

December 2024

PROJECT LONGEVITY

BUILDING COMMUNITY, CREATING SOLUTIONS AND SECURING SERVICES

PROJECT LONGEVITY UPDATE:

Where does the time go? It is certainly hard to fathom that Christmas 2024 is less than two weeks away. Are you ready?

Thinking about being READY, I am reminded that being ready is the “heart and soul” of Project Longevity, Aging in Place on Bald Head Island. By revisiting the reasons for PL’s existence for the Bald Head community, you will immediately notice these reasons are necessary for a community made up of all ages. It is imperative we grasp this concept and not relegate these issues as being only age related to just those over 30, 60, 70 or 80+!

As you recall, hopefully, the Mission/Vision for Project Longevity is:

BUILDING COMMUNITY, CREATING SOLUTIONS AND SECURING SERVICES ...

And to this end, the following is a breakdown of specifics for having a prepared and resilient Bald Head Island community established for any property owner, full time resident or visitor of ANY AGE.





PROJECT LONGEVITY'S key aspects of building a community with resilience refers to a community's ability to not only have routine day to day goods and services, but to "be prepared to bounce back" during and after emergencies or other stressful events. This has to be accomplished in a planned and orderly fashion, something which should be broadly known and understood by property owners, and made known to our visitors. The following represent Project Longevity Initiatives, which are standards, noted nationally to achieve a unified resilient community for ALL.

- **Disaster preparedness:**

Developing emergency response plans, training volunteers, and creating community evacuation routes

- **Social cohesion building:**

Fostering community networks, promoting neighbor-to-neighbor support systems, and addressing social inequalities.

- **Environmental adaptation:**

Implementing measures to mitigate natural disasters like flood control systems, tree planting, and drought-resistant landscaping.

- **Economic resilience:**

Supporting local businesses developing diversified economic sectors, and promoting job creation.

Some specific, but not all-inclusive examples include:

- **Community garden initiatives:**

Providing access to fresh food and promoting food security, particularly in vulnerable areas.

- **Community reliance hubs:**

Designated spaces where people can gather during emergencies for information, support and resources.

- **Infrastructure improvement projects:**
Upgrading critical infrastructure like power grids, water systems, and transportation networks to withstand extreme weather events.
- **Vulnerable population outreach:**
Identifying marginalized groups during disaster preparedness and recovery.

Hopefully, each of you is interested in facilitating this worthwhile mission for our Bald Head Island community. *I am also reminded and thus reminding you, we cannot simply expect our Village government to provide all of the above-mentioned services, while we just sit back and do nothing other than paying our ad-valorem taxes.* People cause “communities” to evolve!

Gayle Sanders

Project Longevity Board Member

Dates to Remember

12-13-24 Presentation of ADA Transition Plan @ Village Council meeting

Watch for Village announcements of dates for approval and implementation of ADA Transition Plan, Handicapped Parking Enforcement Effective Date AND if you are using a handicapped designated parking space, you need to be sure to have the proper identification displayed in your cart.

1-26-25

Meeting Weekend

1:30 PM Public Safety Building

Presentations include: Cyber Security for Personal Information, BHIT enhancements, Village ADA Transition Plan, Village Ordinance for Handicap Parking and Additional Services available to Islanders

Did you Know?



Whether you buy a first aid kit or put one together, make sure it has all the items you may need.

- Check the kit regularly
- Check expiration dates and replace any used or out of date items

The Red Cross recommends that all first aid kits for a family of four include the following:

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 emergency blanket
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of nonlatex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- 1 3 in. gauze roll (roller) bandage
- 1 roller bandage (4 inches wide)
- 5 3 in. x 3 in. sterile gauze pads
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/non-glass)
- 2 triangular bandages
- Tweezers
- Emergency First Aid instructions

**Project Longevity
DIRECTORS**

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ADVISORS:

Steven McCoy, Gordon Holmes, Ann Cathcart, Pat Miller, Kathy Ligouri

Anne Berry, Chip Berry, Rob Taylor, Chris McCall, Rocky Rausch, Harriett Poole

Wintering on BHI

Winter is headed our way and if you missed the reminders listed in the Village Voice, we have included a few helpful graphics and links to help.

Village Voice: Preparing for Freezing Temperatures

AVOID

Carbon Monoxide Poisoning.

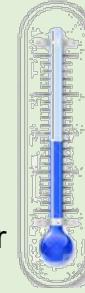
Only use generators and grills OUTDOORS and away from windows.

Never heat your home with a gas stovetop or oven.

According to the U.S. Department of Energy, the optimal temperature to keep your house in the winter is 68°F when you are home during the day; this balances comfort with energy savings.

Key points to remember:

- When you are not home, consider lowering the temperature by several degrees to save energy.
- Many recommend lowering the temperature further at night for better sleep



Don't be caught dealing with frozen pipes.

Preventing & Thawing Frozen Pipes



Salt can be your secret weapon!!!



Read:

[Why you should place a bowl of salt by your window?](#)

Project longevity

2nd Annual Meeting

Friday, January 24, 2025
1:30 PM Public Safety building

Please join us for following presentations:

Presenter		Topic
Chris Maynor	CompuCare Technologies	Cyber Security for Personal Information
Chad Paul	BHI, Limited/BHIT	BHIT enhancements
Chris McCall	BHI Village Manager	Village ADA Transition Plan
Josh Gibson	Chief of Public Safety	Village Ordinance for Handicap parking
Misty York	We Help at Home	Additional Service Available to Islanders
PL Directors	PL Report/Website	2024 report/ 2025 updates

Service Providers will be available to answer individual questions.



Building Community, Creating Solutions,
and Securing Services