

Fedhealth enews 4Q 2019

Fedhealth's [opt-in enews](#) shares ideas, stories, program and product announcements, and other resources we hope you find of interest.

This **4th Quarter** issue includes:

Are you prepared for life or death emergencies?

Planning for medical emergencies or loss of loved ones or jobs, etc.

Doing another bundled custom book print Jan 2020

Customizable sole source preparedness book qualifies as community education

Updates on USFRA D/FW book project

New lower ad prices and doing Dallas-Ft Worth 20,000+ USFRA custom books with ads in 2020

Some Fedhealth, FSC and USFRA partners in the spotlight

Armed Citizens' Legal Defense Network, SERVPRO First Responder Bowl and Lockheed Martin Armed Forces Bowl, and QuickDerm

On the Front Lines

- First Responder Legacy
- NTAC's Protecting America's Schools: A U.S. Secret Service Analysis of Targeted School Violence
- DHS's IED Explosive Effects Mitigation course

Cool Links / Ideas

- CAPS prevents short-term hearing loss in military working dogs
- Get your family prepared with The Survival Mom's 2020 interactive calendar
- FEMA Ready campaign relaunches Ready Kids website

From our blog (& USFRA.org)

- Preparing for winter storms (tips to winterize home, prevent ice dams and more)
- Holiday food and fire safety tips
- Cold Weather Health Emergencies, Winter Safety Tips for Pets and Livestock + more



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Are you prepared for life or death emergencies?

In addition to dealing with multiple health issues that Bill has [struggled with for decades](#) (including beating leukemia and more), we've also had some [family medical emergencies](#) over the past 3+ years and feel very blessed we were back in Texas to help loved ones during these crises.

My brother (U.S. Navy and Desert Storm veteran) passed away recently so we wanted to share our [tribute to Mark](#), and remind everyone that family preparedness should include planning for medical emergencies or the loss of loved ones or jobs or other stressful situations.



A devastating event will never be easy to live through, but you can lessen the burden of these incidents with things like having a will, some contingency plans, a cash emergency fund, long-term storage foods and supplies among other things.

Free resources to help prepare for life or death emergencies

Some sites and services that can help families prepare for the unexpected include...

Cake - offers a free, comprehensive end-of-life planning platform that guides users to document and share their wishes for healthcare, estate, funeral, and legacy decisions. Users can create, store, and organize critical documents, then grant 24/7 digital access to their family members and loved ones.

Cake is particularly helpful for anyone who wants to:

- Make sure their wishes are known and followed
- Get guidance on what planning they should do
- Know if the planning they have already done is sufficient
- Unburden their loved ones from having to make these decisions for them someday
- Help their aging parents plan
- Protect their children or spouse should anything happen to them
- Protect their adult dependents should anything happen to them
- Have more peace of mind and perspective



Life is unpredictable, so everyone should be prepared for the unexpected. Share the important decisions and info your trusted people would need to access in an emergency — or after you're gone someday. Create your free Cake profile and access free tools at www.joincake.com/account/register

National Institute on Aging – has helpful tips and resources about how to prepare and organize legal and financial documents for the future. No one ever plans to be sick or disabled. Yet, it's this kind of planning that can make all the difference in an emergency. Getting your affairs in order can be difficult, but it is an important part of preparing for the future, for you and your loved ones. It is important to gather as much information as possible to help ease the process. More at www.nia.nih.gov/health/getting-your-affairs-order

FEMA's Emergency Financial First Aid Kit (EFFAK) - is a guide to help assemble your financial and medical records and important contact information before an emergency or disaster strikes. [Download EFFAK](#) (43-pg PDF) or visit www.ready.gov/financial-preparedness

More resources and blogs

Below are just a few examples of the many online articles that can help you plan for life's bumps in the road.

Life Happens: How to Prep Again When You've Lost Everything by Erin Foster on The Survival Mom blog (Our family was experiencing hardships of almost every kind. We had to move from our home, close a business, and we had nowhere to live. We were watching much of our life around us crumble and there was not much we could do to prevent it. We had to wait until the crumbling stopped and we could re-build.) <https://thesurvivmom.com/life-happens-prep-scratch/>

Job Loss Preparedness (Preparing for job loss and surviving unemployment) – You can get through a job loss by preparing when times are good. A job loss is a life changing event, but it doesn't have

to be devastating when you prepare for a job loss. Preppers can plan for and financially survive unemployment ... more at <https://www.happypreppers.com/job-loss.html>

Prepping Basics: How to Start Prepping in 2019 By Ben Brown @ The Prepping Guide (Whether you are new to prepping or are outright ready for the end of the world, there is nothing more important than having the **basics of prepping mastered** so that you can survive job loss, car breakdowns, a financial downturn or worse. In this post, we take a look at those prepping essentials so that you can **start prepping to survive anything.**) <https://thepreppingguide.com/prepping-basics/>

Rational reasons why you should be prepared by The Prepared (If this article doesn't convince you to prepare, nothing will. The 10,000 words in this guide, and the countless hours of experience and research that went into them, is to convince you of one profound, life-changing conclusion: There are a ton of very real and very serious possible emergencies, and you are likely to go through at least one of them in your lifetime. Probably more.) <https://theprepared.com/prepping-basics/guides/rational-reasons-why-you-should-prepare-emergencies/>

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### Doing another bundled custom book print Jan 2020

We are doing another bundled custom preparedness book print early January 2020 in case any agencies, nonprofits or businesses have budgets or grants that need to be used or committed before year end.



Our **266–page preparedness and first aid manual** bulk price is only **\$4.50 U.S.** each **delivered (70% off list)** and we [customize](#) them for free.

Orders of **1,000 copies** or more can change the **entire book cover** including the **title**, and the first 12 pages can be personalized with local data, photos and more in **color** on **glossy paper**. And more custom pages can be added for an upcharge, if needed.

Smaller orders (**10 copies** or more) can get our standard red books and free labels, and those can be shipped within 24 hours from our Oregon warehouse.

Learn [how to order](#) paperbacks (or ebooks) and call Fedhealth (**520-907-2153**) to discuss your needs.

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Updates on USFRA D/FW book project

Fedhealth Services Corp is printing **20,000+** custom books with color ads for the Dallas-Fort Worth area to help communities stay safe and save money. Plus advertisers and partners get many benefits, and proceeds benefit the [U.S. First Responders Association](#).

We had hoped to print this summer or fall but many businesses and groups we spoke with didn't have funds in their ad budgets so we're pushing project out until 2020 so more of them can join in. (Plus we took some time off to help family as we wrote above.)



We also have lowered our ad prices for this inaugural print and some highlights of the FSC/USFRA project include...

- Color ads on glossy paper start **as low as 1.25 cents per book** so only **\$250 total** or less to appear in **20,000+ books**;
- Lock in your position with just **25% down** and payment plans + other discounts available.
- Additional **10% off** orders placed or committed before December 31, 2019;
- Books will be divided up and delivered FREE to all advertisers to give away however they wish.
- 300+ page paperbacks have extensive shelf life since they contain lifesaving data to keep families safe plus help them save money on every day products and services like yours;
- Get extra benefits like being listed on USFRA's Partners page, use of USFRA seal, free membership on USFRA's [Public Safety Alliance site](#), NASCAR and bowl game marketing discounts, and more;
- And most importantly, proceeds benefit the U.S. First Responders Association.

Please see our [media kit](#) and contact FSC (903-343-5191) so we can collaborate to benefit your company, D/FW area, the U.S. First Responders Association and our nation's heroes.

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Some Fedhealth, FSC and USFRA partners in the spotlight

Every quarter we'd like to share some information about some of our partners with the [FSC-U.S. First Responders Association book project](#) (see above), as well as some members of [USFRA's new Public Safety Alliance directory / site](#).

The **Armed Citizens' Legal Defense Network**, Inc. was established in 2008 as a membership organization to fulfill two core missions: **first**, to help members in the legal fight after they justifiably use force in self-defense by paying for the services of attorneys, expert witnesses, private investigators and other professionals essential to mounting a vigorous legal defense of self-defense on behalf of their members. Their **second** mission is educating ACLDN members (and to some extent, the gun-owning public) in the law governing use of force in self-defense and how armed citizens can protect against unmeritorious prosecution.



Each month ACLDN publishes a monthly online journal for members (as well as the public) with articles, columns and editorials on what people need to know about self-defense, with a specific focus on self-defense law (see [journals in PDF](#)). The Network also helps educate the gun-owning public by supplying printed copies of their booklet [What Every Gun Owner Needs to Know about Self-Defense Law](#) (also available in [this 24-page PDF](#).)

Armed Citizens' Legal Defense Network is offering USFRA members **and** the public **\$15 off** their **annual** membership if you **mention coupon USFRA15off** when [you join](#). (And it's a great holiday gift!!)

*(Note to all first responders: The Network's membership benefits **not** applicable to on-duty incidents.)*

Learn more about **Armed Citizens' Legal Defense Network** at <https://armedcitizensnetwork.org>.



Each year the **SERVPRO First Responder Bowl** and the **Lockheed Martin Armed Forces Bowl** provides thousands of free tickets for first responders to attend the bowl game with their families.

For **\$15** you can purchase a ticket that will sponsor a first responder or armed forces members and their families to attend either the 2019 SERVPRO First Responder Bowl in Dallas late-Dec 2019 or the Armed Forces Bowl in Fort Worth in Jan 2020 with their family free of charge.

The bowl office will ship tickets directly to first responders and veterans, retired military, active duty, guard and reserve men and women who sign up, and fans that sponsor tickets will be honored on game video boards. Learn more at www.firstresponderbowl.com/first-responders and www.armedforcesbowl.com/tickets

Sometimes our K9 partners, horses, pets and livestock have wounds and/or skin conditions that can be painful and prone to infection. Also animal control, animal shelters and rescue/rehab facilities often deal with abused and wounded animals year-round, many of them requiring treatment ~ especially following disasters like wildfires, hurricanes or floods.



QuickDerm provides a moisture-retaining protective barrier that impacts inflammation and promotes rapid healing for ALL animals that have slight to severe wounds and skin conditions. Both ointments and spray adhere well to the wound and will not run off.

Our friends at VetCare now have a 4 ounce QuickDerm spray and they are offering a **10% off** discount to first responders, military families, volunteers and others with K-9s, horses, rescue animals, pets and livestock. Visit www.vetcare.us for more information or to order, and use USFRA's **coupon code HEAL** on checkout to save **10%** on QuickDerm products.

QuickDerm was first introduced for human health applications for hard-to-heal wounds, including burns, skin irritations, abrasions and cuts, and we've personally used it after getting some black widow bites. See our results and learn more about QuickDerm and **Mossy Oak GameKeeper Kennels** ~ [read more](#)

Would you like to be featured as a partner? Learn more [here](#) or email info@fedhealth.net

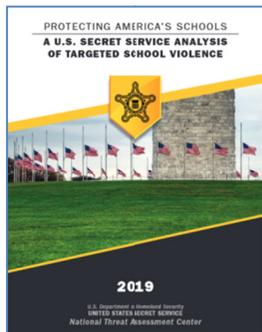
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On the Front Lines

The **First Responders Legacy** invites first responders to preserve their legacy by uploading memories to a cloud-based platform. Their new site, firstresponderslegacy.org, is free for fire, rescue, EMS, police and military personnel, as well as their loved ones. Users can upload photographs, voice messages and other content to be delivered on a later date or upon the death of the first responder.



The site was established by technology company Family Legacy USA and is supported by the United States First Responders Association. "USFRA is proud to partner with Family Legacy USA to spread the word about FRL (First Responders Legacy) to our members and fans across the country," said USFRA Vice President Janet Liebsch. "It may give some peace of mind in case they make the ultimate sacrifice." *Read more on FireRescue1 or www.firstresponderslegacy.org*



The **U.S. Secret Service** released a new report on targeted school violence in the United States. The study, *Protecting America's Schools: A U.S. Secret Service Analysis of Targeted School Violence*, identifies 41 incidents of attacks against K-12 schools in the United States from 2008 to 2017.

Researchers with the Secret Service **National Threat Assessment Center (NTAC)** and their federal, state and local partners have examined the background and behaviors of the attackers and identified key findings and significant commonalities in this report to better protect schools, children and the public. [Continue reading on USFRA.org](http://USFRA.org)

DHS's **Improved Explosive Device Explosive Effects Mitigation** course introduces the effects of an explosive detonation. It details the difference between blast, thermal/incendiary, and fragmentation effects, and describes the consequences on various targets. In addition, participants will learn about security measures and best practices that can help prevent or mitigate explosive effects.



This 60 minute Virtual Instructor-Led Training (VILT) is delivered through live instruction to cover the following topics:

- Blast, fragmentation and thermal effects
- Blast wave components resulting from an IED detonation
- Destructive consequences on both structures and personnel
- Protective measures that mitigate or decrease an explosive effect or event

Participation via the On-Line Virtual Classroom and the Phone Bridge is required in order to receive a certificate of completion and CEU. More at <https://cdp.dhs.gov/find-training/course/AWR-337>

Do you have a story or idea you'd like to share? Send it to info@fedhealth.net

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Cool Links / Ideas

Military workings dogs are used for a variety of roles, including tactical operations, patrol, detection and specialized search. Until now hearing protection systems available were rigid, cumbersome and hard to put on the dog, with limited effectiveness in testing for the protection of canine hearing. But now, thanks to an Army small business innovation program, canines are getting some help.



Zeteo Tech, Inc., in partnership with Pete "Skip" Scheifele M.D., Ph.D., a retired Navy lieutenant commander, professor at the University of Cincinnati and leading animal audiology expert, developed the **Canine Auditory Protection System**, known as **CAPS**, to prevent short-term hearing loss in MWDs.

The CAPS uses lightweight, high-quality acoustic absorption materials to block unwanted sounds. Unlike conventional canine hearing protection, this solution is constructed of flexible materials that conform to the unique shape of a dog's head. This flexibility ensures proper sealing around the ear and maximum sound reduction.

The snood-style headgear, resembling a close-fitting hood, uniformly distributes the pressure required to hold the hearing protection in place, while avoiding challenges associated with straps. At a little more than an inch thick, the device's low profile will not be a hindrance for dogs working in tight spaces. It is also compatible with other gear used by working dogs including doggles. Read more on Army.mil



Get your home and family prepared for unexpected emergencies with an interactive **2020 calendar** by Lisa Bedford a.k.a. **The Survival Mom**. Each month features a different type of emergency kit, a Book of the Month, the popular 52-Week Savings Plan, simple prepping tasks each week, and even a summertime Book of the Month for kids.

With over 100 simple and frugal prepping tasks, 2 or 3 each week, you'll get a steady stream of instruction from Lisa. Order copies for you and your loved ones (and they make great gifts) at <https://thesurvivalmom.com/calendar>

Also be sure to follow The Survival Mom on her [blog](#), [Facebook](#) and [Twitter](#).

FEMA's Ready Campaign recently relaunched and updated their Ready.gov/kids webpages. **Ready Kids** is a one-stop shop with interactive search features, tools and resources to help engage kids and young people on emergency and disaster preparedness. It also includes educational games and activities for kids to learn how to be prepared for disasters and why it is important, as well as resources for parents and educators.



If you know what to do in an emergency, you can help keep yourself and others safe by creating a family communications plan, a checklist to build an emergency preparedness kit, and use resources to talk with children and teens about disasters that may occur where they live.

Previously, these tools had been on various FEMA and Ready.gov websites. But now, everything is just a few clicks away with resource collections and a searchable resource library ~ more at Ready.gov/kids

Do you have a cool link or idea you'd like to share? Send it to info@fedhealth.net

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**From our blog**

Please read and share these safety posts from our [Fedhealth blog](#) and [USFRA's Disaster Preparedness forum](#)...

[Preparing for winter storms \(tips to winterize home, prevent ice dams and more\)](#)

[Holiday food safety tips \(Fight Bac! campaign, food intolerance + pet safety\)](#) - Each year 48 million illnesses, 128,000 hospitalizations, and 3,000 deaths in the U.S. are traced to foodborne pathogens - [read more](#)



[Things you can do to reduce foodborne illnesses](#) – find some tips and common myths about food safety – [read more](#)

[Holiday Fire Safety Tips about Christmas trees, lights, candles and more](#)

[Winter Safety Tips for Pets and Livestock](#) (Cold weather can be as hard on critters as it is on people and may lead to serious illness, injury or death.) – [read more](#)

[Cold Weather Health Emergencies \(frostbite versus hypothermia\)](#) – learn the signs and know what to do – [read more](#)

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Please help us spread the word about our customizable books and resources by sharing this PDF enews with others. And consider joining FSC and the U.S. First Responders Association with our [Dallas-Fort Worth book project](#) to help prepare communities and support our nation’s Fire/EMS, Law Enforcement, active duty Military, and Veterans.

Also send us your news, events, products or services for consideration in a future enews to info@fedhealth.net.

Stay safe out there, j & B

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