

St. Croix Long Term Recovery Group

Next LTRG Meeting is **MONDAY July 22 at 3:00pm**



The St. Croix Long Term Recovery Group (LTRG) is a cooperative body that is made up of representatives from faith-based, non-profit, government, business and other organizations working within St. Croix to assist individuals and families as they recover from Hurricane Maria. The goal of the LTRG is to match recovery resources with community needs in order to ensure that even the most vulnerable in the community recover from the disaster.

To reach the office, please call (340) 713-4440 or email Christina Joseph, Executive Assistant, at cjoseph@stxltrg.org

Mini-Grants for Faith Leaders Still Available



The St. Croix Long Term Recovery Group *Mini-Grant Program for Faith Leaders*

With the support of GlobalGiving and the St. Croix Foundation for Community Development, the St. Croix Long Term Recovery Group is offering a program of mini-grants to faith leaders, on the island of St. Croix, who want to engage in an outreach program (or increase capacity of a current program) related to the hurricanes of September 2017, recovery efforts, and preparedness activities for future disasters. The purpose of these mini-grants is to provide concrete assistance to projects to take action in your congregation, organization and/or community.

Mini-grant applications will be accepted beginning June 1, 2019 and will be reviewed on a rolling basis. The last date for submission is September 30, 2019.

You can download the application [HERE](#)

SBA Presents: "How to Prepare a Proposal for the Federal Government"

Learn to develop a competitive proposal to win contracts with the Federal Government! You will learn how to prepare technical, past performance and cost volumes of a proposal. Topics include:

- The Federal Bidding Process (First Steps)
- Solicitation Types/Contract Types

- The Solicitation (Who, What, When, Where, Why)
- Source Selection (Did We Answer the Mail?)
- Addressing the Need (Technical, Experience, Cost)
- Proposal Writing Tips

US VIRGIN ISLANDS

Thursday, July 25, 2019

8:30 AM - 4:00 PM

University of the Virgin Islands

Room NWW 102 – 103

Albert A. Sheen Campus

St. Croix, USVI 00850

[Register Here](#)

Storm Preparation for the Senior Community

When a hurricane is approaching, senior citizens may need the assistance of family members or friends to be fully prepared. Barriers to preparation may be physical, emotional or financial. Having somewhere to take shelter with people they know would be best to ensure their safety.

Senior citizens need a kit just like everyone else facing a possible disaster; the difference is the specialized supplies necessary.

Preparedness Kit for a Senior Citizen:

One gallon of water per day for 10 days. Electrolyte beverages are a good source of hydration.

Non-perishable foods.

Blankets, extra clothing and comfortable shoes.

Spare eyeglasses, catheters, batteries, oxygen systems, etc.

First-aid kit, medical insurance and Medicaid/Medicare cards.

Prescription medicines and copies of prescriptions that can be refilled for up to six months.

Medical-alert tags or bracelets with information about healthcare needs.

An emergency-contact list to reach family and friends.

Extra cash, since access to banks and ATMs may be limited.

Copies of family records and other important documents such as birth and marriage certificates, Social Security cards, passports, wills, deeds, and financial information; insurance and immunization records—all kept in a sealed, waterproof bag.

A battery-powered radio and/or a NOAA weather radio.

A solar or battery-operated flashlight.

A whistle to call for help.

Save the Date: Faith Leaders Breakfast



SAVE THE DATE
Faith Leaders Breakfast
(tentative date and time)
Monday, August 5, 2019
8:00 am – 11:00 am

Save the Date: Emergency Operations Planning Workshop for Houses of Worship July 29, 4:30pm- 7:00pm

The Long Term Recovery Group's (LTRG) Wellness Committee has partnered with FEMA's Community Planning & Capacity Building team to provide a workshop (2.5 hours) for the faith-based community to help create disaster readiness plans.

Topics of Discussion: Key steps in developing an emergency operations plan, identifying hazards specific to your house of worship facility and practicing the development of a plan.

Other topics include: best practices and lessons learned from other houses of worship to help create more efficient emergency plans for your community.

Target Audience: Faith-based community leaders or those who are tasked to ensure facilities have a plan in place for all types of hazards.

Time & Date: July 29 4:30 p.m.- 7:00p.m.

Location: AARP VI State Office, Sunny Isles Annex, Christiansted
4093 Diamond Ruby #6, Est. 6 St. Croix, U.S. Virgin Islands 00820

For more information, contact Lori Edwards, St. Croix LTRG, Wellness Committee at (340) 277 3601 or email wellness@stxltrg.org

[Register here](#)

[Download the flyer here](#)



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To register click [here](#)

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Disaster Preparedness Assistance

The Preparedness Unit at FEMA has many resources available to you to plan for the upcoming storm season. In addition to the flyers below, they can provide technical assistance to your organization through training, exercising plans, and promoting disaster preparedness messaging and outreach.

For more information or to schedule a consultation, please contact:
Emily Adams at Emily.adams@fema.dhs.gov

Available flyers to download:

- [Hurricane Preparedness \(English\)](#)
- [Hurricane Preparedness \(Spanish\)](#)
- [Preparedness on a Budget \(English\)](#)
- [Preparedness on a Budget \(Spanish\)](#)
- [Make a Communication Plan \(English\)](#)
- [Make a Communication Plan \(Spanish\)](#)
- [Gather Your Supplies \(English and Spanish\)](#)
- [Update Your Documents \(English and Spanish\)](#)
- [Make a Medical Plan \(English\)](#)
- [Pet Owners Preparedness \(English\)](#)

Preparedness for those living in single-family homes is very different from plans created for those who live in apartments.

Living in an apartment community poses some unique consideration. Sharing your walls and communal areas means some actions are your responsibilities, while others depend on your neighbors and management.

In this issue, we share valuable tips to help apartment residents prepare in case of a storm. Please share these tips with those who live in an apartment.

Thank you!



PROTECT YOUR HOME

Make sure the apartment is in good repair and safe for you to shelter-in-place.

- Bring in outdoor furniture, planters and other items from patios and balconies.
- Get shutters or panels for your sliding glass doors and windows. Ask the building's management or landlord if a specific style is required. If you're a renter, ask if your landlord provides them and who will install them before the storm.
- Identify your safest room, probably an interior bedroom, bath or hall, and stay there when windy conditions become threatening.
- Consider sheltering in an apartment on the lower level if you live on a higher floor.



STORE 10 DAYS' WORTH OF SUPPLIES

Storage space in apartments is often limited so storing your supplies may be challenging. If your kitchen is small, find space in a closet, under the bed or even behind the couch. Fill bathtubs and the washer with water that can be used to flush toilets and for sanitation needs.



STEER CLEAR OF WINDOWS

Don't stand near windows during a storm, and keep your curtains drawn. The National Hurricane Center advises against using tape since it can cause a false sense of security and also lead to larger, more dangerous shards of glass blowing through your apartment.

Now is the time to be prepared!

If you or someone in your family is experiencing issues with disaster-related stress, call the **Disaster Distress Helpline 1-800-985-5990, TTY 1-800-846-8517.**

Promote the Hotline!

The LTRG has a dedicated HOTLINE for beneficiaries to use to get connected with Disaster Case Managers. Please share this flyer (in English and Spanish) broadly within our community. We don't want ANYONE to fall through the cracks!

[ENGLISH FLYER](#)

[SPANISH FLYER](#)



HOTLINE

DISASTER CAUSED UNMET NEED

IF YOU ARE A HURRICANE IRMA/MARIA DISASTER SURVIVOR STILL IN NEED OF **INFORMATION, ASSISTANCE** OR A **DISASTER RECOVERY PLAN** PLEASE CONTACT THE DISASTER CASE MANAGEMENT COMMITTEE OF THE LONG TERM RECOVERY GROUP AT THE NUMBER BELOW:

(340) 473 - 5305

"The mission of the STX LTRG is to help our members independently provide community services on a daily basis, as well as to provide effective relief and recovery services to people affected by disaster on the island of St. Croix, USVI."