

SERT News

OHCC Safety & Emergency Response Team

President's Message

Spring and Summer are upon us and with that STAYING SAFE as we venture outdoors.

Here are a few reminders.

- Wear SUNSCREEN! Our skin is not as resilient as it used to be.
- Wear a hat – it protects your face and your eyes.
- Wear sunglasses – protect your beautiful eyes.



Tom Porter
President

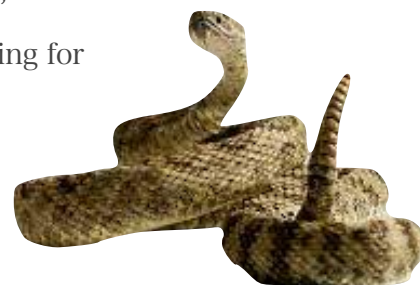


• Watch out for Rattlesnakes!

If you have a snake in your yard, call the fire department and they will arrange to have it removed.

• Going on a walk or hike? Carry water with you. If you start feeling lightheaded, get into the shade to cool down and drink water before continuing. How do you know when you are getting dehydrated? The easiest way is to look at the color of your urine. The darker it is the more dehydrated you are. DRINK YOUR WATER!

- If you leave water outside for your pets, you may want to “re-think” doing that. Wildlife: coyotes, rabbits, and other critters will be looking for water. Keep your water for your pets inside to ward off unwanted visitors.



New Website URL and Header

If you have the SERT Website saved in your “favorites” please update it to:

www.ohccsert.com

We upgraded the site to have more storage space to provide more safety related information. You will also see logos for The American Red Cross and SMART911.



SMART911

The City of Oceanside Police Department is introducing a **FREE** new program, and over the next year it will expand to all of California. The way the program works is that you register at www.SMART911.com and enter personal information, medical history, your passwords or key to your lockbox, garage door or front door, for you and others living at your address. There is also an APP you can download for your smart device.

How the program works is when you call 911 your recorded history pops up on the 911 dispatcher’s computer screen. This helps to pinpoint your location and below the first responders even arrive they have critical information to get you the help you need.



Treasury Report

For the period ending March 2023, we have a balance of \$10,421.11.

We are anticipating several safety related purchases for emergency medical supplies and additional equipment for the ERT.

We will continue to carefully monitor our expenses.



Gary Baur
Treasurer

Emergency Response



John Slayton
Club VP & ERT
INCIDENT
COMMANDER

Unexpected Emergencies

Letter from a Member

“While heading home from the clubhouse, southeast on Leisure Village Way between Denia and Lorca, I witnessed one of the maintenance larger carts flipping off the curb onto its left side into the road. I hurried to stop and heard screams of pain and cries for help. I ran quickly to the accident and saw a male trapped under the cart. I knew that I wasn’t strong enough to lift it, so I reached for my phone to call 911, but didn’t call because at that moment, two men ran up to help and another vehicle with two women, who I found out later do not live here, stopped and one called the front security gate who then called 911. She stayed on the phone while security was talking to 911.

The two men pushed the cart up off the man as I pulled him from under the vehicle, only to see that there was another worker trapped. I reached for her, and she screamed, and I knew I couldn’t move her. One of the men said they could roll the cart backwards on its two right wheels to get it out of the way and upright. I saw that her feet would be run over, so I told her I had to move her feet, gently one at a time. As I slid her feet, she cried a little, but was relieved that the vehicle was no longer hanging over the top of her.

She cried that her chest hurt, and I was worried about possible crushed ribs and lung damage. I ran back to my car to retrieve the blanket that I always keep there and quickly covered the injured woman concerned she

was probably going into shock. She had blood coming from her nose and mouth, but we didn’t try to clean her up. She began choking and I knew we had to turn her a little to her side, otherwise she could aspirate from her fluids. She was able to let the fluids roll out the side of her mouth and remained in that position, with one of the men holding her hand, until the emergency vehicles arrived which seemed like forever.

The man holding her hand commented that there should be someone from our security team here, so I called the front gate and he said, “the EMTs are on their way.” I said someone from Securitas should be here and he said, “they have been notified and I’m sure someone is on their way.” As we continued to wait, the woman went in and out of consciousness and I wondered at times if she was even breathing. I never saw anyone from Securitas but did see their truck on Lorca as I drove away. The EMTs arrived, asked her name and she responded (whew), then asked us some questions. I made sure they knew the male worker had belly pain and needed to be checked out, too. They moved her to the ambulance and sent us on our way. As I picked up my blanket, I was grateful I learned a long time ago to always have a blanket and other emergency supplies in my car, because you never know when you might need them, even just three blocks away from your house.”

American Red Cross – Adult First Aid / CPR / AED Training

The letter above illustrates just how unexpected an emergency can present itself. Are you prepared?

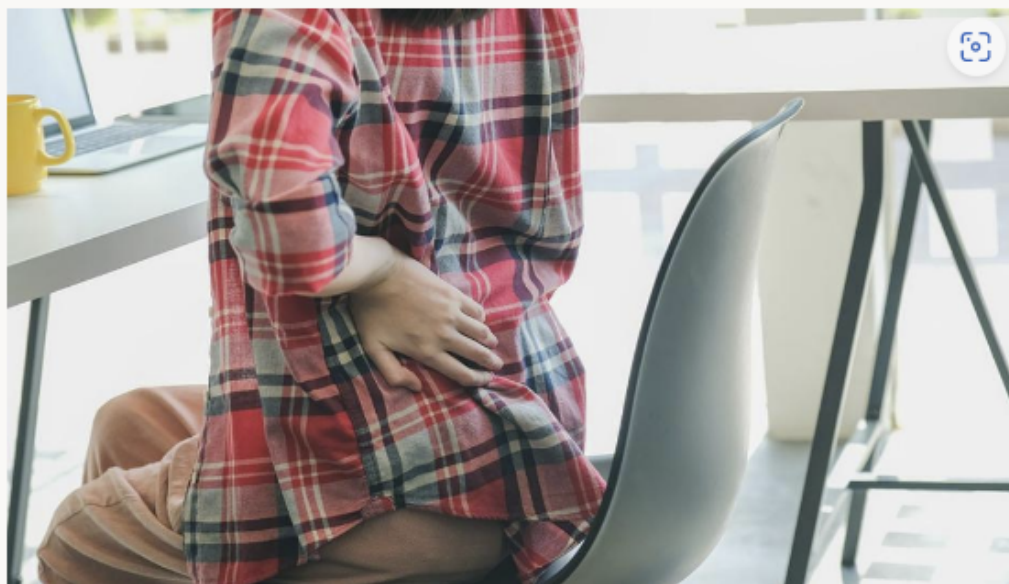


**Proud Provider of
Red Cross Training**

We now have six SERT members that are certified American Red Cross instructors. SERT is offering to “Club members only” in 2023 a blending learning instructional program monthly. The course is only \$60 to members (The American Red Cross charges \$75 and you must drive to San Diego), and we deliver it here at the Clubhouse. As a special thank you for ERT members, the cost

Emergency Response Team (ERT) - new members

In April we welcomed 10-new ERT members as they have successfully completed the American Red Cross Adult First Aid/ CPR/AED and the SERT Emergency Training Seminar. Note that Chris Butler and Ron Carso are also Ham Radio operators who will help us communicate with the Oceanside Emergency Services during an emergency. Congratulations to all!



PAWITA WARASIRI / EYEEM / GETTY IMAGES

8 WARNING SIGNS OF PANCREATIC CANCER

Treatment is more likely to be effective the sooner the cancer is caught.

- Abdominal discomfort in the mid to upper abdomen that often radiates to the back
- New onset diabetes or worsening blood sugar levels, especially with weight loss
- Darkening of urine and lightening of stool
- Jaundice (yellowing of the skin and whites of the eyes)
- Itching
- Nausea and vomiting
- Fatigue
- Loss of appetite and unintentional weight loss

New ERT Members:

David Baker, Margo Bernhard, Chris Butler, Ron Carso, Laurie Lasslo, Larry Bean, Sandy Harvey, Debbie Prado, Fred Savage and Linda Shoob.

Safety Coordinators Program

Emergency Supplies – Are you prepared?

Spring is a new beginning! Along with many others, my spirit is soaring with the sunny days and warmer days. It seemed the cold and wet days would never end. I thought about the various emergency situations that were occurring around the country, the world, and the suffering that resulted from having homes destroyed by tornadoes, floods, too much snow or rain, and powerful winds. Even the power outages were devastating to some people. It made me feel grateful to just have the colder days and no sun in Southern California. How long can we escape earthquakes and the resultant disruption of utilities? Once I was asked by a wise SERT member, “Which would you rather have—a person with a red/green sign or a person with good emergency supplies?” That made me re-think the safety coordinators’ focus on making sure people had signs and I decided that really, a prepared person was my preference. With that in mind, let’s make it a priority for every SERT member and Safety Coordinator to make sure our emergency supplies are ready, and next, our neighbors’ supplies are too.



I know we say this all the time, but how long would we survive with the amount

of water we have stored in our homes without outside help? Every person who has no backup will be begging for water from his neighbor and as scarcity increases, what happens when we get down to our last gallon or water bottle?

The pool water at the Clubhouse comes to mind and it can be rationed but won’t last for long with all our residents. Don’t forget the chlorine or water purifying tablets! We can survive without many of the other essential supplies on our list such as backup power, lights, batteries, toilet buckets, and a way to cook food. When I think about all the people living in this lovely area of SoCal, I don’t even want to imagine the results of no water. And let’s factor in our needs of any pets.

So, I would like to use this column to remind us of all to store the very essential item—water!

And, just as important, to encourage our neighbors to do the same. What about that frail elderly person on your street? Will they remember those having extra gallons of water is essential for an emergency? The first thing we need to do to prepare for an emergency is to have water!

Now, if you’ll excuse me, I need to replace the water in my 5-gallon jugs. It has been over 6 months since I did that!



Annie Gandhi
Safety Coordinator
Chairperson

Neighbor–Helping–Neighbor



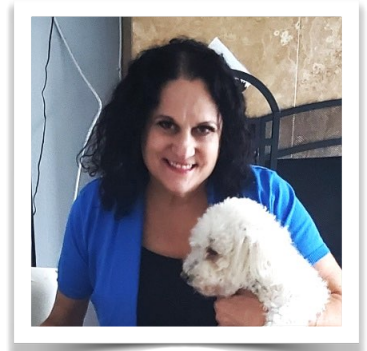
FAMILY CAREGIVER GROUP

The Family Caregivers group has been going strong since its formation in January 2022. The Group continues to thrive, and the members are

forming a close unit. It is common to hear comments like, "I have been looking forward to this monthly meeting all week" or "I needed this meeting tonight so much because I have had such a tough last few weeks" or "this is a safe haven to share and vent."

After almost a year and half together, the members really root for one another, and offer emotional support to each other.

On March 16th, 2023, the Family Caregivers Group celebrated their 2nd annual St. Patrick's Day Potluck during their March meeting. The "regulars" who attend the monthly meetings all commented on how enjoyable it was to be able to have a short respite from caregiver duties and enjoy food and drink with one another.

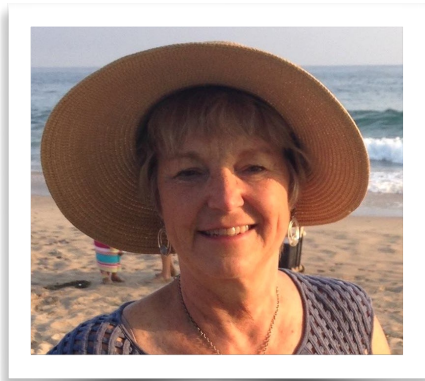


**Marla Reiter
Chairperson**

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.

Membership



**Sue Porter
Membership Chair**

As of April 1, we have 349 members which includes twenty-two Lifetime Members. Our membership goal for 2023 is to have 450 members so we have a ways to go.

Please talk to your neighbors about joining SERT. Remind them that as an SERT member you are eligible to receive a FREE In-Home Safety Survey. So far this year we have conducted over 50 surveys.

If you would like a survey of your home, please send an email to tporter.sert@gmail.com and one of the ERT members will contact you.