



Space and Time, L.L.C.®

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Better to be prepared than sorry.

Natural disasters occur and accidents happen. No one likes emergencies and preparing for them is something that doesn't seem to be a priority. However, emergency preparedness is one of the most important things you can do for yourself and your family. Taking the time to put a few key elements into place will make a huge difference in how well you are able to deal with any emergency situation. No need to "go overboard", just start with a few basic, simple things that can be implemented with little effort and you will be better prepared.

-Make a list of important names and numbers. This list should include relatives, friends, neighbors, insurance, banks, (including where to call in the event of theft), doctors, pharmacies, schools, office, driver's licenses, car licenses and any other vital information that you can think of that would be helpful to have at your fingertips in the event of any emergency. Keep this list in a safe deposit box or a fireproof, waterproof box. Additionally, each family member should have a list of important phone numbers with them, so creating a small card with contact information is well worth the effort. Include a designated, out-of-town relative or friend that family can contact and a pre-determined meeting place, just in case. Some households store this information on a USB or a PDA that they can take with them and it is easy to access and update.

-Create a kit that contains survival essentials. Use a waterproof container, include items that will enable you to be self-sufficient for three days and keep it in a place that is easily accessible. Consider including essential medications, basic hygiene products, and non-perishable food as well as a first aid kit, flashlight, batteries and emergency blankets. Another great suggestion is to discuss with your family "what you will grab when you have five minutes to vacate". Whatever you decide to take, you can make sure it is ready in an easily accessible, designated place, should the need arise.

-Keep all of your very important documents together in a water proof, fire proof box or safe-deposit box. This should include, but is not limited to; birth certificates, deeds and mortgage papers, inventories, insurance policies, contracts, wills, passports, financial information (including credit cards, bank accounts, loans, etc.), family historical information, medical information, etc. If you lose your wallet, if your records are destroyed in a fire or other natural disaster, or if something happens to you and your family needs to know where things are located, it is a good idea to keep a list of the contents as well as your list of important names and numbers in a file at home and keep an additional copy with an out-of-town family member as “a back up”.

The American Red Cross states that less than one in four households are prepared for an emergency. One of the most critical areas of getting a household organized is to know where your essential, vital information is. Knowing ahead of time what your strategies are for dealing with anything from losing a wallet to leaving a list of numbers with the babysitter can save you time, money and greatly reduce anxiety. As Dimity M. Davis said, “If the task seems like too much of a downer, think of not only the consequences (scary) but also the benefits (peace of mind) before retiring it to the To-Do List Hall of Fame.” It is so much better to know you are prepared than to regret not making the effort, after it is too late.

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About the author:

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