A pre-PAW-edness news conference at the Capitol (above) featured FEMA’s Phil Kirk, NEMA’s Bryan Tuma, Gov. Dave Heineman, First Lady Sally Ganem and First Dog Snickers.

It focused on how preparing for your pets before an emergency is a good idea.

At left, Bryan Tuma and his cat, Hunter, encourage everyone to make a preparedness kit while Snickers shows off his kit at right.

Prepare Everyone in Your Family for Emergencies
Be Disaster Aware. Take Action to Prepare.
Nebraska Emergency Management Agency offered a new training opportunity Sept. 16-18 in North Platte — Emergency Management 101: An Introduction for EMs—aimed at new emergency managers, other emergency management staff and local elected officials. It was different from our Basic Academy in that it specifically focused on the services NEMA provides local emergency management agencies across the state. Rather than teaching about Emergency Management, we stressed how NEMA works to support locals. All our section managers, unit leaders and specific program specialists participated and were available to answer questions about what we do here at NEMA. We had very positive feedback on the course from the participants and look forward to offering this opportunity again in the future. In fact, participants hope we will offer this as a regular “refresher” of NEMA’s duties and responsibilities.

For me, it was a great opportunity to interact with a small group of emergency managers and address the questions many of them had for me as the agency’s new assistant director. The interaction between NEMA staff, local emergency managers and elected officials was excellent and gave me a chance to see what issues and concerns matter most to the people we support. It served as a reminder to all of us, that NEMA is here to serve the people of Nebraska by supporting local emergency managers. The staff here are well aware that all disasters are local and that we work hard to support local citizens in their response to the emergencies and disasters that affect their communities. Please let us know if you have questions about the agency or if you think we could be of service to you as you complete your mission across the state. We are most effective when we work together.

Sincerely,

Bryan Tuma

NEMA Assistant Director

In addition to Bryan Tuma (top), some of the NEMA staff who spoke at EM 101 include: (from left) Tonya Ngotel, Jon Schwarz, Dan Hiller and Dave Reisen. Every section and unit of the agency was represented.
Apply Now for High Water Sign Program

The Nebraska Silver Jackets team is excited to announce a High Water Sign Program throughout Nebraska. High water signs in prominent community locations build local awareness of flood risk and encourage the public to be risk ready.

They are looking for locations throughout the state to place signs and provide information on historic flooding via web content. The signs will serve as a physical reminder and the web content will provide further information about the community’s history and interaction with flood risk.

Click here for the application form. The Silver Jackets team will be selecting 15 locations in February 2015. Nominations must be received by Dec. 15.

For any questions about the project please contact Tony D. Krause at tony.d.krause@usace.army.mil.

For more information on Nebraska Silver Jackets go to http://floods.dnr.nebraska.gov/.

Nebraska Joins Great Plains Interstate Fire Compact

This September, the State of Nebraska was accepted into the Great Plains Interstate Fire Compact which includes: Colorado, North Dakota, South Dakota and Wyoming.

The compact shares personnel and resources when needed in the event of a wildfire.

"Nebraska and South Dakota already have worked together to share a Single Engine Air Tanker (SEAT) asset so this formalized agreement will be an extension of that cooperative effort," said Earl Imler, response and recovery section manager for NEMA. "A national conference of wildfire compacts is scheduled for the end of October, and NEMA Assistant Director Bryan Tuma and I will attend."

The Nebraska Legislature authorized participation in the compact in LB-961 and Gov. Dave Heineman signed the bill in to law, April 16. NEMA was designated as the representative agency to coordinate with the other states in the compact, Imler said.

Interstate compacts for the prevention and control of wildfires are authorized by the Weeks Law of 1911 and by supporting agreements to the States’ Emergency Management Assistance compacts.

The purpose of the compact is for the states to work together in prevention, pre-suppression, and control of wildland fires and management of prescribed fires between the member agencies of the compact, Imler said.

Providing reciprocal aid in fighting wild fires among the compacting states in the region is a mutually beneficial result of the agreement.

The compacts will get personnel and equipment to the scene of a wildfire quickly.

"The compact will allow for the most efficient use of assets," Imler said.

As a result of five years of drought starting in 2000, a need for the Great Plains states to better share resources and information during peak fire seasons was realized and the compact was formed. Initially, Colorado, South Dakota and Wyoming joined the compact during the 2006 seasons. Fire compact member states have air assets, engines, hand crews, dozers and incident management team available to assist each other.

Hazard Mitigation Grant deadlines approaching

Letters of intent are due to NEMA for the Hazard Mitigation Grant Program funding associated with DR 4185 and DR 4183 on Sept. 30.

Send the letter of intent to mary.baker@nebraska.gov.

Applications for DR 4183 are due to NEMA on Oct. 31 with all applications due to FEMA on July 23, 2015.

Applications for DR 4185 are due to NEMA on Nov. 15 with all applications due to FEMA on July 27, 2015.

Complete the HMGP application for submission to NEMA and potentially FEMA for sub-grant processing. Obtain any necessary permits or approval letters from Environmental and Historic Preservation agencies and complete a Benefit Cost Analysis for regular projects as needed.
The 2014 Nebraska emergency preparedness exercise—TERREX, was a tabletop exercise conducted in the State Emergency Operations Center (SEOC) at the Nebraska Emergency Management Agency on Sept. 18.

The focus of this year’s TERREX was updating and testing of the Continuity of Operations Plans (COOP) for selected state agencies in preparation of re-accreditation from the Emergency Management Accreditation Program (EMAP) scheduled for the autumn/winter of 2014.

The planning for the exercise began in December 2013 and included representatives from those agencies selected to participate in the re-accreditation process.

Those agencies are the Nebraska Department of Health and Human Services, Nebraska Department of Administrative Services, Nebraska Department of Roads, Nebraska State Patrol, Nebraska Military Department, Nebraska Department of Agriculture, Nebraska Energy Office and Nebraska State Fire Marshal.

The first segment of the two-part exercise was a brief presentation by those agencies delivered in the SEOC by representatives during two days in July to the other selected agencies, SEOC staff and Emergency Support Function Coordinators (ESFC).

The final segment was the three-hour tabletop exercise which provided a severe winter weather event to those agencies in order to test their plans in a discussion based exercise environment.

According to Exercise Training Officer Roger Conrad, the assembled agency representatives were provided questions in relation to COOP standards and given the opportunity to work through the exercise scenario with the other agency representatives in a cooperative informal setting.

The State Emergency Operations Center hosted TERREX an annual preparedness Exercise on Sept. 18

Roger Conrad, NEMA exercise training officer, presents the scenario for TERREX 2014.
Pilger has made recovery progress in the days since an EF4 tornado tore through the village on June 16. From new homes and businesses to new post office boxes and a brick garden made up of bricks from buildings lost, the community is proud of its progress. As the sign proclaims Pilger will BRB (Be Right Back).
Gov. Dave Heineman, First Lady Sally Ganem Encourage Pet Pre-PAW-edness

Being prepared for emergencies isn’t just for humans anymore. That was Gov. Dave Heineman, First Lady Sally Ganem and First Puppy Snickers’ message during a news conference at the State Capitol on Sept. 15. Promoting the importance of emergency preparedness for pets was the objective and the First Family showed off Snickers’ new pet “pre-PAW-edness” emergency kit, created to help care for Snickers in the event of an emergency.

“For most of us, these animal friends are members of our families,” said Heineman. “They are treasured loved ones who depend on us for their care and well-being. We owe it to them to make sure they are safe at all times, especially in an emergency.”

Snickers is hosting pet preparedness information on his First Puppy Web page at www.governor.nebraska.gov/firstpuppy. Additionally, Snickers Pre-PAW-edness trading cards with various preparedness messages were posted each day during September and available for download in an effort to help educate kids of all ages about pets and emergencies.

Snickers also tweeted preparedness messages throughout the month under the hashtag of #SnickersSays.

Phil Kirk, federal preparedness coordinator for the Federal Emergency Management Agency (FEMA) in Kansas City, Mo., was on hand to promote the importance of preparedness and taking care of pets, particularly in a disaster.

“It’s really encouraging to see Nebraska take such a lead by helping to promote the message that preparedness for pets is so important,” Kirk said. “If a situation isn’t safe for you to stay behind, it’s not safe for your pet to stay behind either.”

Bryan Tuma, assistant director of the Nebraska Emergency Management Agency (NEMA), laid out five basic steps to being pet-prepared for emergencies. Those steps are: Make an Emergency Plan, Find a Buddy (to help your pet if you’re not home), Build a Kit, Practice Your Plan and Update your Plan and Kit as needed.

“Our advice for pets is essentially the same as it is for humans,” Tuma said about the five steps. “The real key is to not wait until an emergency occurs to figure out what you are going to do. If anyone needs proof of that, all they have to do is think back to the disasters we’ve seen in Nebraska this year alone and how little warning most folks had.”

Tuma also noted that preparedness information is available from NEMA online at www.nema.gov as well as through local emergency managers.

#SnickersSays...  Storms Are Scary If You’re Not Pre-PAW-ed! Are YOU???

#SnickersSays...  We’re Pre-PAW-ed for Emergencies! My Pre-PAW-edness Kit is Good for ALL seasons!

#SnickersSays...  Keep Me Safe in an Emergency! Have a Plan. Make a Kit.

#SnickersSays... Every Emergency Pre-PAW-edness Kit Needs TOYS!

Get Your Game On, Huskers! Be Pet Pre-PAW-ed!

Fly Fis Like the Wind! Make Your Pet Pre-PAW-edness Kit Today!

#SnickersSays... Let’s Make Nebraska Pet Pre-PAW-ed For Emergencies!
Snickers’ Pre-PAW-edness Kit
For Emergencies

I love living in Nebraska! But sometimes we have scary weather here, including floods, tornadoes and blizzards. If we have to leave our house to be safe, I want to have my own stuff to take along. So my mom and dad made a kit just for me. They check it regularly to make sure it’s fresh. Here’s what’s inside:

✶ 3-7 day supply of my favorite food in a watertight container
✶ Treats!!!
✶ 3-7 day supply of water just for me
✶ Any medicine I might need
✶ Bowls for eating and drinking
✶ Treats!!!
✶ A first-aid kit, complete with cotton bandage rolls, bandage tape, scissors (don’t run with these), antibiotic ointment, flea and tick prevention, isopropyl alcohol and saline solution
✶ An extra collar, leash and ID/rabies tag (I always wear one anyway but just in case I lose the real one)
✶ My papers (not the potty kind, the kind that tell who I am and when I have been to the vet because I was sick or had to get a shot! EEW)
✶ My carrier to ride in and sleep in. It’s big enough for me to stand up, turn around and lie down
✶ My favorite toys!
✶ Treats!!!
✶ Plastic bags for a potty/cleanup. (Potty litter/box for kitties). Woof!
✶ Towels and/or a blanket
✶ Recent photo of me & my humans so people know we belong together!
✶ Paper towels and regular chlorine bleach (in case I make a mess).

If you don’t have a kit, ask your mom and dad for one so you can be Pre-PAW-ed for emergencies too!!

Your friend, Snickers
Food and Water
- At least a 3-day supply of non-perishable food and a non-electric can opener. Rotate food every six months.
- Water (one gallon per person per day). Store in sealed, unbreakable containers. Identify the storage date and replace every six months.
- Canned juices
- High energy foods, i.e. peanut butter, nuts, granola, crackers, dried fruit
- Canned meats, tuna, fruits, and vegetables
- Paper plates, plastic cups, utensils, paper towels
- Pet food and extra water for pets

First Aid Kit
- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- Adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of nonlatex gloves
- 2 hydrocortisone ointment packets
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3x3 inches)
- 5 sterile gauze pads (4x4 inches)
- Oral thermometer (non-mercury/nonglass)
- Tweezers
- First aid instruction booklet
- Prescription medications

Adults/Kids
- First aid instruction booklet
- Blankets/sleeping bags
- Contact lenses/supplies
- Deodorant

Family Disaster Preparedness Kit
Get a kit. Make a plan. Be informed.

Nebraska Emergency Management Agency and local emergency managers across the state want all Nebraskans to be as prepared as possible for potential disasters. When disaster strikes, you may not have much time to act, so NOW is the time to prepare for an emergency.

Knowing what type of emergency or disaster is most likely to occur in your community and having a family plan are important first steps to being prepared. Discuss and practice your plan to make sure all family members know what to do in the event of an emergency.

Contact your local emergency management agency if you need information on which type of disasters are most likely to occur in your area or if you need ideas on how to prepare.

For more information visit www.nema.nebraska.gov or bereadynebraska.gov.
Other Supplies
- Batteries
- Cash (ATMs may not work)
- Compass
- Camera (to record damage)
- Duct tape
- Crowbar
- Extra set of car and house keys
- Flashlights
- Hand crank or battery-operated radio
- A map of the area
- Matches in a waterproof container
- Notebooks and pens
- Permanent markers
- Plastic sheeting
- Rope
- Small tool box (hammer, screwdriver, pliers, etc.)
- Shut-off wrench, to turn off household gas and water
- Utility knives
- Whistle (on a lanyard for each person) to signal for help
- Cell phone with charger, extra battery and solar charger

Fun and Games
Choose games that everyone can play and that don’t use electricity.
- Board games, deck of cards, puzzles
- Books, magazines
- Crafts, art supplies

Sanitation
- Batteries
- Disinfectant
- Dust masks or cotton T-shirt to filter the air
- Household chlorine bleach and medicine dropper. When diluted nine parts water to one part bleach. Bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners
- Plastic garbage bags, twist ties
- Rubber gloves
- Soap, liquid detergent
- Toilet paper, towelettes

Emergency Car Kit
- Battery powered radio, flashlight and extra batteries
- Blanket
- Booster cables
- Fire extinguisher (5 lb., A-B-C type)
- First aid kit and manual
- Bottled water and non-perishable high energy food such as granola bars, raisins and peanut butter
- Maps, Shovel, Flares
- Tire repair kit and pump

Documents
(Keep in a waterproof container)
- Toilet paper, towelettes
- Contact List police, fire, poison control, family doctor, hospital, local Red Cross, Emergency Services, Emergency Family Contact; Insurance agent, Utility Company, employers, daycare, school, church, bank
- Written instructions on how to turn off electricity, gas and water in case authorities advise you to do so.
- Home Inventory List with photos and videos

Winter Items
- Blankets
- Hat
- Mittens/gloves
- Jacket
- Long pants
- Long sleeved shirts
- Long underwear
- Rock salt
- Sleeping bags
- Snow shovel
- Sweater
- Tin can or pot (for heating and melting snow)
- Towels
- Water-resistant snow boots
- Wool socks

- Place loose items in airtight plastic bags and keep these items in large easy-to carry, waterproof containers like a trash bin or plastic tub
- Label each container with your name and address
- Add last-minute items when a warning or evacuation order is issued
- Each month, check for items that you might need to add or replace. Rethink your items and family needs, especially if new medications are needed or if children have grown
- Store the kit in a safe place nearby a main exit. Tell family members where the kit is located.
- Store at least a three-day supply of water (one gallon of water per person per day).

**Rotate your water every six months so it stays fresh.
Nebraska Biocontainment Unit Partially Funded by Grant Program

Homeland Security Preparedness Grant Program dollars helped fund the Biocontainment Patient Care Unit at the Nebraska Medical Center in Omaha where a U.S. doctor was treated for Ebola. The physician contracted the virus while working in West Africa.

“The Ebola outbreak in West Africa presented us with a unique situation in Nebraska,” said Dr. Joseph Acierno, chief medical officer and director of Public Health for the Nebraska Department of Health and Human Services.

“Nebraska’s Biocontainment Unit was built with the purpose of providing specialized care to people with a potentially deadly and infectious disease. And, we had a person with Ebola who needed our help.”

The Nebraska Department of Health and Human Services and the Nebraska Medical Center have been partners in preparedness for more than 10 years. Building the unit was a joint effort and so was the decision to open it at the request of the U.S. State Department.

“While Ebola patients can be safely cared for at any hospital committed to practicing well-understood infection control guidelines, the highly specialized engineering and architectural features of the unit afford the best possible patient care environment and health care worker safety,” said Acierno.

Dr. Rick Sacra was declared virus free by the Centers of Disease Control and Prevention and released from the Biocontainment Unit on Sept. 25 after spending almost three weeks there.

Gov. Dave Heineman unveiled Nebraska’s Biocontainment Unit in March of 2005, as a first-of-its-kind unit in the nation.

DHHS, the Nebraska Medical Center and the University of Nebraska Medical Center worked together to develop the unit. Its funding comes from federal preparedness dollars allocated to Nebraska, along with contributions from The Nebraska Medical Center and UNMC.

Military Department Exceeds Charitable Giving Goal

The Nebraska Military Department, which includes NEMA, was recognized as one of seven “Most Valuable Agency” as a result of a 34 percent increase in giving over last year.

Team Four comprised of the Military Department and Nebraska State Patrol, garnered additional awards including: Champion of New Dollars, Champion of New Givers and Champion of Givers. The last two were based on per capita giving.

Some of the fund raising efforts included book sales, an ice cream social, a dunk tank, a bake sale and a flea market.

This year’s campaign pledge goal was $12,000 with 75 givers. The final campaign pledge total was $13,583 with 71 givers. The grand total raised for the Military Department state employees campaign was $14,858.43.
Local Emergency Manager

UPDATE

Dakota County’s Pat Foust Retires

After 14 years, Pat Foust, is retiring on Oct. 3 as Dakota County Emergency Management and Law Enforcement Center director.

“When I accepted the job as director of the Law Enforcement Center, they said ‘by the way, you’re also the director of civil defense.’”

What used to take about 20 percent of his time completely reversed after 9/11, Foust said. He hired Deanna Beckman as his deputy and she took over the emergency management function.

“She made a world of difference for the communities of this county” Foust said. She is deputy by title, but she really is the emergency manager.”

Foust said the first big disaster he worked was the Jackson tornado of 2001. He had just finished an hour of NEMA’s Basic Academy for Emergency Managers in Grand Island when he got the call that he was needed back at home. He took the basic course the next year, with some experience under his belt.

Since then Foust has responded to blizzards, ice storms, floods and wind storms.

“Throughout all the disasters we have escaped with no fatalities and fewer than half-a-dozen injuries,” he said.

Before taking the job with Dakota County, Foust worked in Law Enforcement for 29 years, 27 of them at the Columbus Police Department.

The major part of emergency management jobs comes down to common sense, Foust said.

What he’ll miss most? “The people.”

Least? “After hours phone calls, emails and texts.”

His plans for the future?

“I don’t intend to do anything for a week,” he said. “Then I going to look at retirement like a new job. “I’ll have to learn about it.”

He noted that emergency management is an overlooked field in the community.

“We don’t drive big red trucks or marked cars with lights. People don’t realize the service they get from their emergency managers.”

Foust said the Dakota County Board of Supervisors has indefinitely suspended the hiring process for another director and the county will likely not have a replacement ready by his last day.

Jerry Bretthauer Retiring

Jerry Bretthauer is looking forward to doing whatever he wants to do once he retires Oct. 3 from his position as Region 22 emergency management director.

He has a bucket list that includes spoiling his 14 grandchildren, riding bikes, walking and doing a mission for God. He may even do a little substitute teaching.

Bretthauer has spent the last 37 years working in police and emergency management jobs

“It will be a real burden off my shoulders,” Bretthauer said.

A retired lieutenant colonel from the United States Air Force, Bretthauer was a helicopter pilot, mobilization designee and defense preparedness officer. He also worked out as an admissions officer for the Air Force Academy.

During his career, he has worked with FEMA and NEMA doing radiological training.

He was activated for three weeks to the State Emergency Operations Center in 1982 to work in operations during flooding.

Shelia Hort, a former fire captain and code enforcement officer, has been named the new emergency management director for Region 22.
Sept. 9 — Tornado Watch for central and southeast Nebraska. High winds, damaging hail and flash flooding were expected. Minor damage was reported.

Aug. 31 — Hazmat/Lancaster County/anhydrous ammonia release — 17.2 gallons of anhydrous ammonia were released from a roof valve at Smithfield Farmland. A Hazardous Materials Incident Report was filled out.

Aug. 31 — HAZMAT/Tornado Watch/East and Central Nebraska/A Tornado Watch was issued for a large portion of eastern and central Nebraska. Dakota County sustained storm-related damage, but did not request any assistance from the state. A Disaster Declaration was received from Dakota City.

Aug. 28 — Flooding/Saunders County — Flooding in and around Wahoo prompted several temporary road closures and evacuations.

2014 Fire Summary Log

Sept. 15— The Single Engine Air Tanker Base has been deactivated for the year.

Banner County Fire

Nebraska authorities say a Banner County fire burned about 1,000 acres of grass and timber. Fire Chief Tim Grubbs said 75 firefighters from six departments responded to the Aug. 24 fire which started about seven miles west of Harrisburg. Windy weather and rugged terrain near the Wildcat Hills made the flames hard to contain. The cause of the fire hasn’t been determined. No injuries were reported.

Pictures by Region 22 Emergency Management Director Jerry Bretthauer.

A two day exercise in Region 21 gave area agencies some practice responding to a nuclear detonation event. “We have to be prepared for all natural and man-made disasters that could occur,” said Jerry Bretthauer, director of Region 22 Emergency Management.

Disaster Designation Information

NEMA Public Assistance staff is working on eight open disasters, three from this year and on projects with applicants in the five older disasters.

Unit Supervisor Donny Christensen said he is hopeful that three of the older disasters will be closed by January 2015. Updated estimates on this year’s disasters are listed below.

**DR 4179—May 11-12 storms, tornadoes, flooding**
- 6 Counties
- 18 Applicants
- 51 Sub Grantee Applications
- $16.8 Million Projected
- $12.6 Million, Federal Share

**DR 4183—June 14-21 storms, tornadoes, flooding**
- 12 Counties
- 56 Applicants
- 161 Sub Grantee Applications
- $16.9 Million Projected
- $12.7 Million, Federal Share

**DR 4185— June 1-4 storms, tornadoes, winds, flooding**
- 12 Counties
- 23 Applicants
- 45 Sub Grantee Applications
- $4 Million Projected
- $3 Million, Federal Share
Risk Assessment Workshop Scheduled

Nebraska’s Threat and Hazard Identification and Risk Assessment (THIRA) workshop and the State Preparedness Report (SPR) workshop are scheduled Oct. 21-22 at the Center for the People in Need in Lincoln.

With the assistance of the University of Nebraska Public Policy Center, NEMA will host and facilitate the workshops.

According to NEMA Planning Unit Supervisor Dan Hiller, THIRA is a four-step common risk assessment process that helps the whole community—including individuals, businesses, faith-based organizations, nonprofit groups, schools and academia and all levels of government—understand its risks and estimate capability requirements.

Hiller said the THIRA process helps communities map their risks to their core capabilities.

In Nebraska the Homeland Security Planning Team, along with county emergency management (EM) and public health officials from across the state will participate. The workshop allows subject matter experts to evaluate the state’s capabilities.

THIRA is used to create capability targets for the state. These targets represent the goal that each capability will be gauged against.

The level of preparedness for each core capability will be measured by looking at five areas: planning, organization, exercise, training and equipment.

“This process allows us to begin to identify the capabilities that the state will need, Hiller said.

It also helps gauge the state’s current level of preparedness for each of the 31 FEMA-established core capabilities.

“Our focus is to bolster our current and future investments towards the capabilities with low levels of preparedness,” said Hiller.

Multi-year Training Plan to be Developed

The annual Training and Exercise Planning Workshop (TEPW) will be is scheduled for Oct. 22 and includes participants representing the eight planning exercise and training regions and several state agencies.

The purpose of TEPW is to develop the multi-year training and exercise plan for the state.

The participants provide input to the priorities established at the Threat and Hazardous Identification Risk Assessment and will begin to lay out a plan for exercises and training events across the state for the coming years.

NEMA Staff UPDATE

Melissa Wood joined Nebraska Emergency Management Agency as a public assistance assistant. She is working on backup documentation on completed projects for flooding in 2011.

Wood moved back to Lincoln to be near family after 12 years in Dallas, Ga. where she worked for Home Depot in the corporate headquarters.

Wood has three children, Shelby, 17, Britney, 14, and Hunter, 8.

She loves Nebraska Football, camping and spending time with her children.