

SERT News

OHCC Safety & Emergency Response Team

President's Message

Summer has finally come to Oceanside, and luckily the heat here is nothing compared to those parts of the country with triple-digit temperatures. However, even with OHCC reaching the 80-to-90-degree range, we need to be vigilant. If you park outside, the interior temperature of your car may be 130°+, and the front seat may be hot enough to burn your skin. As seniors our skin does not have the elasticity that it once had, so please be mindful and take the necessary precautions. Also, remember to NEVER leave your pets unattended in the car. And, always carry water with you when going outside for a walk, to the swimming pool or for a drive. Remember that WATER is the most important commodity to have in an emergency!



Tom Porter
President

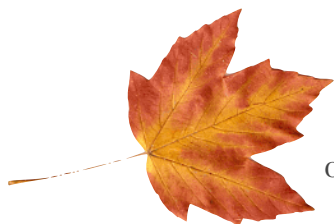
Planning for the Fall

Last winter we saw a historic rainfall and that caught several people off guard. For an ounce of prevention, these are things to check so you stay safe before the rains get here:



Your Vehicles

- Check your vehicle's tires (golf carts, too) – do you have adequate tread to drive safely
- Check your windshield wipers – these can dry out in hot temperatures
- Check your headlights – the lenses should be clear for optimal use



Your House

- Check your gutters and downspouts – this may require a handyman as getting up on a ladder for seniors is NOT a good idea
- Check your back and side yard drains, do they flow to the street drain
- Check your weather striping around your exterior doors – keep the water and the wind outside
- Take a quick look at your ceiling in the house. Do you see any brownish strains? This could indicate a water pipe or roof leak.

Prepare now for Fall and Winter!

SERT is a “service club” that does some social things. As a service organization, we can only get stronger through our members and volunteers who share safety related information with their neighbors. Over the last several years, we have struggled to organize a street-by-street neighbor-helping-neighbor program. Some streets and Villages have taken their concern for safety to heart and gone a step further to form a “Buddy System” which establishes a network with your immediate neighbors. These neighbors share their contact information, where they have key or code to access their home in an emergency, how to reach an emergency contact in case something

happens to you and, in some cases, medical information.

As a resident of OHCC, are you willing to help your neighbor and vice-versa, when needed? I hope you say YES! SERT currently needs more than 70 Safety Coordinators on our streets that have no volunteers or too few! Becoming a Safety Coordinator is easy and should take no more than 1 hour of your time per month. The main requirement is that you want to get to know your neighbors and help them to get to know each other. Will you do that? Please contact me at tporter.sert@gmail.com so I can get you started.

Emergency Preparedness Residents Meetings



On June 8th, Safety Coordinators organized an emergency preparedness residents meeting for Demeter, Thebes, Lindos and Zenos Ways. Presentations were made by SERT leadership members, Tom Porter and Annie Gandomi.



Emergency Response

I was recently asked by a member to recommend a home first aid kit. (I recommended an American Red Cross Family First Aid Kit from Amazon - \$40). I also suggested she evaluate the need to add some type of bandage, dressing or gauze containing a hemostatic blood-clotting agent, and I suggest you do the same.

Those with first aid training (think American Red Cross training provided by SERT) know that direct pressure over a wound can be effective for bleeding control, but that technique alone may need to be supplemented if the injured is taking blood thinning medications, has a spleen organ disorder or has various other medical conditions. For the first aid responder, it's not important to know why there is uncontrolled bleeding; rather it's important to recognize when direct pressure alone is not sufficient to control the bleeding.

So – as I mentioned in the first paragraph – evaluate your life. Do you or a loved one have thinning blood? Do you or your family enjoy activities that may lead to cuts, road rashes, or other wounds? Would you be the one performing initial first aid? If the answer to any of the preceding is “yes”, invest in an upgrade to your first aid kit by including some form of dressing, gauze or powder infused with a hemostatic agent.

Simply defined hemostatic agents are substances that help prevent/stop bleeding from the bleeding site. Hemostatic agents are typically derived from shellfish, and those with shellfish allergies have sometimes had a reaction but that has been resolved by isolating and removing the protein that caused the allergy.

Wound/bleeding control dressings with a hemostatic agent can be found on Amazon (and

from many other sources) but applying it does take some expertise.

Considerations when using any hemostatic agent include:

- Becoming familiar with the specific product and its application technique; every hemostatic agent (brand and type) is different.
- Using it with direct pressure as you are applying it as the first layer of dressing.
- Applying it to the source of the bleed – the damaged blood vessel – not somewhere near it.
- Retaining the packaging and providing it to the EMS with the instruction that it goes with them to the hospital to enable the wound to be managed effectively. Do not assume the hospital will know how to deal with the hemostatic you have applied.

Feel free to contact the SERT-American Red Cross certified first aid instructors at arc.ohccsert@gmail.com to learn more. Consider taking a combination on-line and in-person first aid course, administered here at OHCC by the SERT Club (**see flyer on next page**). Uncontrolled bleeding is a life-threatening medical emergency. Checking the area for safety, calling 911, and rendering first aid – including the use of hemostatic agents to control bleeding can help save a life.



John Slayton
Club VP & ERT INCIDENT
COMMANDER



**American
Red Cross**



Adult CPR/AED First Aid Certification Courses

**Brought to you
by SERT**

FEATURES:

- Blended Learning Format
(Internet and Skills Evaluation)
- 1st Class - via Internet
- 2nd Class - skills evaluation on the
2nd Wednesday of each month,
9 am - Noon at the OHCC Clubhouse

COST:

- OHCC Residents - \$75
- SERT Club Members - \$60
- Safety Coordinators - \$50
- ERT Members - \$40

**YOU MUST PRE-REGISTER - AT LEAST
30 DAYS PRIOR TO CLASS DATE**

Register/More Information: | arc.ohccsert@gmail.com

Safety Coordinators Program

Safety Coordinators Strengthen Community Bonds and Emergency Preparedness

- By Sharon Sorenson and Annie Gandomi

This report highlights the important role of Safety Coordinators in promoting closer connections among neighbors and safety preparedness for emergencies. This vital role is unfilled on over 70 streets or sections of streets. All it takes is a desire to help your neighbors. Even if you are not a Safety Coordinator, you can gather your neighbors, ask for SERT to provide a program, and thus contribute to the wellbeing of your street. Anyone can do this. And, by the way, you are helping yourself, as well!

On June 8th the Safety Coordinators organized an emergency preparedness residents meeting for Demeter, Thebes, Lindos, and Zenos Ways. Presentations were made by SERT leadership members, Tom Porter and Annie Gandomi. (See photos on Page 2). Neighbors were initially invited by their respective Safety Coordinators on their streets via group email which was followed up by a flyer in their mail tubes. They were asked to bring their own chairs. Approximately 30 people were in attendance for an hour at the Gazebo Park in their neighborhood. The presentation consisted of explaining how residents could use best practices to prepare themselves for emergencies such as an

earthquake or a wildfire evacuation. It also included a display of emergency supplies and other essentials that could be used by residents in emergencies.

The presentation was very well received by the residents. They listened attentively, asked relevant questions, and left with a wealth of new information. Many viewed the emergency supplies and resolved to check their own supplies and make needed additions. Water was highlighted as it is the most important supply. Even the importance of stocking up for their pets was discussed. A supply of personal medications was stressed along with the need for cash to buy gas or items in stores without electricity. The group was encouraged to share their learning with other neighbors not present and even form buddy groups of 4 adjacent neighbors who would share contact information and agree to check in on each other in an emergency.

The Safety Coordinators brought water and cookies to share which contributed to a friendly atmosphere.



Annie Gandomi
Safety Coordinator
Chairperson

Mark Your Calendars!

The next SERT Social will be on Thursday, September 7th at the Palm Court.
The event will begin at 4:00 pm. More details will be coming soon.

Neighbor–Helping–Neighbor

FAMILY CAREGIVER GROUP

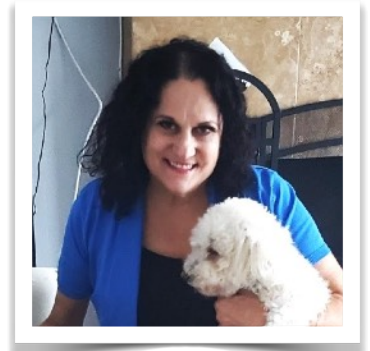
- By *Suzanne Forman and Marla Reiter*

Sometimes someone remarkable comes into our lives and makes things so much easier, so much better and we are thankful for them. The Family Caregivers Group would like to take this opportunity to recognize such a person: Miss Kelly Allen.

Kelly is a young woman who took it upon herself – voluntarily – to start up a free referral service for families looking for extra help. She screens caregivers and shares her information at no charge. She has a sizeable network and is always happy to help those in need.

Kelly is a wealth of information about elder care. She has years of experience as a caregiver herself. She now works full-time in the industry beyond her volunteer work. She brings us flyers and shares her knowledge as we wade through our responsibilities as primary caregivers for parents, spouses, and even siblings.

As always, we invite you to join us on the third Thursday of the month at 7:00pm in the Clubhouse. We sincerely enjoy our time together and look forward to seeing each other. We feel supported and comforted, we share our stories and learn from each other. We often have good laughs at some of the situations we face. And sometimes we cry – but not much. We are a strong group and, with amazing help from Kelly, we always have resources for what we need. Our sincerest thanks to you, Kelly!



Marla Reiter
Chairperson



Suzanne Forman

Membership



Sue Porter
Membership Chair

- We have 355 SERT Club members.
- 23 members have joined as “lifetime” members.
- 48 members are on the Emergency Response Team (ERT).
- 48 members are Safety Coordinators

Keep spreading the good word and encourage your neighbors to join SERT.

Treasurer’s Report – Tom Porter

As we sadly announced, Gary Baur has passed away. He was our first SERT Treasurer. We are pleased to inform you that the SERT Board has appointed Sandy Reinhardt to fill the remainder of Gary’s term. Sandy has served on the Master Board Budget & Finance Committee and is a CPA. She and her husband, Malcom, are SERT Club members, so they appreciate what SERT is doing. Sandy assured the SERT Board she will run for election later this year. Welcome aboard, Sandy!

For the period ending May 2023, we have a bank balance of \$8,281.49.

- **Sandy Reinhardt**