



Warren CERT eNews



Not if..... When Always Vigilant - Always Prepared

Volume 2 Issue 5

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This newsletter is brought to you by the Executive Board and is meant to give you the latest news and information from around the organization.
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HANDS ONLY CPR

1) CHECK AND CALL

- A. Wear disposable gloves when giving care
- B. CHECK the scene, then CHECK the person.
- C. Tap on the shoulder and shout, "Are you okay?" and quickly look for breathing.
- D. CALL 9-1-1 if no response.
- E. If unresponsive and not breathing, BEGIN CHEST COMPRESSIONS.

2) GIVE CHEST COMPRESSIONS

- A. Place the heel of the other hand on top of the first hand, lacing your fingers together.
- B. keep your arms straight, position your shoulders directly over your hands.
- C. Push hard, push fast.
 - Compress the chest at least 2 inches.
 - Compress at least 100 times per minute.
 - Let the chest rise completely before pushing down again.
- D. Continue chest compressions.

3) DO NOT STOP! *Except in one of these situations:*

- You see an obvious sign of life (breathing).
- EMS personnel arrive and take over.
- An AED is ready to use.
- Another trained responder arrives and takes over.
- You are too exhausted to continue.
- The scene becomes unsafe

4) AUTOMATED EXTERNAL DEFIBRILLATOR *If an AED is available:*

- A. Turn on AED.
- B. Wipe chest dry.
- C. Attach the pads.
- D. Plug in connector, if necessary.
- E. Make sure no one is touching the individual.
- F. Push the "Analyze" button, if necessary.
- G. If a shock is advised, push the "Shock" button.
- H. Perform compressions and follow AED prompts.

TIP: • Occasional gasps are not breathing • YOUR SAFETY IS ALWAYS A PRIORITY

Check out these videos:

<https://www.youtube.com/watch?v=-Yqk5cHXsko> <https://www.youtube.com/watch?v=n5hP4DIBCEE>

Warren CERT has certified CPR/First-Aid instructors available to teach your group, contact us if interested.

PRESIDENT'S VOLUNTEER SERVICE AWARD (PVSA) SIGN-UP

As another level of recognition and acknowledgement for all the time volunteered by our members CERT has added the ability for members to qualify for the **President's Volunteer Service Award** or PVSA.

Please go to <https://www.presidentalserviceawards.gov/register-vo> and create your own account. Each person must create your own account! To associate your account to the Warren CERT team you must reference our **Record of Service Key WBU-4628**

Any community volunteer work is allowed to be added for review. Any other groups or teams you volunteer can be submitted for consideration. For example RACES/ARES, Ducks Ltd., any city commissions, Red Cross, any non-compensated training you do or work you perform may be submitted.

Every member should sign-up and start to log all your community service. You can list any service; it does not have to be directly related to CERT. As you can see below there are references to many different types of service.

KEEP YOUR VITAL DOCUMENTS SAFE IN A DISASTER

When an emergency strikes, trying to gather up all those vital documents can be downright frightening and potentially impossible.

Now is a good time to organize your papers; **Do it before you need it!**

Container options can range from a fireproof lock box or safe, a safety deposit box or something as simple as a three-ring binder with plastic sleeves into which you can insert the documents, secure or lockable USB/Thumb drives, as well as secure online/cloud storage.

Remember, these records are your life! Preserving them and doing it in an absolutely secure manner is the most important, top priority, element of this project!.

The list of documents and records you will want to have is long, but will be invaluable after you have evacuated your home. You will need access to some of these items sooner than others, but all are important enough to include in your "must have" list:

Vital Records: Driver's licenses, birth certificates, adoption papers, Social Security cards, passports, citizenship papers (such as a "green card" or naturalization documents), marriage license, divorce decrees, child custody papers, current military ID, military discharge (DD Form 214), medical and vaccination records for pets along with current photos and ID chip numbers in case you are separated.

Insurance Policies: Homeowners, renters, flood, earthquake, auto, life, health, disability, long-term care; have at least the policy number and insurance company contact information for each type of coverage.

Estate planning documents: Wills, trusts, funeral instructions, powers-of-attorney, attorney names and phone numbers.



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KEEP YOUR VITAL DOCUMENTS SAFE IN A DISASTER CONT.....

Property Records: Real estate deeds of trust and mortgage documents (at least the two-page settlement statement provided by the title company showing the actual cost of the house and purchase expenses); rental agreement or lease; auto/boat/RV registration and titles; video, photos or a list of household inventory.

Medical Information: Immunization and other medical records, prescription information (drug name and dosage), health insurance identification cards, physician names and phone numbers, powers-of-attorney for health care, and living wills.

Financial records: First two pages of your previous year's federal and state tax returns, stock and bond certificates, investment records, brokerage and retirement account information, credit card, checking and savings account numbers, contact information for credit unions, banks, financial institutions, credit card companies and financial advisers.

Other: Personal address book, a letter with instructions for family or friends (for use in a situation where you're not present), backups of important computer files, a list of usernames and passwords for online accounts, a key to your safe deposit box, a recent photograph, fingerprints and dental records for each member of the household account and contact information for utilities and other services. Have list of where all your originals where originals and copies of documents are located.

Those who don't have the time or ability to gather all of these documents should focus on the most important and most difficult to replace.

Besides all your paperwork consider some cash. Have some emergency cash or traveler's checks set aside in a safe, secure place. It should be easily accessible. Remember that banks and ATM's may be inaccessible if there are power outages, curfews or mandatory evacuations.

Flood-proof important papers. Place photocopies of important documents in a plastic bag and double wrap them.



Electronic storage of documents may require a USB drive worthy of the task. There are a few "Indestructible USB drives"* although they typically cost more than a standard USB drive they may be worth the expense if you want that extra level of security.

Shown above left is the [Corsair Survivor Stealth drive](#) and below right is the [LaCie Extreme Key](#).

Both are solid choices durable portable USB drives for data and document storage and preservation.

*See manufacturers specs for details. Devices are not endorsed by CERT.



CALL OUTS AND DEPLOYMENTS

We had 4 callout's in June.... CERT made history in June and had our most intense call out of since the massive power outage of August 2003.

Thu. 6/2, during rush hour traffic, CERT was requested to respond to 6 separate locations to assist in or solely handle traffic lights that were out from 11 Mile and Ryan to 14 Mile and Ryan as well as 14 Mile and Dequindre.

Mon. 6/20 CERT requested to assist on a downed wire at Studebaker/Campbell. Additionally CERT is requested at 2 additional locations at Wellington & Hendricks & 13000 block of Marshall.

Sat. 6/25 PD requesting assistance in the Groesbeck / Frazho area for multiple down poles.

Sun. 6/26 CERT is requested for traffic light out at 14 Mile & Ryan. PD called at 05:30 for assistance for a street light out.

In addition to these emergency call-outs CERT assisted in the Center Line fireworks on Sat. 6/25.

CERT also had one of our Leason's Fundraisers on June 21st.

UPCOMING EVENTS

Full details available at meetings and in emails when plans are confirmed.

July 4th - Halmach Park No-Fireworks patrol

July 08, 09, 10 Fri, Sat, Sun 6:00 PM - 11:00 PM MEA Festival Help Needed Sat/Sun, Lights Needed Fri/Sat/Sun.

July 19 Tuesday 4:00 PM - 8:00 PM Leason's Dairy Bar & Grill - Fund Raiser

August 16 Tuesday 4:00 PM - 8:00 PM Leason's Dairy Bar & Grill - Fund Raiser

Birthday Bash Aug 25th - 28th

August 25 Thursday - Tacom Day - Prism Lights

August 26 Friday - Fireworks - Prism Lights

August 27 Saturday - Laser Light Show - Prism Lights

September 13 Tuesday 4:00 PM - 8:00 PM Leason's Dairy Bar & Grill - Fund Raiser

October 11 Tuesday 4:00 PM - 8:00 PM Leason's Dairy Bar & Grill - Fund Raiser

October 15 Saturday 4:00 PM - 9:00 PM Harvest Treat / Trunk -N- Treat

Candy / Item Hand-Out

Patrol (Rocks by Garage and others)

October 23 Sunday 10:00 AM - 12:00 PM Relay for Life Zombie 5K

November 12 Saturday 9:00 AM - 1:00 PM CPR/First Aid

December 03 Saturday Tree Lightning

This is a quick rundown and subject to change as events are added and dropped. Make sure you subscribe to the official CERT calendar for the latest information and updates.

EXECUTIVE BOARD

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GENERAL MEMBERSHIP MEETINGS DATES

August 6th

October 1st

November - First-Aid/CPR/AED Training **Required Class—All Members**

December 3rd

Meetings will be held at Warren Community Center on Arden and are from 09:00 to 13:00 unless otherwise indicated.

IMPORTANT INFO

The CERT calendar is available online. You can view in Google Calendar or link to your local calendar program. If interested in having access to the calendar you must have a Google account. Send an email to calendar@warrencert.org and a link will be sent to you to access the calendar.

Final call for Flint Water Drive.... Final shipment will be transported to Flint in the next few weeks.

Have an idea or suggestion to add to future eLetters? Send an email to eletter@warrencert.org

On behalf of the Executive Board - Thank You to all of our members for all you do!

From the director—Thank You Executive Board for making this team work and all the hours spent in doing so!!

Texcom.com - Our primary notification system. Make sure you are setup for SMS text messages.

As a compliment to our article on organizing and keeping your vital documents safe and to assure they are available in an emergency or after a disaster check out the EFFAK:

[Emergency Financial First Aid Kit \(EFFAK\)](#)

Please like our Facebook page [Facebook.com/wrncert](https://www.facebook.com/wrncert)

Know someone that would like to receive this eLetter? Have them email subscribe@warrencert.org

POWER OUTAGES

We rely on electricity and other utilities for survival, so when we lose power it's a major problem. A power outage compounds the impacts of a natural disaster and increases anxiety. Having a way to communicate with family, friends, and coworkers is imperative.

Plan for batteries and other alternative power devices to meet your needs when the power goes out.

Ensure you have extra batteries or power sources for every device that can run on battery power (i.e., cell phones, portable phones, medical or assistive devices, radios).



Consider purchasing hand-crank or solar powered chargers.

Candles are a good source of light, but present a number of fire hazards. Stock up on battery-operated flashlights and lanterns as an alternative.



Keep your car gas tanks full. Gas stations rely on electricity to power their pumps. You'll also have a good method for charging devices in an emergency or, if necessary, moving to a location with power.



Turn off major appliances such as water heaters, stoves and air conditioning units. Unplug other appliances such as TVs, stereos, microwaves and computers. This will prevent damage to appliances and possible overloads to the system when power is restored.

Familiarize yourself with your main electrical panel. You may have to turn off the main breaker or have to reset circuit breakers after an outage.

Using a generator? Never use a generator, gasoline-powered equipment and tools, grill, camp stove, or charcoal burning device inside or in any partially enclosed area, including a basement or garage!

Install battery-operated carbon monoxide detectors or electric detectors with battery backup in central locations on every level of your home and outside of bedrooms to provide early warning of accumulating carbon monoxide, which is a colorless, odorless, tasteless, and potentially deadly gas. Plan to always keep a generator outdoors.



Considering buying a generator? Look at one of the dual fuel or propane only models. They are easier to use and deal with gas storage / gas going bad problem.

USE GENERATORS SMARTLY - DON'T IMPROPERLY CONNECT TO YOUR ELECTRICAL PANEL. Use rated extension cords and power directly to equipment.

These are just a few tips. Visit Ready.gov for more information about power outages.