



Dates to Remember:

- 9/23 - Middle School Dance - 7:00-9:30 PM
- 9/26 - Soccer VS CRMS
- 9/28 Soccer @ HES
- 9/29- Cross Country meet Home
- Boys run 1st at 4:00 PM

RULER Skills Overview for Families

RULER is an acronym for the five key skills of emotional intelligence.

R

Recognizing emotions

Identifying emotions in oneself and others by reading facial expressions, body language, tone of voice, and paying attention signals in our bodies

U

Understanding emotions

Knowing the causes of emotions and how emotions influence our thoughts, actions and decisions

L

Labeling emotions

Connecting an emotional experience to specific feeling words to describe it

E

Expressing emotions

Knowing how and when to display or show our emotions, depending on who we are with, where we are and what we are doing

R

Regulating emotions

Knowing and using effective strategies to manage our emotions

The banner at the top of the page features a dark blue background on the left with the text 'SCREEN AGERS' in yellow and white, and 'TECH TALK TUESDAYS' in white with a speech bubble icon containing 'FILMMAKER BLOG'. On the right, there is a portrait of a woman with blonde hair, identified as Delaney Ruston, MD, with the text 'WITH DELANEY RUSTON, MD' below it.

SCREEN
AGERS

TECH TALK TUESDAYS
FILMMAKER BLOG

WITH
DELANEY
RUSTON, MD

Preparing For Sudden Tech Failures

September 20, 2022

Sheri Fink, the author of “Five Days at Memorial” and a producer of the TV adaptation, was recently [interviewed](#) at a premiere for the show. The book and the series are about life and death decisions doctors were forced to make when Hurricane Katrina knocked out electricity at Mercy Hospital, causing the life-preserving ventilators to fail.

What struck me was that during her red carpet moment, Sheri told the interviewer that she hoped people would think, “What are a couple things I can do in my own life that would make my family, my community, my workplace more prepared for... emergencies?”

I am not surprised Fink took the time to share that important message. She and I have been good friends since we were in medical school together, and she has always been focused on how to make things better for all people.

The truth is that preparing for potential crises, both small and large, is not something we humans are particularly strong at. In my line of work, I see countless people who forego medical screenings even though doing so can dramatically reduce the severity of a potential problem — think uncovering an early-stage tumor vs. a far advanced one.

Today, I am not here to talk about preparing for major medical issues but instead preparing for potential tech troubles. While very minor in comparison, tech troubles can happen at any moment, and if I can inspire any reader to get their family to make one small move around tech, then I will feel accomplished. (And I thank Sheri for planting the seed of preparedness.)

Thinking about what I would write this week for Tech Talk Tuesday, and Sheri’s message, made me think about preparing for potential tech-related problems — from lost tech to tech failures. On a personal level, what could I do to lessen a tech emergency’s negative impact on me, my family, and my work? And equally important, I realized it was a good time to talk with my husband and kids about what they were doing to be prepared for possible digital calamities.

Here are four key things I did.

First, I thought, “What if my family and I were to get into an accident, and I had lost my phone?”

I had to consider whether I’d know what numbers to call. I know my husband’s number, but not my kids! So now, I’m working on memorizing my kids’ numbers. I checked with my family to ensure they know at least one of our numbers by heart — they do.

Second, I thought about all my hard drives.

Many are backed up, but I needed to get them more organized. Also, drives get old, and if they have not been rebooted for a long time, they might not start up again. I decided to check those old drives and transfer the contents to newer ones. Finally, I asked my neighbor if I could store some of my backup drives at her home in case anything were to happen at my home — theft, fire, etc.

Third, I got more serious about using LastPass

[LastPass is a browser extension](#) that keeps track of all the passwords attached to different accounts.

Fourth, I made sure my husband was using two authentication systems for our online banking.

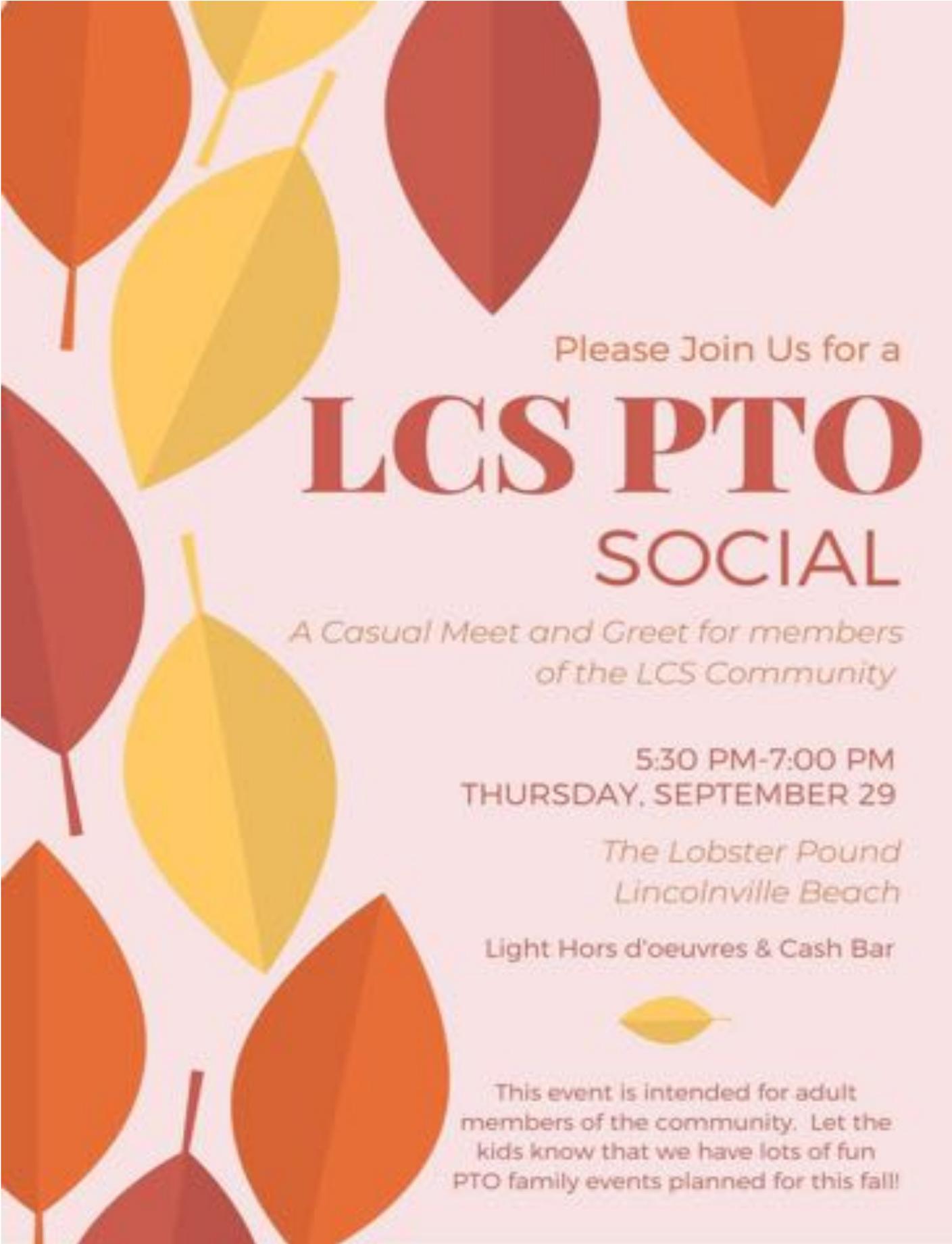
I had these systems in place for our accounts on my end, but I wanted to be sure he did too.

There are, of course, many other tech-related safety measures we all can take to ensure that we will be prepared for the unexpected.

In the same way that Sheri’s YouTube inspired me, I hope this Tech Talk Tuesday post will inspire you to take action, including talking with youth in your life about the steps they can take to prepare for the unexpected.

Questions to get the conversation started:

1. Do you have a couple of key phone numbers memorized? If not, which ones do you think would be best to commit to memory in case of emergency?
2. What privacy settings do you have on our devices? How about on social media?
3. Do you learn anything about tech safety and preparation in school?
4. Is there any other tech problems that might occur that we can prepare for now?



Please Join Us for a

LCS PTO SOCIAL

*A Casual Meet and Greet for members
of the LCS Community*

5:30 PM-7:00 PM
THURSDAY, SEPTEMBER 29

*The Lobster Pound
Lincolnvile Beach*

Light Hors d'oeuvres & Cash Bar



This event is intended for adult members of the community. Let the kids know that we have lots of fun PTO family events planned for this fall!



Could YOU be the Site Coordinator for the Big Brothers Big Sisters program at Lincolnville Central School?

If you are...

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- Committed, responsible, and ready to have FUN for 2 hours per week
- Over 18 and have transportation

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Estimated program start date: September 2023; recruiting now!



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OF MID-MAINE