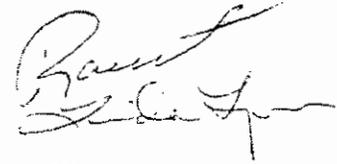


**ATTACHMENT #1**  
**SUNRISE EVACUATION PLAN**

**(9 Pages)**

## Hurricane Preparedness



When a hurricane is in the Gulf of Mexico

3 days prior to predicted landfall in our area we will:

- Notify Family members of the situation
- Encourage the families to come and get their BGB resident to take with them when they evacuate.
- If resident doesn't want to evacuate with their family we will discuss with family and resident:
  - We will be boarding windows to create a safe area to protect the residents.
  - We will get supplies, food, and medication for the residents to last at least 5 days.
  - If we evacuate- We will give the location.

2 days prior to predicted landfall in our area:

- A final decision to evacuate or to stay on the property will be made with the assistance of our local authorities and Sunrise Senior Living Area and Regional Team.

If the evacuation is decided:

- We will follow the policy: "Preparing the Community for a Complete Evacuation"
- Food and supplies will be ordered to meet the needs of the residents.
- Prepare medical records to be sent with the residents.
- Prepare clothes and equipment to go with the residents.
- Place identification on residents, their belongings, supplies, and medication bags.
- Prepare food, water, and juice for each resident to have during evacuation.
- Transportation arrangements will be confirmed.
- Contact will be made to family on the final decision to evacuate.
- Resident meeting will be held to notify the residents of the plans.

SSL00007

If the community is not evacuated we will

- Ensure the community has at least a 5 day supply of food according to the emergency food plan.
- Ensure the community has adequate water for residents.
- Secure the building
- Alert the Fire Department
- Ensure BGB has enough batteries and flash lights.
- Ensure that the back up generator is completely full of diesel.
- Ensure residents have enough medical supplies, medication, and equipment.

SSL00008

## Preparing a Community for Complete Evacuation

In the event a building must be evacuated the following procedures need to be followed as it pertains to the building only:

- Notify the Sunrise Risk Management Department by contacting Sallie Ginn at [REDACTED]
- Notify the local Fire & Police Departments
- Contact the Community's Fire Alarm monitoring company (reference: Emergency Contact List)
- At least two team members should remain at the community as long as it is reasonably safe to do so. The maintenance coordinator is recommended to be at least one of the team members remaining at the facility. Contracting with a local security provider is an option.
- Upon exiting the community, it is highly recommended that all utilities be shut down. This includes electrical distribution panels and switchgear due to flooding conditions.
- It is recommended that if power failure occurs that all circuits not connected to the emergency power system be turned to the off position until power is restored
- Kitchen walk-in coolers and freezer shall be closed and then sealed with multiple layers of duct tape around the door edge to prevent floodwater from entering units and to preserve inventory as long as possible.
- A complete set of master keys (all door access) shall be provided for persons remaining in the community.
- Portable emergency generators shall be made available when possible and kept on the upper floor or penthouse in the event the on-site Emergency Generator fails. Extra fuel should be stored in approved containers. Additional drop cords and portable lighting should be available. Portable generators utilized during post storm efforts and need to be adequately ventilated. Fuel storage needs to be considered.
- Portable lanterns and an adequate supply of spare batteries shall be on site.
- All windows, primarily first floor, when practical, shall be covered with 5/8" to 3/4" plywood or equivalent. Windows that can't be boarded over, should be cross covered with heavy tape to reduce the shattered glass
- Secure any exterior items not bolted down
- Any furniture and equipment located on the first floor, when practical, should be moved to the upper floors in the event of flooding
- Paper records need to be secured – these documents are irreplaceable
- All computers should be powered down and moved to upper floors when practical
- Maintenance tools should be moved to upper floors in the event of flooding
- Contact ERnet (Sunrise's National Disaster Recovery Partner) for all post storm cleanup needs. ERnet can be contacted at 1-877-376-3887. This number should be readily available and included on the community's Emergency Contact List.
- Spare batteries for cell phones should be considered

SSL00009

- Only authorized persons will be allowed to enter the community once it has been evacuated.
- An inventory of major items should be maintained ie. Digital Photos of FFE items
- Refer to the Sunrise Risk Management "Hurricane Preparation Suggestions" for additional information relating to Pre, During, and Post hurricane conditions.

Additional Resident Specific Suggestions:

- Notify 1<sup>st</sup> floor family members immediately that the community is being evacuated and that resident belongings need to be addressed. Ie. Antique furniture and family air looms should be taken into consideration
- Medications travel with the residents who are being evacuated
- Reroute community telephone number to assist in family member communications

Additional Post Storm Suggestions:

- Battery powered lanterns – NO FUEL LANTERNS and NO CANDLES

SSL000010

## DISASTER MENU

### POLICY

To provide a planned menu with simplified, nutritious meals to be used during an emergency or disaster.

### PROCEDURE

1. The 3-day menu, or 7-day menu, per state\* regulations, to be used in the event of a disaster or emergency has been planned to provide basic nutrients. It has the following limitations:
  - a. Each meal provides one hot item in the expectation that (1) only an electric burner running off emergency power, or (2) a gas camp stove should be available for cooking.
  - b. All residents should be served the regular menu except:
    - 1) Residents with allergies to the regular food.
    - 2) Residents with severe dietary limitations, i.e., brittle diabetics.
    - 3) Residents who cannot chew or swallow regular food.
2. Instructions for using the emergency menu:
  - a. Food items designated in the emergency menu must be available at all times.
  - b. Food items not normally used should be stored in a separate, marked area. These items must be dated and rotated back into the regular stock according to shelf life; approximately 6 months.
  - c. Disposable items, adequate for three meals a day for three days, or seven days, per state\* regulations must be stocked at all times. Disposable items may be plastic, styrofoam, or paper.
  - d. Every three months the Dietary Manager, utilizing the supply checklist (adjusted for number of beds in the facility), should inventory the storeroom to verify all food and supply items are present in the quantities specified.
3. In the event of an emergency, the following suggestions are made:
  - a. Notify the Dietitian.
  - b. Immediately turn off all faucets if water supply is affected. Conserve water from hot water heater and toilet tanks.
  - c. Inventory freezer and refrigerator for items that can be used. Inspect for wholesomeness. Use these items first. Do not use frozen foods that appear to have thawed or refrigerated items greater than 41° F.

**SSL000011**

- d. Keep freezer(s) and refrigerator(s) doors closed to prevent unnecessary temperature increases.
- e. Save liquids from canned vegetables and fruits, and water from cooking pasta products. Recycle liquid into juices, casseroles and soups.
- f. Do not squander drinking water and cooking fuel on coffee or tea if the water and fuel supplies are limited.
- g. To cook large quantities of food on single camp stove or burner, stagger the meal hours.
- h. Hand grind, cube, or mince raw whole meats prior to cooking to reduce cooking time.
- i. In the event power is available for the range and ovens, hot breads, and hot vegetables can be added to the menu. If water supply is also in normal amounts, hot beverages should be served along with the meals.

#### 4. Disaster Feeding Plan

- a. In the event of a disaster or emergency in which the ability to procure or prepare foods in this facility is impaired, the Dietary Manager shall set up temporary feeding procedures.
- b. Such procedures should be reflective of the severity and type of the disaster: should procurement, though not the ability to prepare foods, be impaired, then hot emergency meals shall be prepared and served. Should the ability to prepare foods, and or not procure them be impaired, then room temperature emergency meals shall be prepared and served. The following Disaster Menu outlines emergency meals for a 3-day period, or 7-day period, per state\* regulations, and may be served either hot or cold.
- c. An adequate supply of canned or processed meats or meat substitutes, fruits, fruit juices, vegetables, dry cereal, crackers, peanut butter, jelly, cookies and powdered milk shall be in this facility to serve nutritionally adequate meals for at least three (3) days, or seven (7) days, per state\* regulations, in case of emergency. These standards shall be determined per person (residents and staff members) as listed on the following Disaster Menu.

Emergency water: One (1) gallon drinking water per day per every resident and staff member on duty.

Emergency water is supplied by: \_\_\_\_\_

NOTE: Fresh and/or frozen foods should always be used first if available and if no immediate danger of spoilage or contamination exists.

**SSL000012**

**DISASTER MENU**

Thickener must be available to thicken beverages.

Meal	Amounts Per Person		
	Serving Size	3-day	7-day
<b>Breakfast</b>			
Fruit juice (orange, grapefruit or tomato) .....	6 oz	2-1/4 cups	5-1/4 cups
Peanut Butter .....	2 Tbsp	3/8 cup	7/8 cup
Saltine crackers or .....	2 pkgs	6 pkgs	14 pkgs
Bread .....	1 slice	3 slices	7 slices
Dry Cereal .....	3/4 cup	2-1/4 cups	5-1/4 cups
Milk .....	1 oz	3 oz	7 oz
Powdered Milk .....	1 cup	3 cups	7 cups
Water .....			
<b>Noon Meal</b>			
Canned Meat (tuna, ham, chicken) .....	3 oz	9 oz	1-1/3 pounds
Canned Potato or .....	1/2 cup	1-1/2 cups	3-1/2 cups
Bread .....	1 slice	3 slices	7 slices
Canned Vegetables .....	1/2 cup	1-1/2 cups	3-1/2 cups
Canned Fruit .....	1/2 cup	1-1/2 cups	3-1/2 cups
Graham Crackers .....	2 pkgs	6 pkgs	14 pkgs
Milk .....	1 oz	3 oz	7 oz
Powdered Milk .....	1 cup	3 cups	7 cups
Water .....			
<b>Evening Meal</b>			
Peanut Butter .....	2 Tbsp	3/8 cup	7/8 cup
Jelly .....	1 Tbsp	3 Tbsp	7 Tbsp
Saltine Crackers or .....	2 pkgs	6 pkgs	14 pkgs
Bread .....	1 slice	3 slices	7 slices
Canned Fruit .....	1/2 cup	1-1/2 cups	3-1/2 cups
Cookies .....	2 each	6 each	14 each
Milk .....	1 oz	3 oz	7 oz
Powdered Milk .....	1 cup	3 cups	7 cups
Water .....			
<b>Optional Alternate Evening Meal</b>			
Canned Meat (tuna, ham, chicken) .....	2 oz	6 oz	7/8 pounds
Canned Potato or .....	1/2 cup	1-1/2 cups	3-1/2 cups
Bread .....	1 slice	3 slices	7 slices
Canned Vegetables .....	1/2 cup	1-1/2 cups	3-1/2 cups
Canned Fruit .....	1/2 cup	1-1/2 cups	3-1/2 cups
Cookies .....	2 each	6 each	14 each
Milk .....	1 oz	3 oz	7 oz
Powdered Milk .....	1 cup	3 cups	7 cups
Water .....			
<b>Bedtime Snack</b>			
Fruit juice (orange, grapefruit or tomato) .....	6 oz	2-1/4 cups	5-1/4 cups
Graham Crackers .....	2 pkgs	6 pkgs	14 pkgs

d. A three (3) day, or seven (7) day, per state\* regulations, supply of puree products shall be available, i.e. meat, fruits, vegetables.

**SSL000013**



Meal	Amounts Per Person		
	Serving Size	3-day	7-day
<b>Breakfast</b>			
Fruit juice (orange, grapefruit or tomato) .....	6 oz	2-1/4 cups	5-1/4 cups
Thicken if necessary			
Pureed Meat .....	2 oz	6 oz	14 oz
Slurried Dry Cereal .....	3/4 cup	2-1/4 cups	5-1/4 cups
Slurried Saltine Crackers <i>or</i> .....	2 pkgs	6 pkgs	14 pkgs
Slurried Bread .....	1 slice	3 slices	7 slices
with Jelly .....	2 Tbsp	3/8 cup	7/8 cups
Milk .....	1 oz	3 oz	7 oz
Thicken if necessary			
	Powdered Milk		
	Water	3 cups	7 cups
<b>Noon and Evening Meals</b>			
Pureed Meat .....	3 oz	9 oz	1-1/3 pounds
	Noon		
	Evening	6 oz	7/8 pounds
Slurried Saltine Crackers <i>or</i> .....	2 pkgs	6 pkgs	14 pkgs
Slurried Bread .....	1 slice	3 slices	7 slices
Pureed Vegetables .....	1/2 cup	1-1/2 cups	3-1/2 cups
Pureed Fruit .....	1/2 cup	1-1/2 cups	3-1/2 cups
Slurried Cookies .....	2 each	6 each	14 each
Milk .....	1 oz	3 oz	7 oz
Thicken if necessary			
	Powdered Milk		
	Water	3 cups	7 cups
<b>Bedtime Snack</b>			
Fruit juice (orange, grapefruit or tomato) .....	6 oz	2-1/4 cups	5-1/4 cups
Thicken if necessary			
Pudding, RTU .....	1/2 cup	1-1/2 cups	3-1/2 cups

e. This facility shall maintain at least a three (3) day, or seven (7) day, per state\* regulations, supply at all times of the following items in case of emergency:

- 9" plates
- 10 ounce bowls
- 8 ounce cups
- Plastic knives, forks, and spoons
- Napkins
- Paper towels
- Disposable room trays
- Disposable steam table pans

\* Some states specify a 7-day emergency menu. Please follow your state's regulations.

