

## HB CERT HIGHLIGHTS

- CERT tries a new newsletter format
- Save-a-Life Saturday Classes begin April 19



## Disaster Response to Frail & Elderly Seniors

Glorria Morrison  
Emergency Services Coord.

On January 10, 2007 the Emergency Management & Homeland Security office, CERT and the Senior Center participated in a joint training exercise to prepare us to help frail and elderly seniors in a disaster. In 1999, the EOC, Senior Center and CERT developed *the Emergency Plan for At-Risk Seniors*. The plan's purpose is to have a cadre of volunteers trained and ready to respond to the pre-identified frail and elderly living in Huntington Beach during a disaster. Plan training has been trained on and exercises have been conducted in 1999, 2001, 2003, 2006 and 2008 thanks to the dedication of this group.



There are three elements to this plan:

1. Train Senior Center employees to set up and operate a Command Post using the Incident Command System (ICS) to manage the operation.
2. Train volunteers from CERT, RACES and the Senior Center as Senior Response Team members. The teams will do the following:
  - Check to see if the senior is injured or has any medical issues

- Check to see if the senior's home has structural damage
- Check the mental status of the senior
- Work with the senior to decide if he/she should remain in their home
- Find a suitable shelter/

housing for the senior if they cannot stay in their home. That may be a neighbor, family member or American Red Cross Shelter.

- Take the senior to the home or shelter.
3. Conduct exercises every two years to give the Senior Center employees, CERT, RACES, and Senior Center volunteers a chance to practice their Command Post and response operations.

I would like to thank Randy



Pesqueira and the Senior Center Staff for making this training a priority. A special thank you goes to Anna Pinter and Cecil Wright of CERT for developing and conducting the training. I have full confidence that when the next major emergency strikes Huntington Beach our employees and volunteers are ready to respond to our senior's needs.

Once we check on these pre-identified seniors, we will check on facilities that house seniors and then be available to check on elderly persons upon request.

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# The President's Message

Ron Roth

Happy New Year to all. If the weather report is correct we could be in for a wet winter. All members of the Sandbagging Team should get their rain gear ready and vehicles prepared to haul sandbags.



Requests are made for help at the EOC by Huntington Beach senior citizens and those who are not physically fit to pick up sand bags. We have been fortunate the past two years that our services were not needed and many of the team have not filled or lifted a sand bag. Remember to lift with your legs, not your back. Drive cautiously and take your time while responding to calls and increase your distance to stop when you add the weight of 20 sand bags in your car or pickup. Your Sand Bag Team Leaders are Carlton and Janet Cook.

This year there will be some remodeling on the ground floor of City Hall which will eliminate room B-7 for our use for Save-A-Life Saturday classes. Our class schedule will begin April 19, 2008. The rest of the schedule for 2008 will be available soon.

To all new Disaster Service Worker (DSW) graduates of 2007 and years past, we can always use your support for the new class by joining one or more of the teams who help prepare for each class. Our classes teach skills of preparation and survival. If we do not practice the skills, we lose them in a short period of time. Please stay active in CERT.



## CERT Booth Activities

Bill Worth

The CERT Booth Team distributed 333 packets of information on January 11. This was almost twice as many as were distributed in January, 2007. We met many visitors from other states here to enjoy the sun, but there were also many Huntington Beach citizens interested in getting prepared for disaster. Some indicated they wanted to join CERT. They were told to watch channel 3 TV for the schedule of classes.

Volunteers were: **Anna Pinter, Art Weiland,, Ron Roth, Minor Packham, Julia Heng, Roy Alzua, Jim McLain, Bill Worth**

## CMAP Update

Brevyn Mettler, MPA

In the New Year I have taken on the responsibility of being the Co-chair of the CERT Mutual Aid Program (CMAP) along with Brenda Emrick of the Costa Mesa Fire Department. At our first meeting last month we decided as a group that we needed to rethink our approach to CERT Mutual Aid. The Santiago Fire showed us, and the rest of the state, the capabilities of CERT. If you remember back a year ago I wrote an article about what the requirements were to be a Mutual Aid Responder and it was pretty intense. After giving it a lot of thought, we stepped back and asked ourselves what were the most important skills we believed a CERT Mutual Aid Responder would need if they were asked to report to a wild land fire or to another city that needs mutual aid in a disaster. This is what we decided.

### Prerequisites Required for Mutual Aid Responder

- Basic 20 hour CERT class
- ARC Shelter Operations
- IS- 100/700
- Live Scan at completion of mutual aid module

### Mutual Aid Module

- CMAP Overview – 1 Hour
- Command Post ICS – 3 Hours
  - ICS 101
  - ICS Forms
  - CERT Command Post Standard Operating Procedures
- Communications – 2 Hours
  - Principles of communications
  - Equipment
  - Protocol
  - Practical Exercise



The Mutual Aid Module is a six hour class and will be completed in one day. The Mutual Aid responder is responsible for getting a Live Scan at their own expense and once that is completed a CMAP badge will be issued. We are currently developing the curriculum and we are hoping to offer the first class this April. I believe we are moving in the right direction and I am looking forward to this year.

## Shelter in Place

The following are excerpts taken from the American Red Cross **Terrorism-Preparing for the Unexpected**. The full text can be found on the Internet at: [www.redcross.org/services/disaster/keepsafe/unexpected.html](http://www.redcross.org/services/disaster/keepsafe/unexpected.html).

If you are advised by local officials to “shelter in place,” what they mean is for you to remain inside your home or office and protect yourself there. Close and lock all windows and exterior doors. Turn off all fans, heating and air conditioning systems. Close the fireplace damper. Get your disaster supplies kit and make sure the radio is working. Go to an interior room without windows that’s above ground level. In the case of a chemical threat, an above-ground location is preferable because some chemicals are heavier than air and may seep into basements even if the windows are closed. Using duct tape, seal all cracks around the door and any vents into the room. Stay listening to your radio or television until you are told all is safe or you are instructed to evacuate. Local officials may call for evacuation in specific areas at greatest risk in your community.

### Additional Positive Steps:

You Can Take Raw, unedited footage of terrorism events and people’s reaction to those events can be very upsetting, especially to children. We do not

recommend that children watch television news reports about such events, especially if the news reports show images over and over again about the same incident. Young children do not realize that it is repeated video footage, and they think the event is happening again and again. Adults may also need to give themselves a break from watching disturbing footage. However, listening to local radio and television reports will provide you with the most accurate information from responsible governmental authorities on what’s happening and what actions you will need to take. So you may want to make some arrangements to take turns listening to news with other adults in your household.

### Evacuation:

If local authorities ask you to leave your home, they have a good reason to make this request, and you should heed the advice immediately. Listen to your radio or television and follow the instructions of local emergency officials and keep these simple things in mind:

- Wear long sleeved shirts, long pants and sturdy shoes so you can be as protected as much as possible.
- Take your disaster supplies kit.
- Lock your home.
- Use travel routes specified by local authorities – don’t use shortcuts because certain areas may be impassable or dangerous.

• Listen to local authorities. Your local authorities will provide you with the most accurate information specific to an event in your area. Staying tuned to local radio and television and following their instructions is your safest choice.

If you have time:

- Call your family contact to tell the where you are going and when you expect to arrive.

- Plan to take your pets with you; do not leave them behind. Because pets are not permitted in public shelters, follow your plan to go to a relative or friend’s home, or find a “pet-friendly” hotel or shelter.
- Shut off water and electricity before leaving only if instructed to do so. Leave natural gas service on unless local officials advise you otherwise. You may need gas for heating and cooking and only a professional can restore gas service in your home once it’s been turned off. In a disaster situation it could take weeks for a professional to respond.
- Stay away from downed power lines.



## Karin Reed Receives the January Mayor’s Award

Karin Reed has been an employee of the City of Huntington Beach since 2000. She became an Administrative Assistant in 2002 and recently began working for the city’s new Human Resources Director. In 2005, Karin and her family took the CERT *Save-a-Life Saturday* series of classes and graduated in 2005. Since graduation she worked with the Registration Team, helped with logistics and assists the Emergency Management & Homeland Security Office staff whenever she is needed. Karin is not only a valuable asset to CERT, but to the entire city. We are fortunate to have her in our ranks.

## Upcoming Events

- Feb 7, to 7 to 9PM – Quarterly General Member Meeting
- Feb 13, 6 to 9PM – Fire Med CPR Training
- Feb 18, – Presidents Day
- Feb 23, 9:30 to 12:30 – Fire Med CPR Training
- Feb 23, 10AM to 2PM – LDS Emergency Prep Fair  
531 McFadden Ave. HB 92647
- March 1, Online registration begin at [surfcity-hb.org/CERT](http://surfcity-hb.org/CERT)
- March 12, 6 to 9PM – Fire Med CPR Training
- April 9, 9:30AM to 12:30PM – Fire Med CPR Training
- April 19, 8AM to 12PM – Disaster & Terrorism Preparedness  
Civic Center, 2000 Main St. HB 92648
- May 17, 8AM to 12PM – Med Ops I & II)

Civic Center, 2000 Main St. HB 92648

- June 21, 8AM to 12PM – Light Search & Rescue Training Center

\*To register for classes call 714-536-5974 or Online (after March 1st) at [surfcity-hb.org/CERT](http://surfcity-hb.org/CERT)

\* Fire Med customers can take classes for free and non-\* FireMed customers can take classes for a fee of \$30. For a schedule call 800-400-4277.

### Attention!

If you want something placed in the upcoming events e-mail Brevyn at

[bmettler@surfcity-hb.org](mailto:bmettler@surfcity-hb.org)

Please help save postage, if you can view the newsletter via the internet (<http://www.hbcert.org>),  
Please call (714) 536-5974 to take your name off the mailing list.



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