



RUTHERFORD COUNTY

Life Saver Safety & Wellness



The LIFESAVER newsletter is published to communicate safety and wellness to all Rutherford Co. employees. Our hope is to encourage you to make safe and healthy choices each and every day.

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Preparing for Spring with Technology



If you lived in Murfreesboro on April 10, 2009, you have clear memories of the “Good Friday Tornado” that swept through the city. The storm changes the landscape of the city and gave the residents a new respect for its power. It also reminds us of the importance of information during hazardous weather conditions.

Our Smartphone and tablets can prove to be a vital asset during weather. The following is a list of applications (Apps) that can provide helpful information when you need it most:

- 1. Alert Rutherford** <http://www.rcecd911.org/alertutherford/>
This will keep you informed with weather, water outage, road closures and etc... throughout the county. You **do not need a Smartphone** for this program; you can have alerts sent to your home phone, email as well as your cell phone. After signing up for this program you can also download the app. You must be signed up with Alert Rutherford before you can use the app. Search for; **everbridge mobile member** or see link on the bottom of the Alert Rutherford page
 - 2. TN RutherfordSO** – Sheriff's office app, it allows you report a crime, view the county's most wanted, and other alerts
 - 3. DNJ** – the local newspaper
- These Apps are free and can provide information vital to Rutherford County residents. Other useful Apps include: **The Weather Channel**; one of the **local news stations** and a **weather radio app** (some cost, but worth it). Read the review and see what others have to say about them.



GIVING PEOPLE WITH MENTAL ILLNESS A REASON TO BELIEVE SINCE 1988

TN Mental Health Consumers' Association (TMHCA) 1-888-539-0393 Statewide
Murfreesboro-416 A Medical Center Parkway
Phone: (615) 849-2112 www.tmhca-tn.org

The Tennessee Mental Health Consumers' Association (TMHCA) is one of the only national mental health consumer/survivor owned and operated organizations with a board of directors and staff that are 100% mental health consumers. The TMHCA provides education and advocacy opportunities that will enhance the quality of life by creating an atmosphere of respect, self responsibility, honesty and empowerment for the mental health consumer in Tennessee. Founded in 1988, TMHCA is a non-profit organization whose members include people with lived experience of mental illness, and others who support our mission. TMHCA recognizes our members as unique individuals, whose life experiences and dreams for the future are invaluable in the structuring of our plans and policies. TMHCA has various program offerings throughout Tennessee such as: Wellness Recovery Action Plan (WRAP®), Peer Counseling Training, Building Recovery & Individual Dreams & Goals through Education & Support (BRIDGES) Teacher and Facilitator Training, Regional Advocacy Program, Housing and Peer Delivered Medicaid Services. We have seven locations licensed by the Tennessee Department of Mental Health and Substance Abuse Services to provide Peer Support and Psychosocial Rehabilitation services. Also, TMHCA owns and operates the Beers-Van Gogh Center for Excellence in Memphis, Tennessee. The Beers-Van Gogh Center (BVG) of Excellence is a multipurpose facility where people with mental illness from the community, and homeless individuals with severe and persistent mental illness come to establish or re-establish links to mainstream resources. The BVG also houses 10 individuals in Single Room Occupancy Units (SROs). Residents have access to onsite evidence based and/or best practice curriculum through the TMHCA Peer Center and/or through intensive case management services.

Regardless of where our members are in life's continuum, they find in TMHCA the resources and support to empower them to make their own choices, reach their personal goals, and make the most of their lives. Through information, education, and advocacy, we seek to enhance the quality of life for all by promoting independence, dignity, and purpose.

Practice and Preparedness

Recently, Rutherford County Schools conducted our Spring Emergency Safety Drills. We conduct these large scale, system-wide drills twice each year and have been doing so for the past ten years. Each year, our schools practice eleven (11) fire drills and two (2) of the following: tornado, lockdown, medical, and target scenario drills. Target scenario drills test our emergency response to situations such as active shooter, custodial disputes, terrorist threats and more.

We do an exceptional job of preparing students, faculty, and staff for emergency situations on campus. But, are we truly prepared for emergencies at home?

Every family needs to plan for what might happen. You should sit down with your family and talk about:

- What types of disasters might happen.
- What you should do to prepare (like creating a family disaster kit)
- What to do if you are asked to evacuate (leave your home)

You should talk to your family about:

- Where to meet away from your home in case of a fire (like a neighbor's house or the corner of the street);
- Where to meet outside your neighborhood if you must evacuate. You should pick a friend or relative's house;
- Where to call to "check in" if you become separated from your family during a disaster. You should memorize the phone number of a favorite aunt or family member who lives in another state. You would call there to report where you are so your family can find you.

You can also talk with your whole neighborhood about disaster plans. Find out if someone in your neighborhood has a special skill - like being a doctor or nurse.

April is "Tornado Awareness Month". Please take some time to discuss your emergency plans. I've included a few links to information on the Internet that you may find useful. Stay Safe!

Thunderstorms, Tornadoes, Lightning: A Preparedness Guide by NOAA <http://www.weather.gov/os/severeweather/resources/rt16-10.pdf>
 Family Disaster Kit Scavenger Hunt <http://www.ready.gov/es/build-kit-kids/scavenger-hunt-game>
 Kids' Survival Kit <http://www.ready.gov/build-kit-kids>



RUTHERFORD COUNTY SAFETY AWARD
 Rutherford County along with CCMSI would like to recognize the recent recipient of the County's Safety Award. Congratulations for your efforts to enhance safety awareness and reduce On-The-Job injuries. Your hard work does not go unnoticed.

Marcus Jemison
DUI Case Manager, Drug Court



Upcoming Events



May 2—3	Jazz Fest	M'Boro Square
May 9—20	My Son Pinocchio Jr (play)	The Centers for the Arts
May 14	Spring, Slip & Slide horse show	Miller Coliseum
May 16	Cannonsburgh Concert series	Cannonsburgh
May 17	See Spot Run 5k	MTSU
Jun 6—7	Lady Day at Emerson Bar & Grill	The Centers for the Arts
Jun 7	Superhero CF 5k	Central Mag School
Jun 13—29	Smoke on the Mountain	The Centers for the Arts
Jun 14—15	TN Air show	Smyrna Air Base
Jun 21	RC cola/Moon pie run/festival	Bell Buckle