



October 2014

HB CERT HIGHLIGHTS

INSIDE THIS ISSUE

- Hi CERT Members Page 1
- Thank You Senior Saturday Page 1
- West Nile Virus Page 2
- Influencing Influenza Page 2
- In Remembrance Page 2
- PulsePoint App in Huntington Beach--Save a Life Next Door Page 3
- Huntington Beach Water Restrictions Page 3
- Disaster EXPO Page 3
- Stephanie Deagle's Search and Rescue Neighborhood Meeting Page 3
- Stephanie Deagle and "Road to Recovery" Page 4
- Senior Saturday Festival Photos Page 5
- HB Disaster Expo Photos Pages 6-10
- CERT Mission Statement, CPR Classes, Newsletter Staff Page 11

Hi CERT Members

We have had quite the summer! We hope that this summer has provided you with opportunities to give back to your community, and have some fun!

Summer Recap

This summer has been very busy starting with the Huntington Beach 4th of July Parade. Volunteers had the opportunity to walk in the parade, and also assist the community by staffing a first aid booth. Our volunteers did a great job, and some got their 15 minutes of fame!

Huntington Beach also hosted "Train the Trainer," which provided three of our CERT members, our Intern, and our Emergency Services Coordinator the opportunity to become CERT trainers. Great job in completing the Train the Trainer course: Susan McClaran, Stephanie Deagle, Steve Yamashita, Stephanie Vazquez, and Erin Concas!

Midsummer, our CERT volunteers once again had the opportunity to work the first aid booth at the Vans U.S. Open. To much relief, our first aid booth saw a reduced number of splinter victims due to improved wood board walkways for beach goers. Some CERT members also had the chance to take a short ride with Battalion Chief McBride on the Fire Department's new ATV.

Finally, our summer concluded with National Night Out. Local kids were given the opportunity to visit the Emergency Management and RACES trailer and learn about preparedness. RACES members also engaged with their radios by providing them the opportunity to communicate with a nearby RACES member by radio. All in all, we had a wonderful time with the community.

Thank you for serving your community!
Brevyn Mettler
Emergency Services Coordinator
Erin Concas
Assistant Emergency Services Coordinator

Thank You, Thank You, Thank You!

From Judy Ann Morris

HBCOA Senior Saturday Festival
September 6, 2014

Huntington Beach Council on Aging (HBCOA) and Community Services gives a big thank you to HB CERT for their participation in our Senior Saturday Festival.

The Senior Saturday Festival has two goals for this event. The first goal is sharing current information about active aging goals with the community. The second goal is to have a successful Senior Saturday, because the event is one of our major fundraisers for senior services.

Although we have the "go ahead" for a new HB Senior Center, current programs still need to be funded. The monies that we raise from Senior Saturday, the HBCOA "On Course" Golf Tournament and our Plaque Sponsors are used for current programs.

HBCOA underwrites several of the "active aging" classes and programs at Rodgers Seniors' Center and Seniors' Outreach Center. Many times, HBCOA supports new classes until the class participation is large enough to be financially self-supporting. Some classes are always underwritten, because they are important for the health and welfare of our senior population.

Some examples of where the monies are used from our fundraisers every year are: 1) We present the City with a check for at least \$22,000 to be used for salaries of part-time senior care managers. 2) We provide the computer classes where seniors can participate in either a formal computer class or take a "computer buddy" program where there is individual one-on-one teaching. We have found that the senior community has a real desire to keep up with technology. Classes such as Facebook, Photo Album and even Instagram fill quickly.

I think I am most proud of HBCOA's commitment to our seniors in the Emergency Rescue Alert program. Any senior in Huntington Beach can receive our special price with Rescue Alert for just \$19.99 a month. Our care managers assess the needs of the seniors living alone and if they cannot afford the \$19.99, then HBCOA will pay for it. This program has already saved many lives.

Go to: www.rescuealertofca.com to obtain a bracelet or pendant for a loved one who may be in need of instant help due to a fall or medical emergency. Help can come anytime of the day or night, any day of the week, with a push of a button. So, again, thank you, thank you! A special "tip of my CERT hat" to Ron Roth and Mike Reyes for bringing together the logistics team, Stephanie Vasquez for organizing the Booth Team and, lastly, Karin Reed for helping to organize the volunteers for the day.



CLASS 1

West Nile Virus

By Anna Pinter

The best prevention against contracting West Nile Virus is to not be bitten by a mosquito.

"We don't have an abundance of mosquitoes, but the ones we have are highly infected," said Robert Cummings, lab director for the Orange County Vector Control District, which fights the infestations. In some areas 80% of the mosquitoes tested were infected.

Late summer is when the virus is at its worst. The disease spreads when a mosquito bites an infected bird, becomes infected itself, then bites a human. One of the three people who died this summer in Orange County from the virus was from Santa Ana. Two other people who died were from Huntington Beach and Seal Beach.

The symptoms of Nile Virus are similar to the flu: diarrhea, fever, headache, body aches, swollen lymph nodes and eye pain. Many cases go unreported. Doctors are concerned about the one to two percent of patients who develop serious diseases like encephalitis or meningitis. These two diseases have symptoms such as: headache, high fever, a stiff neck, seizures, coma, disorientation and tremors. Sometimes these neurological illnesses are fatal. There is no human vaccine or cure. Early detection and health care support are very important to survival.

For additional information:

Contact the Orange County Vector Control Center at www.ocvcd.org

3 D's to limit exposure

The California Department of Public Health recommends these protective steps:

DEET: Apply insect repellent containing DEET, apply according to label instructions. Mosquito repellents keep the mosquitoes from biting you.

Dawn and dusk watch: Mosquitoes bite in the early morning and evening. Wear protective clothing and repellent if outside during those times. Check your residence and make sure your doors and windows have tight-fitting screens to keep out mosquitoes. If your check shows you have tears or holes in the screens, repair to avoid mosquito infestation in your home.

Drain: Mosquitoes lay their eggs on standing water. Sources of standing water on your property including flower pots, old car tires and buckets need to be eliminated. Swimming pools that are not properly maintained are a breeding ground for infestation. If you know of a swimming pool in your neighborhood that is not being properly maintained, contact the mosquito and vector control agency.

Influencing Influenza

Susan McClaran

Courtesy of Kaiser Permanente

Each year, five to ten percent of the U.S. population will get the flu—and more than 200,000 will be hospitalized due to complications. But you can beat the

flu by arming yourself with these easy, proven tactics:

Wash up. Your best defense is to wash your hands often and well. It may sound like a given, but, according to an American Society for Microbiology survey, just 82 percent of Americans wash their hands after using the bathroom, and only 38 percent wash their hands after sneezing. Keeping your palms and fingers clean can greatly protect you from viral invasion.

Get a shot. The newest vaccine approved by the FDA is your best protection against certain strains of the flu, including H1N1 (swine flu), especially if you're at high risk for serious complications. Ask your doctor if a shot in the arm is right for you.

Eat right, be physically active, and sleep well. By following a healthy regimen on a regular basis, including eating a balanced diet, getting regular physical activity, and getting seven to nine hours of sleep every day, you can help keep your immune system at its best.

***Free flu shots will be available on November 8 from 8 am until noon at the Huntington Beach Hospital drive-through flu clinic.

IN REMEMBRANCE

Edgar (Ed) Joseph King

(February 06, 1938 - August 31, 2014)

Long time CERT volunteer, Ed King, passed away on August 31, 2014. Ed was a California native and worked many years for McDonnell Douglas as an acquisitionist.

He loved his family and pets. His favorite pastimes were dove hunting and amateur ham radio. He was a regular "voice on the radio" during our Wednesday night CERT net. He will be missed by many.

Ed is survived by his son, David King (and Diane) of Garden Grove, one grandson, sister, Gwen Gosswiller, nephew, Rick King, niece, Suzanne Swisher, as well as his second wife, Jackie King, step sons Steven Gamblin and Tyrone Gamblin, and best friend, Bernie Carpenter.

Ed was buried with military honors in the Riverside National Cemetery.



PulsePoint App in Huntington Beach--Save a Life Next Door

Videos and General Information

<http://www.pulsepoint.org>

<http://www.huntingtonbeachca.gov/government/departments/fire>

<https://www.metronetfire.org/pulsepoint.html>

What is PulsePoint? PulsePoint is a potentially lifesaving mobile application (“app”) for both iOS and Android smart phones. This app alerts nearby citizens when there is a need for critical lifesaving cardiopulmonary resuscitation (CPR), and the location of a nearby public access automated external defibrillator (AED) in response to sudden cardiac arrest (SCA).

How does it work? PulsePoint is activated by Metro Net’s computer-aided dispatch at the same time as fire and paramedic resources are dispatched. It then notifies CPR-trained individuals of a cardiac incident occurring within a quarter mile of their current location. Users receive the location of the incident with a map, the closest automated external defibrillator (AED), and a link to CPR instructions.

Why is it important? A citizen responder reacting quickly to a PulsePoint alert can greatly improve the chances of a victim’s survival. SCA is a leading cause of death in the United States, accounting for an estimated 1,000 deaths per day. The American Heart Association estimates that effective bystander CPR, provided immediately after sudden cardiac arrest, can double or triple a person’s chance of survival.

Important life saving information is given on the above three website links. Take the time to open, read and listen to the video.



Huntington Beach- Level 1 Water Restrictions

On August 18, 2014, the Huntington Beach City Council passed Resolution 2014-61 to declare a Level 1 Water Shortage for the City of Huntington Beach. This limits automated outdoor irrigation to no more than three (3) days per week through October.

Residents will be notified by bill inserts, the internet, and newspapers. Automated outdoor irrigation is limited to no more than three (3) days per week during April through October, and no more than two (2) days per week during November through March.

Leaks, breaks or malfunctions must be corrected within 72 hours of notification. Call the Water Conservation Hotline at 714-536-5922 with any questions.

- For detailed information see:

<http://www.huntingtonbeachca.gov/hbwater/>



CERT Huntington Beach Expo was held at the Gothard Street Seabreeze Church in Huntington Beach, CA on Saturday, September 13, 2014.

Brevyn Mettler, Erin Concas, and Stephanie Vasquez coordinated the plans for the Expo.

The event was held from 10 am to 2 pm on a hot and humid day. Peter Petrelis and Ron Roth planned the layout. Ron Roth, Mike Reyes and Ken Mailman led the logistics and many church members helped with the setup of the tables, chairs and popups..

The church was well prepared to greet the community. They sold hot dogs and other food items to the community for lunch. CERT volunteers were provided with cool areas for workers to take their breaks and eat lunch. The greeters from the church offered water, tea and coffee to CERT and the HB community. CERT manned the CERT registration table and the CERT booth distributed emergency packets with information on disaster preparedness. Other booths manned by CERT were first aid, hazards, fire suppression and “Hands-Only CPR”.

RACES gave communication demonstrations to all interested attendees. They also conducted guided tours of the HB Emergency Response Trailer.

Other booths at the event were: SoCal Animal Response Team (SCART), Ready OC, American Red Cross, Huntington Beach Retired Senior Volunteer Police (RSVP), OC Water Department, K9 Canine Unit, 13-6-4 Specialties (a disaster supply company located in HB) and HB Fire Department.

Thank you to Mayor Matthew Harper for attending the EXPO.

A CERT “Thank you” to Seabreeze Church. They have given of their time and effort to help bring information on disaster preparedness to the community.



Stephanie Deagle’s Search and Rescue Neighborhood Meeting

Saturday, Sept.13, 2014 was a very hot day and a group of Stephanie Deagle’s neighbors wanted to learn about search and rescue in their neighborhood. CERT members, Susan McClaran, Nancy Figueiras and Stephanie presented procedures about how to evacuate their houses, reminding them of an emergency plan for escape, and a meeting place outside their homes. After assuring that their family and home is safe, they can go to their neighbors to see if help is needed.

In the emergency reenactment, Susan was the victim who was seen lying under a bookcase inside the house. The door was locked so a plan was established to rescue her. The Search and Rescue team walked the parameter of the building and looked inside the windows. They made cue cards to show what they had seen: broken glass, photos on floor, bookcase knocked over, etc. The easiest entry was the backdoor so the

Stephanie Deagle's Search and Rescue Neighborhood Meeting (continued)

team simulated the breaking of the door in order to save the victim.

The rescue team leader reminded everyone about the three dangers to look for in a victim: labored breathing, profuse bleeding, and shock. It was demonstrated how to move the victim's head to clear the breathing area. Then a quick head-to-toe assessment was made and it was discovered the victim had an injured or broken leg. Care was necessary when moving her with a blanket.

Under the leadership of Stephanie Deagle, the team handled the questions and answers from the other members and there was a discussion about the day's procedures. The entire group realized the importance of the knowledge they gained from this drill, and acknowledged the outstanding service given to the community from CERT. Because of the training, these neighbors will be better able to help themselves if a disaster strikes.

The purchase and storage of food and water in their earthquake supplies was discussed. It's essential to store food and water for at least three days. Food and supplies that have a 25 year shelf life are available at various outlet stores, as well as emergency food kits from stores such as Costco.

It is wise for everyone to have a "Grab and Go" bag (shoes, socks, prescription eyeglasses, flashlight, goggles, safety hat and gloves) tied to their bed and one in their car. Similar supplies should be stored outside the house in a barrel.

The one and a half hour training was a success. The possibility of a class on the "Map Your Neighborhood" program was discussed. Stephanie said it could be introduced at their holiday pot luck party.

Stephanie Deagle and "Road to Recovery"

Stephanie Deagle was voted Volunteer of the Year for her Road to Recovery work. An article was published in "Triumph," the American Cancer Society (ACS) magazine, and she was in an ad for the "Road to Recovery" program with CBS news.

Road to Recovery is a service the American Cancer Society offers to transport patients and families to life-saving services such as a doctor, chemo, and radiation appointments.

Stephanie started volunteering almost six years ago when her mother, Nancy, needed to get to daily appointments. Stephanie was upset when she had a very important meeting at work and an appointment she needed to meet. Obviously she could not do both. She reached out to (800) 227-2345 the 24-hour hotline and asked where she could get help.

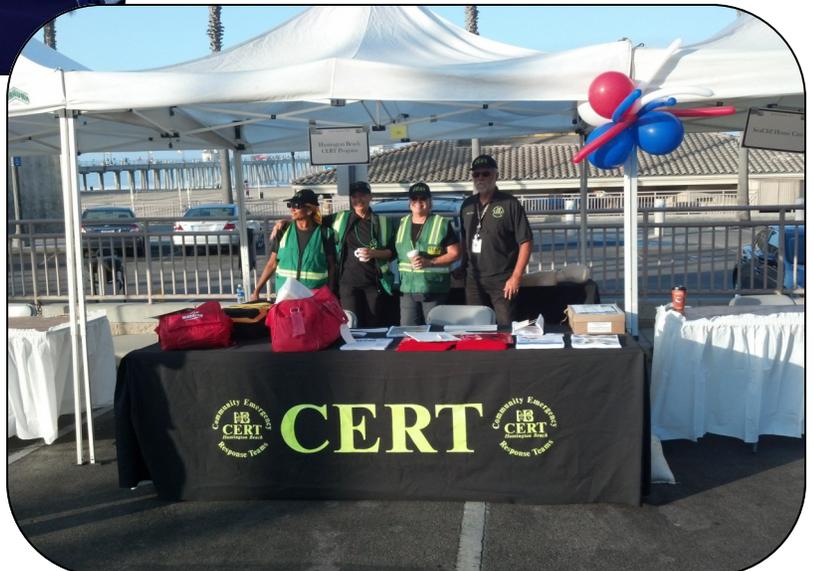
They quickly told her about this program and arranged to have Nancy taken to and from her appointment. Stephanie wanted to help others like ACS helped her family when they needed the support. Now Stephanie is the Orange County coordinator for 27 volunteers. Some weeks there are 20 or more requests and only about 40% of the requests are covered. Volunteers sign up to drive patients each week. Retired or unemployed volunteers may do a day or two while those who are employed can take time for an appointment that fits into their schedules. School teachers who are free during the summer or holidays can also help.

When Stephanie drives a patient it helps make her feel closer to her Mom, who passed from her cancer eight years ago. If anyone has two hours a week to help drive a cancer patient, please contact Stephanie at stephh@superiorsigns.com.



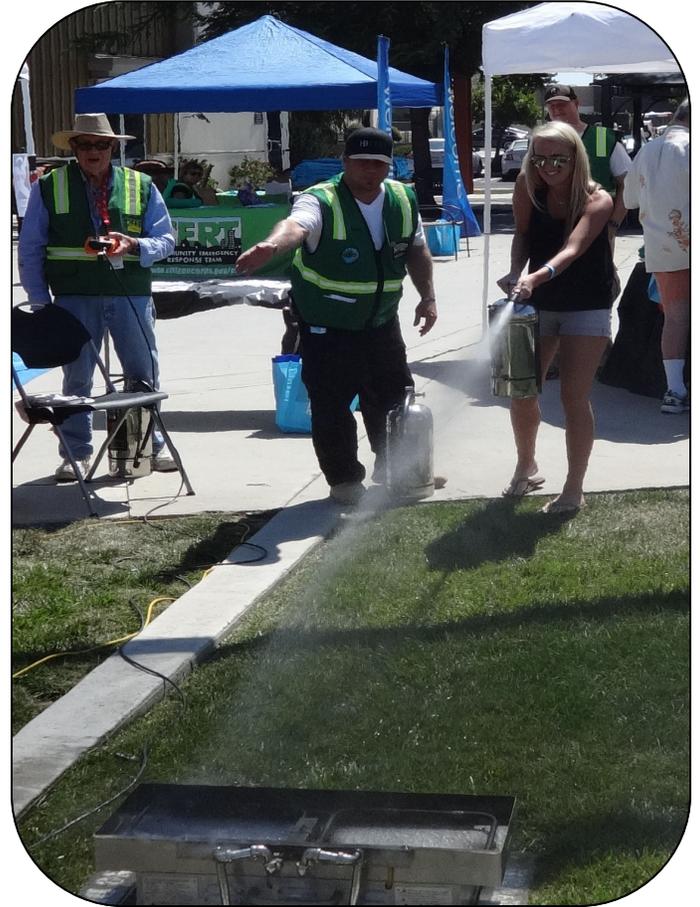
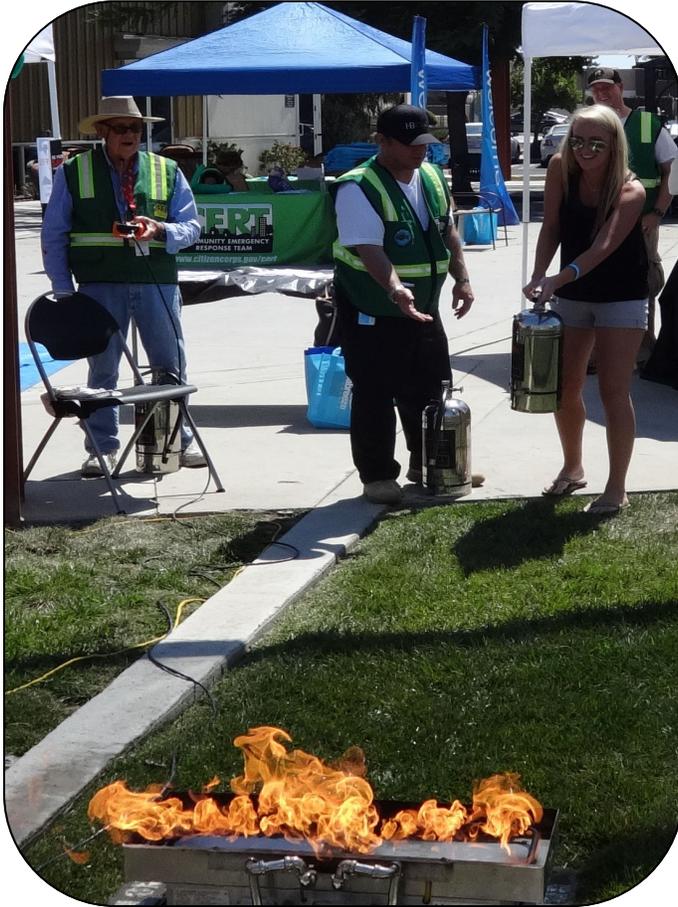
Stephanie (on the left) with patient Olga (center) and Gerry from CBS

HUNTINGTON BEACH SENIOR SATURDAY FESTIVAL SEPTEMBER 6, 2014





HUNTINGTON BEACH DISASTER PREPAREDNESS EXPO SEPTEMBER 13, 2014 (continued)



HUNTINGTON BEACH DISASTER PREPAREDNESS EXPO SEPTEMBER 13, 2014 (continued)



HUNTINGTON BEACH DISASTER PREPAREDNESS EXPO SEPTEMBER 13, 2014 (continued)



HUNTINGTON BEACH DISASTER PREPAREDNESS EXPO SEPTEMBER 13, 2014 (continued)



Neighbors-Helping-Neighbors

MISSION STATEMENT: The mission of the Community Emergency Response Team (CERT) Program is to provide information and training on disaster preparedness; provide leadership and coordination during an emergency, and assistance to help victims recover from an emergency.

CPR Classes

Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee. Dates are listed below:

- Saturday, October 11 - 10 AM to 1 PM
- Wednesday, October 22 - 6 PM to 9 PM
- Saturday, November 8 - 10 AM to 1 PM
- Wednesday, November 19 - 6 PM to 9 PM
- Saturday, December 13, 10 AM to 1 PM

To enroll in CPR classes, call 800-400-4277 or 714-556-4277. Class location is in the HB area and exact location given at time of enrollment.

Upcoming Events & Activities

- October 9, 2014, 6:30pm, CERT General Meeting in B7
- October 11, 2014, 10am to 2pm, Fire Department Open House, Fire Station 1, 18301 Gothard Street.
- CERT Basic Training Course, three days starting October 17 at 6:00—10pm, October 18 & 19 (Saturday & Sunday) **CANCELLED**, to be re-scheduled.
- November 13, 2014, 6:30pm, CERT General Meeting in B7

HB CERT Newsletter Staff

Proof Reading / Editing Team:

Anna Pinter	Judy Ann Morris	Peter Petrelis (Publisher)	Virginia Petrelis (Editor)	Art Weiland
Carol Nehls	Cynthia Goebel	Heidi Ross	Rajarajeswari (Raji) Shunmugavel	
Brenda Welch				



IMPORTANT ANNOUNCEMENT!

CERT Website: www.huntingtonbeachca.gov/cert CERT Contact: CERT@surfcity-hb.org
CERT Message line 714-536-5974, (THIS IS A MESSAGE LINE ONLY!)