SUNDAY SCHOOL

PLACE: ZHCC,
8787 W. Airport Blvd.,
Houston, TX 77071
Tel: 713-270-9339

TIME: Different timings for each group

DATE: August 11, 2019

Children’s Session
The Sunday School session starts at 10.30 a.m. to 11.30 a.m.

Middle Group: The Sunday School session at 10.00 a.m.

Youth Group: Sarosh Collector, Kaemrez Dotiwalla conduct this session.

ZAH LOSES A BELOVED MEMBER

Noshir Kaiki Medhora (December 19, 1949 - July 13, 2019) was a beloved member of the Zoroastrian Association of Houston (ZAH) for over 40 years. He is survived by his wife Yasmin, his sons Neville and Ashdin, his brother Dinyar (Mumbai) and many friends and family. Noshir and Yasmin were very involved in all ZAH activities. His smile and ability to make total strangers feel welcome will be sorely missed by the community. Noshir was a licensed pilot and died in a flying accident.

UPCOMING EVENTS

Wednesday, August 7 to 16, 2019 – Muklad Days
Saturday, August 17, 2019 – Hambandagi, Maachi – Atash Kadeh
Saturday, August 17, 2019 – Navroze Function
Sunday, Sept 29, 2019– Fasli Mehrgan/Maedyozarem Gahambar
Friday, Oct 11 – 13, 2019 – Annual Library Event
Sunday, Oct 20, 2019 – Picnic – details to be announced
Saturday, Nov 9, 2019 – “It’s a Miracle” – a Play by Shahnaz Sidhwa

REPORTS

Library Report
By Jangoo Mistry

It’s that time of the year again, when the ZAH Library presents its annual event! The three-day program will start on Friday evening, October 11, and run through the morning of Sunday, October 13. As always, the program will start with a meet-and-greet on Friday evening, continue with a full day on Saturday of talks and discussions, ending with a gala dinner and some entertainment. Sunday will be a wrap-up, and face-to-face discussions with speakers and other experts.
We are proud to present Almut Hintze who is recognized worldwide as a scholar of Indo-Iranian studies and Zoroastrianism. Since 2010, she has been Zartoshty Brothers Professor of Zoroastrianism at the School of Oriental and African Studies (SOAS), University of London, and is now the Co-chair of the Shapoorji Pallonji Trust. She will give two talks.

In her first talk, Dr. Almut Hintze will discuss the fascinating Multimedia Yasna project that for the first time will use Virtual Reality to understand the words and the rituals associated with these hymns of Zarathushtra.

Her second talk will focus on the fate of the soul after death, and its imagery in our Zoroastrian sacred texts. She will examine the way in which the encounter of the soul with its belief, or daēnā, is elaborated in the Avesta.

Our second speaker is Kersi Bhikhaji Shroff, founding member of the Zoroastrian Association of Metropolitan Washington (ZAMWI), an Attorney at Law, and formerly Division Chief in the Law Library of Congress. Beginning in 2013, Kersi has travelled extensively in Central Asia and the Caucasus (in Azerbaijan), and volunteered to work with expeditions led by Russian archaeologists at three ancient, pre-Islamic sites in Tajikistan and Uzbekistan.

In his talk, Mr. Shroff will take us on one of the great adventures of recent times in the important discovery of the Middle Ages. By giving us first-hand accounts of expeditions led by Russian archaeologists that he volunteered for, he will reveal how archaeological remains in the ancient regions of Bactria, etc. provide rich evidence of sacred structures, artefacts, and mural paintings that depict the practice of Zoroastrianism.

The attached flyer provides details of all three talks, and the program for three days.

The planning for this eagerly-awaited event is already in full swing, and we are fortunate that well-known Zoroastrian scholars and researchers have committed to share their insights and knowledge with us. For the first time, this annual Library event is presented in conjunction with FIRES and the Society of Scholars of Zoroastrianism. Many out-of-town guests are also interested in attending. Please mark the dates (October 11, 12 and 13) on your calendar, and RSVP at your earliest convenience.

**Request for Art Displays in Purvez Rustomji Room**

In the last Manashni, we talked about the enhancements to the Purvez Rustomji Room that are now in the implementation stage. In addition to the stage and three display cases along one wall, we will have tracks close to the ceiling to display blown-up pictures, posters, and other items as required for appropriate meetings.

We are looking for help in creating appropriate artwork that can be hung as large posters from these tracks. We will tap into the creative talents of some of our community members to design these displays around relevant themes. Please share with any ZAH Library member any thoughts or suggestions you may have.
MEMBERSHIP DUES

CATEGORY AND RATES

- Patron Family Membership $500
- Patron Single Membership $250
- Patron Senior Family M’brshp $250
- Patron Senior Single M’brshp $125
- Family Membership $275
- Family Senior Membership $150
- Associate Membership $275
- Single Membership $135
- Single M’ber Head of Hshold $150
- Single Senior Membership $40
- Student Membership $25

Manashni Surcharge $15
For Printed/Mailed copies

Definition of Categories

- Family Member
  Parents and their children under 18

- Family Senior Member
  One spouse is over the age of 65

- Single Member
  Unmarried individual over age 18

- Single Senior Member
  Individual over the age of 65

- Single Member Head of Household
  Single parent with children under 18

PLEASE MAKE YOUR CHECK PAYABLE TO: ZAH
AND MAIL TO:

ZAH Treasurer
8787 W Airport Blvd.
Houston, TX 77071

Or pay online:

http://zah.org/?event=zah-annual-membership-2018

Youth Group Report

By: Yazad K. Sidhwa, ZAH Youth Group President

There were no Youth Group activities planned for the month of July as the ZAH Youth Group Officer elections were originally scheduled for July 14th. Due to vacations the 2019-2020 Youth Group Officer elections have been moved to August 11th at 1 pm after the Muktad prayers.

This year we will have six of our Middle Group friends Roshni Chikhliwala, Zal Italia, Sameer Chakraborty, Freyaan Vimadalal, Diana Sabawala, and Cyrus Surveyor join us for the new school year. On behalf of the entire Youth group I would like to welcome them and their parents to the ZAH Youth Group for 2019-2020. Although some of us will be leaving the group to go off to College, we have some great teachers and awesome mentors besides some great Youth and they will have a lot of fun.

As this will be my last Manashni article as the ZAH Youth Group President, along with Zubin and Rayomand, I would like to thank all our Youth Group friends, teachers, mentors, parents and everyone else who helped us throughout the entire year. We would also like to thank all our donors and sponsors for supporting us with their generous donations and making our events very special and a lot of fun.

Thank you and good luck to all for the new school year!

MISCELLANEOUS

GOLDEN GROUP ACTIVITY

By: Jehanbux Mehta

Lunch at a Chinese buffet restaurant? What’s so different about that, one may ask. But let me inform those not fortunate to have attended the Golden Group event on Saturday, July 27, that we all had a ball.

By 12:45 p.m. twenty-five of us had arrived at Buffet King, some with walkers, some with walking canes, but many quite spritely, and all with beaming smiles. Seated in a dining room, separate from the crowded main hall, arranged by Anita Kavina, the deafening chatter began.

Suited us quite well as the two other couples in the room refused to accept their fate amongst us and departed to another area, much to our delight, of course. The room was all to ourselves and we made good use of that.

After a few trips to the extensive buffet bars and introduction of three new members, we settled down to Anita asking each of us questions which drew hilarious laughter. No bingo this time, but guests were not permitted to leave without several lucky ones having drawn the numbers to bag very lovely and useful prizes, all compliments of Anita. We need to thank her and also our other Helping Hands for the silent work done in scouting for a restaurant that could appeal to all and other things that go in making an event successful.
No event has been planned for August as quite a lot will be going on that month due to Muktad and Naoroze, but work is already on to have an event in September – a change from the past two to keep our members interested. An eblast will go out in a few days to our members; so if you are 60 and above and not yet a member – the 2019 subscription being only $10 per member – get in touch with us and enroll soon.

A TRIBUTE TO NOSHIR MEDHORA
By Kelly Dhunjishaw Mama

It was February 1978. I had just changed jobs and moved from Chicago to Houston. Upon my move I had learnt that one of my engineering college friends (Soli) was also in Houston. We connected and agreed to meet on the weekend at his place.

When I rang the doorbell I was greeted by a smiling face and he introduced himself as Noshir Medhora. I soon learnt that Nosh and Soli were roommates. Through them I got to know their friends and soon I began hanging out with them. I also learnt that both Nosh and Soli were planning to go back to India to get married. I, too, planned my visit to India to coincide with theirs and attended both their weddings. It is there I met Noshir’s charming wife Yasmin.

Upon our return to USA we all kept in touch regularly as now all three of us were married.

Nosh and Yasmin's son Neville and my daughter Scherezade were born a month apart and soon, along with some of our other friends, who also had children of the same age, started getting together almost every week.

Through the years as our kids grew up we saw less of each other meeting occasionally as our work kept us busy. Recently we did begin to get together again but unfortunately not often enough. Nosh’s untimely passing makes me sorry that I did not make an additional effort to keep our friendship more active.

Nosh, we will all miss you. May your soul Rest In Peace.

Your friend,
Kelly Dhunjishaw Mama

THANK YOU

Yasmin, Neville and Ashdin would like to express their sincere appreciation for the prayers, love and support the ZAH community has shown during the sudden demise of their dear Nosh Medhora. We are fortunate to have a wonderful community, many priests, a Center and the Bhandara Atash Kadeh in Houston. May we always live in peace and harmony.
This year was a unique and distinctive edition of all the Z-Camps we have had so far, a year of a lot of firsts. This was the first time (probably in North America) the entire Z-Camp was planned, organized and executed by our young adults aged between 20 and 25. This was the first time we had over 93 kids under 25 at ZHCC. This was the first time ZAH tied up with FEZANA and invited kids and young adult observers from all over North America. This was the first time we had the Ushahen Geh BOI at 12 midnight at our Atash Kadeh (AK) as part of our program and last but the best, this was the first time a camper nonchalantly decided to cook his own meal during the ZAH Iron Chef session 😊.

The Z-Camp 2019 was held over the weekend from July 26th – 28th and was attended by kids from Greater Houston, Dallas, Frisco, Plano, Kirkland, Austin, Columbus, Lewisville, Los Angeles and Seattle. Majority of the sessions were conducted and judged by young (25-40 yrs.) experts in their respective professions.

At around 7 pm on a hot and humid Friday, the Z-Camp organizing team got in and were extremely energized to begin what was a culmination of some real hard work for the past 3-4 months. All got down to business right away and had the meeting for final touches! As soon as we finished we got to meet our friends from Seattle and LA and by the time dinner was set up the contingent from Dallas was here.

Dinner was served, and everyone just dived into the scrumptious pasta and salad along with some garlic bread. Very soon the campers realized that there was a surprise in the kitchen which turned out to be some very yummy mutton biryani and within no time there were just the skeletal remains in the empty foil trays.

After dinner, the kids caught up with their friends and the adults as usual, were gorging on the lagan-nu-custard and some mousse. At around 11 pm our young adult Ervads took the campers to the AK for a very informative tour. After some boisterous laughs and inconsistent noise levels all went to bed at around 1 am (sure!) waiting for the official Z-Camp to kick-off the next day.

Come Saturday morning, registration started at around 9 am followed by the opening of the Z-Camp at 10 am sharp with a benediction and housekeeping announcements for the campers divided into 4 teams. All of us observed a moment of silence for our beloved Noshir Medhora Uncle before getting on with the proceedings. The Swanky Sexy Sudrehs, Blue Flamingoz, Pisho means Belaari and Anti Parsi Parsi Club (whatever that means) started their rivalry in right earnest. The camp started with some team building activities followed by our Houston Police Department (HPD) representative Stephen delivering a presentation on the “The Active Shooter” topic which is extremely relevant for all our kids (and volunteers) in the current scary world we live in. Most of them loved the session and thanked Stephen and Sweta Sethna who helped us organize it. Meanwhile, the kids’ group was treated to some safety and self-defense techniques.

After a sumptuous Mexican lunch, it was time for the Marketing skills session hosted by the WZCC, Houston Chapter. It was led by Eric Engineer and Sharmeen Irani where the campers were taught some great techniques and methods on how to market a product and were expected to
Officer Stephen – Presenter
Active Shooter Situation

Another Session
Learning Presentation Skills

Market Place

Iron Chef Judging

Splash Time

come up with a plan as well as a skit for a presentation to parents and friends after dinner. Concurrently, the kids' group had an introduction to silk road and around the world projects.

It was time for the much awaited ZAH Iron Chef session under Yasmin Medhora’s tutelage that the kids look forward to, every year. This year for the first time the format was changed to a “Chopped” version. The Z-Camp team had invited Diana Engineer, Fram Haveliwala and Mitra Khumbatta as the three judges to evaluate the culinary skills of the 4 competing teams. Before the teams got into their cooking acts, Yasmin Medhora had a short but informative session with all the kids on “The Perfect Sunday Brunch” All the kids really loved it as they got some pretty good ideas from Yasmin aunty. Once the session was over the 4 teams were divided into 4 respective age groups and sent to their working stations for the ZAH Iron Chef session which involved specific tasks given by the Z-Camp Team.

The over 18s were given ingredients of Bhel as well as one unique item and they were given a free hand to be creative with their imagination. The Youth group teams were given “Steak” as their meat (chosen in honor of our beloved Noshir Medhora Uncle who loved his steaks). The Middle group was tasked to prepare a “Shrimp” dish. The youngest although the most fiercely competitive kids group prepared their own concoctions of Milk shakes besides the cupcakes and other preparations. All the groups were extremely creative, ingenuous and some daring as was evident from the dishes on display. The judges were very impressed and said some of the dishes were “restaurant style cooking”.

To assist them, Yasmin aunty very meticulously set up a “Market Place” with various ingredients like spices, condiments, a variety of veggies and fruits, carb accompaniments, decor and all cooking supplies to prepare the various dishes. Thanks to her bouncers (Nargis Cooper, Arzin and Aban) for keeping the Market Place in one piece while facing the unrelenting pressure from all the campers asking for stuff from all directions as well as thank you to all the volunteers who helped loading, unloading, setup and clean up during the session.

After the Iron Chef session, a “What’s next?” session was conducted for the Youth group and the over 18s. In parallel, the middle group was treated with some enjoyable games and activities. As soon as the power hour finished, the 4 teams were given a task to come up with a two-minute elevator pitch on “How do you envision Zarathushti life in the Modern World?”. All the teams came up with some unique and interesting pitches and kept the audience in rapt attention.

No sooner did the session end than all the kids were on the ZHCC grounds competing against one another during a high voltage sports session with the kids having fun at “Splash time”. The parents and guests started to trickle in for dinner with the campers. Dinner was served around 8 pm and we were treated to some delicious “Chicken Curry Chawal and Shrimp Potato” by our own Naushad Mehta, followed by tea and some desserts. It was time for the last session where the campers were to perform some marketing presentations and skits and all the judges along with the audience were really amazed at the creativity and innovation the teams brought forward at such short notice. All the teams did an awesome job. Soon after we finished the presentations, some of our young Mobeds started preparations for the much awaited Ushahen Geh BOI ceremony at our AK. An ambiance like the Iranshah Atashbehram was created by switching off all the lights and lighting tea lights all over the Atashgah in AK. It was a unique experience for all the kids and some adults present in a serene holy atmosphere. All the young Mobeds, did a fabulous super job.
The next day, Sunday July 28th started with the impossible engineering session and the campers were given a task to create a “Zipline”. The kids group started their sessions with a Zumba exercise session followed by indoor sports. Soon after lunch was served and around 12:30 pm our final session began where the teams had to dress up two campers per team for a fashion show. Finally, it was time for the coveted results where the Blue Flamingoz team stole the honors and was awarded the first place but for us everyone who participated was a winner.

Most importantly, our Z-camps allow kids to acquire skills and get ready to face challenges in their future endeavors besides making new friends and long-lasting relationships across North America. Finally, thank you to all the donors, youth and adult volunteers, presenters, judges, panelists, parents and our campers without whom this camp would not have been possible.

See y'all back in 2020!

Z-Camp 2019 Team – Alyssa Tamboli, Bahrom Firozgary, Darius Tamboli, Farzad Sunavala, Freya Daroga, Friyana Sidhwa, Natalya Haveliwala, Nikita Engineer, Rayhan Nariman, Rayomand Katrak, Rhea Engineer, Serena Setna, Zenia Sunavala, Anaiza Irani (Dallas), Danielle Dubash, Kyle Jensen, Kyrus Buchia

MEDICAL GRADUATE

Dr. (Eravad) Bahrom Firozgary graduated from Texas A&M College of Medicine and earned his Doctor of Medicine degree (MD). He matched at the Memorial Family Medicine Residency Program, where he will spend three years training at Memorial Hermann Southwest and Sugar Land. Bahrom is grateful for all the love and support of his family and friends in the Houston Zoroastrian community throughout his educational career.

XII WORLD ZOROAストRIAN CONGRESS – LOGO CONTEST

The 12th World Zoroastrian Congress will be held in New York, USA during the summer of 2022.

Zoroastrian Association of Greater New York (ZAGNY) a member association of Federation of Zoroastrian Associations of North America (FEZANA) will host this event as it returns to North America after 22 years.

The organizing team of the WZC2022 would like to announce a competition to design a logo for the Congress.

The new logo will become the official logo of WZC2022 and will be used on the Congress website, social media sites, business cards, letterhead, posters, souvenir trinkets and gifts, or anywhere else WZC2022 chooses.

We invite entries from all over the world for this logo competition.

To find out more above prize money, eligibility and learn about our jury members, head to https://wzc2022.com/logo/

The contest is open from 12:01 a.m. August 1, 2019 US Eastern Standard Time and closes at 11:59 p.m. November 15, 2019 US Eastern Standard Time.
Annual Prayer Room Cleaning by Middle Group Sunday School Kids and their Parents

For the past over 10 years, Middle Group Sunday School children and their parents clean the Prayer Room in preparation for Muktad ceremonies. Even though this year the Muktad prayers are not being held in the Prayer Room, the children and their parents thoroughly cleaned the room and polished all the silver/German silver implements in there. Prayer Room cleaning has become the Middle Group ritual and they will continue with this project as long as is possible.

All the credit goes to the parents who not only bring the children to the Center but physically work - getting down on knees and mopping the floor, or polish the big Afartganyu inside the kibla. It’s because of the parents’ enthusiasm that the kids enjoy the work and this year was no different; they came on Sunday, August 4, 2019 at 1:00 p.m. and started immediately with their work assigned to them. To enumerate what was done - all silver in the prayer room was polished, washed and cleaned. For the large Afarganyu, the adults removed the “thali” (tray), emptied the ashes in a bag, washed, polished and cleaned the thali, the Afarganyu in the kibla was thoroughly cleaned and polished. The fans and blinds were cleaned too as were all the tiled areas. It was fun while they worked and we didn’t see a single child make a boring face.

What are Muktad days?
Excerpted from a Dr. Ramyar Karanjia’s article July 27, 2012

Muktad are the 10 days starting from Roj Ashtad of Mah Spendarmad and ending on Vahishtoist Gatha, when, according to Zoroastrian tradition, all Fravashis and souls collectively descend every year to their houses in particular and into the world in general. They remain wherever there is purity, prayers, performance of rituals and goodness. The Muktad days are also known Farvardegan, which means “days of remembering the Fravashis.”

Muktad celebrations have a twofold significance. Firstly the festival is to thank all the Fravashis collectively as they help us in many ways. Secondly these days are to individually remember the souls and the Fravashis of our own dear departed ones. Thus the days of Muktad are to offer reverence to all Fravashis and remembering the Fravashis and souls of our own dear ones.

The vase in which flowers are kept is symbolic. Water and flowers in the vase are representatives of Khordad and Amardad Ameshaspands. They are indicative of Perfection and Immortality of the soul. Moreover, water and plants are also conduits of divine blessings. Hence water, plant and Fravashis are remembered together at several places in the Avesta, like Yasna 26 and Farvardin Yasht, 23.
Kids participating:
Ariana Anklesaria, Roshni Chikhliwala, Mahtab & Darious Dastur, Cyrus Desai, Neville & Natasha Kanga, Emma Kolah, Cyrus Mistry, Diana Sabawalla, Farzad & Rukhshana Sarkari, Cyrus & Delna Surveyor, Frayaan & Darious Vimadalal

Adults:

Muktad at Bhandara Atash Kadeh
The first Muktad prayers started to be performed at the Bhandara Atash Kadeh, from August 7 – Roj Ashtad Mah Asfandad.

Soli Dastur with his wife JoAnn specially flew in to Houston to participate in the performance of the Muktad Prayers along with our local Mobeds, Er. Bahmanshah Sanjana, Er Maneck Sidhwa, Er Pervez Gonda and Er Khushrav Nariman.

As usual, adherents brought symbolic food to be placed at the prayer chadar to be blessed by Asho Farohars. After completion everyone went to the Center and had potluck dinner.

As announced the Muktad Prayers will continue until the last day, Vahishtoisht Gatha, August 16, 2019. Daily the prayers will start at 6:00 p.m., weekends at 11:00 a.m.

Z- STAMPS
Is collecting stamps still a thing of the past? Stamps are miniature gateways to the world. Stamp collecting helps instruct the collector in geography, biography, history, culture and art. For many individuals, stamp collecting might seem like an anachronistic hobby — an old-fashioned characteristic of old-times. Here is a resource that may surprise you.

Yazdi Tantra on his website Zoroastrians.net has featured a representative collection of stamps from India, Pakistan, Iran and other Central Asian countries that have issued commemorative stamps celebrating Navroze or lifting up the legacies of prominent Parsis from Pakistan and India. Yazdi asks if you come across any Zoroastrian-related stamps of any other country or region which are not included in this collection, please feel free to share so he can make this collection as complete and exhaustive as possible. Yazdi has created a self-running PowerPoint Presentation, and is easily downloadable and can be used by local Zarathushti congregations to show at their events worldwide.
YESTERDAY’S GIFTS.....TOMORROW’S ASSETS

PRESENTED BY
Zoroastrian Association of Houston
FEZANA Information Research Education System
Society of Scholars of Zoroastrianism

PROFESSOR ALMUT HINTZE

KERSI BHIKHANJI SHROFF

DATE
OCTOBER 11 - 13, 2019

VENUE
ZARATHUSHTI HERITAGE AND CULTURAL CENTER
8787 WEST AIRPORT BOULEVARD
HOUSTON, TEXAS

FULL PROGRAM DETAILS
WWW.FIRES-FEZANA.ORG

THE PAST IN THE PRESENT: THE ANCIENT ZOROASTRIAN RITUAL OF THE YASNA IN SOUND AND WRITTEN WORD
A TALK BY PROFESSOR ALMUT HINTZE

CENTRAL ASIAN ARTS & ARCHAEOLOGY: SELECTED ZOROASTRIAN THEMES AND SITES
A TALK BY KERSI SHROFF

ZARATHUSHTRA’S VISION: WISDOM FOR THE AGES
A TALK BY PROFESSOR ALMUT HINTZE

YOUNG MOBEDS
A PANEL DISCUSSION

REGISTRATION
$30 FOR ENTIRE CONFERENCE OR $10 FOR LUNCH OR $20 FOR GALA DINNER. LECTURE ATTENDANCE FREE

FOR INFO OR RSVP CONTACT ARNAVAZ SETHNA, AHSETHNA@YAHOO.COM
Disaster Planning: People with Chronic Disease……. Here are some examples of common chronic conditions and things you can do to keep you or a loved one safe during a disaster.

Natural disasters, such as hurricanes, floods, tornados and wildfires, can be stressful and devastating for persons living with a chronic disease. Learn tips to help reduce the risk of illness or serious health complications in a disaster.

Be prepared for a disaster. Make an emergency plan and kit.

- **MAKE AN EMERGENCY PLAN:** Maintain at least a three-day supply of water, food, and medicine. Consider signing up for SMART911 AT your local county registry. These services help first responders identify people who may need assistance in a disaster.
- If you need to leave your home, know where to go (e.g., family members house, shelter) and be prepared to leave quickly. Have medicines, medical records, insurance information, and healthcare provider’s information, with you.
- Ask your doctor for an extra supply of prescribed medicines, and have a list of all prescription medicines (including name, dose, and pharmacy information). If staying in a shelter or temporary housing, tell the staff about your health problems, special needs and any medicines you are taking.
- Keep medicines, supplies, and equipment out of the heat and in a safe and waterproof location. If you use medical equipment that works with electricity, learn How to Prepare and Handle Power Outages.
- Check if the Emergency Prescription Assistance Program (EPAP) is activated after a disaster. This free service helps residents get medicine, medical supplies, medical equipment and vaccines that were lost, stolen, or damaged due to the disaster. Call 855-793-7470 to enroll or visit the EPAP website. Check RX Open to find open pharmacies.
- Take steps to avoid getting an infection or illness. Clean up, disinfect, and wash your hands often, and stay away from moldy or dirty places. If you do not have soap and clean water, use an alcohol-based hand sanitizer. Seek immediate medical care if a wound develops redness or swelling, or if you have other signs of infection, such as fever, increasing pain, shortness of breath, confusion, disorientation or high heart rate.
- During or after a natural disaster, it may be hard to find the food that you usually eat, particularly if you are on a special diet. Try to eat as healthy as possible by choosing foods that are lower in added sugars and salt.
- If you feel overwhelmed, reach out to family, friends, support groups, or a healthcare professional for support. Engaging in physical activity can help you to reduce stress, manage your condition and cope with a natural disaster.

**Heart Disease and Stroke**

- Stress from a disaster can lead to heart disease symptoms. Know the signs and symptoms of heart attacks and stroke.
- Disasters may cause increases in blood pressure. Monitor your blood pressure regularly, particularly if you have high blood pressure. Learn more about Measuring and Controlling Blood Pressure.
- Wildfire smoke and disaster-related air pollution can cause an increase in heart disease symptoms such as chest pain, heart attacks, difficulty breathing, abnormal heart beating, or worsening symptoms of heart failure, and stroke. Seek medical attention if you or someone you know is experiencing these symptoms.
- Get enough sleep to protect your heart health. Learn more about how not getting good sleep affects your heart health.

**Diabetes**
Follow the Diabetes Preparedness Plan. Store three days of diabetes supplies and consider having an extra glucagon emergency kit.

- Keep your insulin, supplies, and equipment in a safe location. Insulin remains usable for 28 days at room temperature up to 86°F. Learn how to store insulin.
- Check your feet every day for cuts, redness, swelling, sores, blisters, corns, calluses, or any other change to the skin or nails. Call a healthcare provider as soon as possible if you see an injury or wound.
- For more information visit the Diabetes Disaster Response website or call 1-800-342-2383.

Kidney Disease: Dialysis Care

- Call your dialysis center to see if they are open or your local health department. They may be able to assist with transportation to the dialysis center or recommend another location if yours is closed. If you need assistance or are having difficulty contacting your dialysis clinic, call the Kidney Community Emergency Response (KCER) Hotline at 1-866-901-3773.
- If you are unable to get your treatments, follow the 3-Day Emergency Diet. If you are pregnant or have an infant or child who is on dialysis, talk to your doctor or dietician about modifications to this diet. This plan could save your life or the life of your child.
- If you have a home dialysis machine, you may be able to do manual exchanges until the power comes back on. Consider buying a small backup generator so you have continuous power.

Cancer

- Have a summary of your cancer treatment plan including the type of cancer you have, treatment received and when, physician contact information, a list of your medicines & doses.
- If you have a Cancer Survivorship Care Plan, bring it with you if you need to leave your home.
- If you are being treated with chemotherapy, watch for signs of an infection, such as chills and sweats, a sore throat or other pain, nasal congestion, or vomiting. Call a doctor right away, if you get a fever.
- Learn more about How to Get Ready for a Natural Disaster When You Have Cancer and Coping With Cancer After a Natural Disaster. For more information, call the National Cancer Information Center at 800-227-2345.

Alzheimer's Disease and other Dementias

- Disasters can be especially upsetting and confusing for individuals with Alzheimer or related dementia. Be aware of signs of anxiety or agitation in persons with dementia and be prepared with strategies to calm them during times of stress.
- If you have a family member in a residential facility, find out about its disaster plans.
- When appropriate, share the diagnosis with others, such as hotel or shelter staff, family members and airline attendants, so they can better assist.
- Caregivers should be aware of the potential for individuals with dementia to wander. Try to stay together or with a group if evacuated. Do not leave the person with dementia alone.