

SERT News

OHCC Safety & Emergency Response Team

President's Message

Due to your continuing support your Club will be very active in 2023. Our plan is to publish the SERT Club Newsletter 3 or 4 times a year. Information shared in the newsletter will provide greater detail than articles that are being published in OHCC Living and the Village Voice. We also want you to contribute to the newsletter. Is there a topic you are passionate about and want to share with the other SERT members? E-mail me your article and I will make sure we consider it for an upcoming newsletter.



Tom Porter
President

OHCC Master Board - In January I sent you all an e-mail message that I would be addressing the Master Board of Directors (BOD) regarding the Wildfire Emergency Evacuation Plan. I am very happy to report that the Board asked John Slayton and I to draft a Safety Committee Charter to cover this topic and other safety related topics. This draft has been submitted and the Board could take action as soon as their February 16th BOD meeting. Stay tuned for further information.

American Red Cross – Six SERT members are now certified American Red Cross Instructors. They will provide the blended learning (computer-based and in-person instruction) for the Adult First Aid, CPR/AED course. Upon successful completion you will receive a certificate from the American Red Cross that is good for 2 years.



American Red Cross

This program will only be available to SERT members at this time. All classes will be held at the Clubhouse. SERT will start scheduling monthly classes in April. There will be a materials fee charge for taking this course. Stay tuned for further details.

Safety App May Have Saved My Life – This was the title of an email I received from one of our members who was involved in an automobile accident and taken to the hospital unconscious.

ICE – Medical Standards is a “free’ download to either Apple or Goggle Play devices.

You download the app, fill in your name, contact information, brief medical history, list of your RX’s, and then other information you feel would be important. You then position this app at the top of our home screen on your smart device. Emergency medical professionals know to look for this information.



Back to the member's email: by the time they reached the emergency room the staff already had her medical information which had been forwarded to them. They

credit the app with saving her life!

SD Emergency – A “must have” free app for your smart device. When San Diego County issues an emergency announcement you will receive a message on your device. Wildfire, Earthquake, Flooding, Severe Weather and Evacuation maps are all there so you can keep up to date.



Disaster Preparedness Starts With You!

The SD Emergency Mobile application lets you plan for the unexpected in advance:

- How you will contact one another
- How you will get back together
- What you will do in different emergency situations

Important Tools at your fingertips!

- Create an Emergency Plan
 - Checklists
 - Supply Lists
- Immediate Emergency Updates
- Interactive Emergency Map
- Shelter Locations
- **ShakeReadySD** (Beta) Earthquake Early Warning

American Red Cross App - This app is a must for everyone to have on their smart device. At your finger tips you can access what to do when First Aid is needed.

First Aid by American Red Cross



Emergency Response Team (ERT) – Training classes will begin in early March for those wishing to join the ERT. We currently have 10 members signed up. It is not too late to join this team. If you would like further information please contact me tporter.sert@gmail.com.

Treasury Report

Our balance as of December 30, 2022 was \$11,990.48.

We are anticipating several safety related purchases other the next several months. The board noted that all costs have risen due to inflation and other factors..

We will continue to carefully monitor our expenses.



Gary Baur
Treasurer

Emergency Response



John Slayton
Club VP & ERT INCIDENT COMMANDER

Given up on the original New Year's resolutions you made in January? If so, February is a great time to plan ahead and make positive changes. As you make a new list of resolutions for 2023, resolve to add a few that will help you prepare for emergencies and disasters.

Remember, you don't need to enact all your resolutions at once. Take small steps throughout the year so that you're ready to weather the unexpected.

Here are some ideas from the Federal Emergency Management Agency (FEMA) to get you started.

- **Make an emergency plan.** Choose a safe place to meet, learn evacuation routes and establish an out-of-town contact.
- **Take stock of your emergency supplies.** Use those that will expire soon and add new ones as needed.
- **Sign up for alerts and warnings.** Download the FEMA app to get real-time alerts, safety tips and locate open shelters.
- **Snap pictures** of your property for insurance purposes.

- **Take a current photo** of you and your pet together in case you get separated during a disaster.
- **Snap photos** of important documents and save them in a secure place or online. In addition, consider filling out FEMA's Emergency Financial First Aid Kit to keep all your documents and important information in one place.
- **Set up group text lists** so you can communicate with friends and family during emergencies.
- **Take a class in CPR and first aid.** (To be offered by SERT – stay tuned for more information)
- **Have back-up power sources** available to charge devices in case of a power outage.
- **Check your insurance** for coverage on disasters like earthquakes.
- **Save for a rainy day!** Start and grow your emergency fund by adding a small amount at the start of each month.
- **Learn more about preparedness actions** you can take at FEMA's Preparedness Community.

Note: The links mentioned in this article can be found on the SERT website (<https://tinyurl.com/ohccsert>) under the Emergency Preparedness and Response Tab, Emergency Links, Federal State and County Links, FEMA Information, or directly at the following FEMA websites.

<https://www.fema.gov/about/news-multimedia/mobile-products>

https://community.fema.gov/PreparednessCommunity/s/emergency-financial-first-aid-kit?language=en_US

https://community.fema.gov/PreparednessCommunity/s/?language=en_US

Safety Coordinators Program

2023 New Year's Resolutions for Safety Coordinators and Safety-Conscious Residents

The celebrations of the New Year have come and gone, and you may have managed not to act on any of your great New Year's resolutions! Then why read this article since you already know it is an attempt to get you to spring into action? The simple answer is that our neighbors need us and "It is one of the beautiful compensations of life that no one can sincerely try to help another without helping himself."

Charles Dudley Warner, 1829-1900, American Journalist

So, what can we do in 2023 to help neighbors be prepared for an emergency?

Here are some ideas for your 2023 actions: Pick and choose what are most important for your street this year and make a plan!

- **JOIN or RE-JOIN SERT:** bring your check to the Clubhouse Front Desk. Dues are \$10 per year or \$200 per lifetime membership. Note on the form you want a Home Safety Survey!
- **Connect with your street's social butterfly** and engage them and several friends to organize a gathering with potluck to help the neighbors get to know each other better. Ice breaker games are always a hit!
- **Organize a street safety meeting** with SERT speakers and a demonstration of safety supplies. Contact Annie Gandomi or Ellen Baur for assistance with fliers and logistics. Enlist friends to help.
- **Let 2023 be the year** you bolster your emergency supplies and create a go-bag!
- **Visit all of your street residents** and update or complete the NHN form information for your records. If visiting is not possible, call or email

them. Learn the names of your street residents and call out and wave to them when you see them! Pay a special visit to the new residents, encouraging them to join SERT and be a part of a "buddy group."



Annie Gandhi
Safety Coordinator
Chairperson

- **Create an email group** listing of all the people on your street to facilitate communications in an emergency. For assistance, contact The Technical Advisory Group at OHCC.TAG@gmail.com. Ask them to help you add the SERT website to your "favorites".
- **Form "Buddy Groups"** on your street. Ask four close neighbors to be part of your group and share contact information. Stan Katz, Angie Babino, Annie Gandomi, Trish Jackson, or Carol Jones are safety coordinators who can give you practical advice.
- **Organize or host a neighborhood gathering** and have everyone bring an emergency supply for show and tell! (Potluck, morning coffee and treats, etc.)
- **Talk to all the singles** living on your street and make sure they have a daily check-in method so if they fall and need help, someone will know. YANA (You Are Not Alone) is one system. Call the Sheriff's Dept. to sign up 760-966-3500 (see Village Voice, Dec 2022, SERT Update article, page 9, for more good suggestions for singles.)
- **Do outreach** for new Safety Coordinators, and Emergency Response Team members.

May 2023 be a great year for all of us!

Neighbor–Helping–Neighbor

FAMILY CAREGIVER GROUP

The Family Caregiver Group continues to thrive as word gets out through the community of our existence. At Do Dues Day on January 14, 2023, many people registered for SERT for the first time or renewed their dues. Three of the new SERT members chatted with me at the SERT table and indicated they were interested in the Family Caregiver Group. Our group hopes to see these three new members at our February 16th meeting.

Those of us who find ourselves in this situation are at times overwhelmed, and some family caregivers are often housebound because they cannot leave their parent, or both parents, or spouse for an extended period of time, if they can leave at all. The meetings enable us to share stories and information or even vent with one another about our caretaking responsibilities.

We have gotten to know each other's loved one through the sharing of stories and challenges. We take a genuine interest in hearing updates on each other's loved one, month to month. We all seem to enjoy our meetings and express how much we benefit from the group.



Marla Reiter
Chairperson

Given the nature of our group, we lose members when the family caregiver's loved one passes. At the same time, we are constantly welcoming new members, as they learn of our group.

Meetings are held on the 3rd Thursday of the month in the clubhouse at 7 pm. If you are interested in attending, please check at the front desk on the night of the meeting to see which meeting room we have been assigned.

**"You have two hands.
One to help yourself,
and one to help others."**

— Audrey Hepburn

Membership



Sue Porter
Membership Chair

Welcome 2023 SERT members! For those of you that are new members, I would like to introduce myself, I am Sue Porter Membership Chairperson. We are off to a great start for SERT membership this year, we have had 257 renewed members and a

whooping 76 new members! Currently that puts us at 333 SERT members. Our SERT president, Tom, has set a goal this year to reach 450 members. So please talk to your neighbors about all the services the SERT Club provides to our community. Please consider joining

SERT. Dues are \$10 per year or \$200 per lifetime membership.

The other SERT hat I wear is the Social Chairperson.

On February 5th we had our first social event for 2023. It was well attended with about 100 members and guests. We ate delicious

food from Bekkers Catering, played a “get to know

you” game, and handed out numerous door prizes.

Everyone I have spoken to has commented on what a magnificent event it was. We look forward to hosting another social event sometime this summer.



Upcoming Events

Mark Your Calendars!

- **February 16** - ERT Orientation
- **February 16** -Family Caregiver Meeting
- **March 4** -ERT Training #1
- **March 7** - SERT Board Meeting
- **March 8** – American Red Cross SERT Members Training (CPR/AED)
- **March 12** - ERT Training #2
- **March 14** - ERT Training #3
- **March 16** - Family Caregiver Meeting-designed by Christy Cooper, Community Image & Marketing Committee
- **March 22** - ERT Meeting #4
- **April 4** - SERT Board Meeting

Home Safety Survey

Remember, as a member you can request a Safety Home Survey, and one of our Emergency Response Team (ERT) members will make an appointment with you to point out safety features around your home!

This is FREE to SERT members. If you have a neighbor that is not a member of SERT we will still be happy to provide them with a survey for a \$15 donation. (However, if they join SERT it is FREE … you do the math 😊) To request a survey send an email to OHCCSERT@gmail.com.