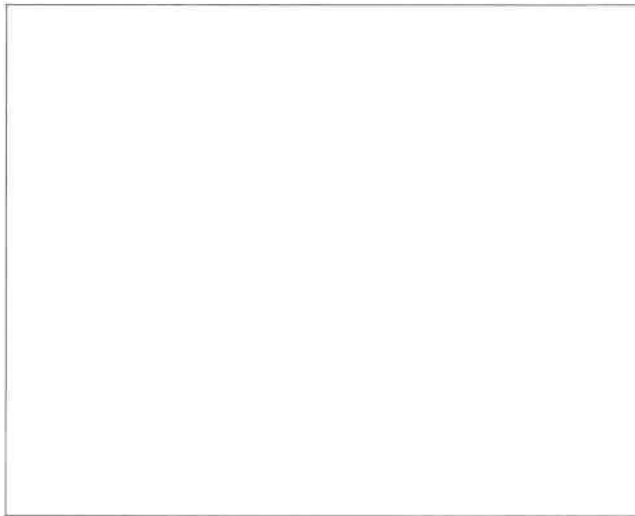


Floor Plan

Floor One



Floor Two



Normal Exit Route
Emergency Exit Routes
Fire Extinguisher
Smoke Detectors

Disaster Supplies Kit
Doors
Collapsible Ladder
Reunion Location (Outside)

Stairways
Utility Shut Off
Windows
First Aid Kit



Home Hazard Hunt

In a disaster, ordinary items in the home can cause injury and damage. Anything that can move, fall, break or cause a fire is a potential hazard.

- Repair defective electrical wiring and leaky gas connections.
- Fasten shelves securely and brace overhead light fixtures.
- Place large, heavy objects on lower shelves.
- Hang pictures and mirrors away from beds.
- Strap water heater to wall studs.
- Repair cracks in ceilings or foundations.
- Store weed killers, pesticides and flammable products away from heat sources.
- Place oily polishing rags or waste in covered metal cans.
- Clean and repair chimneys, flue pipes, vent connectors and gas vents.

If You Need to Evacuate

- Listen to a battery powered radio for the location of emergency shelters. Follow instructions of local officials.

- Wear protective clothing and sturdy shoes.
- Take your Disaster Supplies Kit.
- Lock your house.
- Use travel routes specified by local officials.

If you are sure you have time ...

- Shut off water, gas and electricity, if instructed to do so.
- Let others know when you left and where you are going.
- Make arrangements for pets. Animals may not be allowed in public shelters.

Prepare an Emergency Car Kit

Include:

- Battery powered radio, flashlight and extra batteries
- Blanket
- Booster cables
- Fire extinguisher (5 lb., A-B-C type)
- First aid kit and manual
- Bottled water and non-perishable high energy foods such as granola bars, raisins and peanut butter

- Maps, Shovel, Flares
- Tire repair kit and pump

Fire Safety

- Plan two escape routes out of each room.
- Practice fire drills at least twice a year.
- Teach family members to stay low to the ground when escaping from a fire.
- Teach family members never to open doors that are hot. In a fire, feel the bottom of the door with the palm of your hand. If it is hot, do not open the door. Find another way out.
- Install smoke detectors on every level of your home. Clean and test them at least once a month. Change batteries at least once a year.
- Keep a whistle in each bedroom to awaken household in case of fire.
- Check electrical outlets. Do not overload outlets.
- Purchase and learn how to use a fire extinguisher (5 lb., A-B-C type).
- Have a collapsible ladder on each upper floor of your house.
- Consider installing home sprinklers.

Information in this brochure was developed by the Federal Emergency Management Agency's Community and Family Preparedness Program and the American Red Cross Community Disaster Education Program.



**American
Red Cross**

Mile High Chapter

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Flood

Preparedness Checklist

Flooding is a temporary overflow of water onto land that is normally dry. Floods can result from rain, snow, coastal storms, storm surges, overflows of rivers, and dam failure. Floods can be dangerous. People die by drowning when they don't evacuate before floodwaters come or when they enter floodwaters. Floods can damage buildings and roads, cause power outages, and create landslides. Floodwaters carry waste and pollute drinking water. Flooding can develop slowly or quickly. Flash floods can be sudden and violent. Climate change increases our risk of many types of flooding. But we can take action to prepare. Prepare now to protect yourself and your loved ones.



What to Do: Before



Understand Your Flood Risk

- Learn about the types of flooding that can impact your home and community. Types of flooding include flash floods, river floods, storm surges, coastal floods, burn scars, debris flows, ice/debris jams, snowmelt, dry wash, dam breaks, and levee failures.
- Reach out to your local office of emergency management for advice.
- Know your home and community's flood risk. Visit the FEMA Flood Map Service Center and search for your home using your address.

- River floods: Know if you are in an area that is prone to river floods. Review your evacuation plan so that you can leave quickly if officials advise you to evacuate.
- Storm surge: Be prepared to evacuate immediately if local officials advise. A storm surge can cause water levels to rise quickly and flood large areas in just minutes.
- Coastal flooding: Be prepared to evacuate immediately if local officials advise. Move inland before flooding begins.



Make Plans to Stay Safe

- Flash floods can be sudden and violent. You may have little to no warning. Designate a place on higher ground that you can get to quickly. Plan to move to higher ground before flooding begins.

What to Do: During



Turn Around! Don't Drown!

- Never walk, swim, or drive through floodwater. Just 6 in (15 cm) of fast-moving floodwater can knock you over, and 12 in (30 cm) can carry your vehicle away.

What to Do: After



Prevent Injuries

- Understand the dangers you may face and keep your loved ones safe.
- If you evacuated, wait for officials to say it is safe before going home.
- Avoid fallen power lines, poles, and wires. They can electrocute you.
- Watch out for falling trees and other debris.
- Use flashlights or battery-powered lanterns, rather than candles, to reduce fire risk.
- Many injuries happen during cleanup. Wear protective equipment, like boots, long pants, work gloves, eyewear, and an N95 respirator to protect your lungs. Follow the advice of local public health officials.
- Learn how to use equipment safely. Do not touch electrical equipment if it is wet or if you are standing in water because you could get electrocuted.
- Cleaning up is a big job. Take care of yourself. Work with a partner and take frequent breaks.



Protect Your Health

- Flooding can contaminate drinking water. Check with your local public health department about drinking water safety.
- Don't get sick from eating spoiled food. Throw out food that got wet or warm. When in doubt, throw it out!
- Stay away from floodwaters. They may contain sewage, sharp items, and chemicals that can make you ill.



Take Care of Yourself

- If your home was flooded:
 - If possible, dry your home and everything in it as quickly as you can within 24 to 48 hours.
 - If you cannot return to dry your home within 24 to 48 hours, you should assume you have mold growth. When it is safe to return home, completely dry everything, clean up the mold and make sure you don't still have a moisture problem.
- Keep wet areas well-ventilated. Throw away wet materials that can't be repaired or dried.
- Prevent carbon monoxide poisoning. Gasoline, propane, natural gas, or charcoal-burning devices should never be used inside a home, basement, garage, tent, or camper – or even outside near an open window. Carbon monoxide can't be seen or smelled, but it can kill you fast. If you start to feel sick, dizzy, or weak, get to fresh air right away – do not delay.
- It's normal to have a lot of bad feelings, stress or anxiety.
- Eat healthy food and get enough sleep to help you deal with stress.
- You can contact the Disaster Distress Helpline for free if you need to talk to someone. Call or text **1-800-985-5990**.

Prepare so you can protect.

| For more information, visit redcross.org/prepare

| Download the Emergency App

