



# NEWSLETTER

Support Alliance For Emergency Readiness

CREATING A **SAFER** SANTA ROSA

[www.safersantarosa.org](http://www.safersantarosa.org)

11 March 2013

No act of kindness, no matter how small, is ever wasted. - Aesop

## NEEDS, REQUESTS, DONATIONS

*We can do no great things -- only small things with great love. --Mother Teresa*

*"You make a living by what you get, but you make a life by what you give". -- Winston Churchill*

### WELCOME NEW MEMBERS:

Seniors Vs Crime represented by Judy Ertl 8476 Gordon Goodin Ln  
<http://www.seniorsvscrime.com/>

Protect Now represented by Chance Johnmeyer – Protect Now has a facebook page

### INTERFAITH MINISTRIES STAR LUNCHEON

*Interfaith Ministries Star Luncheon*

*Music Provided by  
Chris Martin Novak*

*Date: April 24<sup>th</sup> 2013*

*Time: 11:30 to 1:00*

*Place: Pace Community Center, 5976 Chumuckla Highway*

*Cost \$25 per person or sponsor a table of 4 for \$90*

*Luncheon sponsored by  
Gulf Power  
Pace Water System  
SAFER Santa Rosa  
United Way of Santa Rosa*

*RSVP to Shirley at Interfaith Ministries 934-6844*

*Artwork by Capri Jones*

**Star Luncheon  
Sponsored by**



**Getting to know us, getting to know  
all about us...**

Interfaith Ministries (IM) is an organization of 170 volunteers and one paid staff person dedicated to improving the quality of life for the under served and under-resourced citizens of Santa Rosa County. Our programs include: Financial Aid for housing, utilities, emergency travel, auto repair, burial expenses and any other financial assistance that we determine to be an emergency need in the lives of those in need in our community; Life Skills classes to assist our clients learn money management and life skills so that they may attain self sustainability; through Good Samaritan Clinic (GSC) – free medical care and medications for adults without health insurance, and free dental adult care; a Thrift Shop where donated items are sold and a small food pantry is maintained.



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### **HOMELESS COALITION MEETING**

This is reminder that the next ECOH General Coalition meeting will be held at the Waterfront Rescue Mission located at 380 Herman Street in Pensacola. The meeting will take place in the chapel.

We have had many questions related to ID Cards for the homeless and the process for getting a state issued ID. Scott Lunsford from Janet Holley Tax Collector's Office will be providing a presentation explaining the steps. If you are unable to attend, please send a representative in your place.



### **SAFE COMMUNITY**

As indicated in [this article](#) we are prepared to send in the letter of intent for the SAFE Communities Program. All we need to do is raise the \$1200.00 application fee. Once we send in the Letter of Intent, we can then finalize the application and submit it. The next step will be paying travel, room and board for two evaluators to come to our community and assess what we are doing. For more information on the SAFE Communities program, go to the SAFER webpage and look for the "safe communities" link on the left side of the page [www.safersantarosa.org](http://www.safersantarosa.org).

Why is this important to all of us in Santa Rosa? We can use a Safe Community designation to assist with economic development, tourism, avoid BRAC, and just to brag about what a great place Santa Rosa is. When we get this designation we will be 1 of 4 counties in the entire country to have it. Help us make this goal a reality. SAFER has a paypal account and donation information on our webpage.

## TOILETRY KITS

Santa Rosa County School District's Communities of Learning Program is in need of items to make toiletry kits for our homeless families and unaccompanied youth. Full size products preferably. Items like shampoo, conditioner, soap, razors, female hygiene products, etc. I have attached a picture as an example. For more information please contact Dawn Stone at 983-5237. Thank you!

They can also send through the district courier or mail to:  
Communities of Learning Homeless Education Program, Berry Hill Administrative Complex,  
6751 Berryhill Street Milton, FL 32570

Additionally if you would prefer to make a donation of money you can do so through the SAFER paypal account on the webpage at [www.safersantarosa.org](http://www.safersantarosa.org) and the money will be used to purchase needed items.

## ANNUAL MEETING

The SAFER Santa Rosa Annual meeting sponsored by Interfaith Ministries is on the 25<sup>th</sup> of April from 11am-1pm. Lunch will be served. The location is:  
4115 Soundside Drive (off of 98) (map to location) <http://mapq.st/12a6ChK>  
Please RSVP to me at [safers@santarosa.fl.gov](mailto:safers@santarosa.fl.gov)

## SAFER SANTA ROSA 2013 DISASTER PREPAREDNESS EXPO

**MARK YOUR CALENDARS!** THE DATE FOR THE **HOME TOWN CONTRACTORS/SAFER SANTA ROSA 2013 DISASTER PREPAREDNESS EXPO** HAS BEEN SET FOR **SATURDAY, JUNE 1, 2013** AT THE **GULF BREEZE RECREATION CENTER** ON SHORELINE DRIVE IN GULF BREEZE.

INFORMATION AND REGISTRATION PACKETS WILL BE GOING OUT IN THE NEXT FEW WEEKS BUT I WANTED TO BE SURE YOU SAVED THE DATE. **YOUR COOPERATION AND SUPPORT IS VALUED AND APPRECIATED.**



ANY QUESTIONS, CONTACT: Brenda Roland [brsvpsantarosa@mchsi.com](mailto:brsvpsantarosa@mchsi.com) (850) 983-5220

## TABLE TOP EXERCISE

This is part of the Business Continuity Initiative (BCI) please consider participating with your business. BRACE has set up a table top exercise, that local businesses are encouraged to participate in right from their office, that test their disaster preparedness. It will provide questions and scenarios that each business should try to answer and hopefully will stimulate thought on what other items businesses need to prepare in the event of disaster. Every business should understand the statistics:

- Of all businesses that close in the aftermath of a disaster, approximately 43% never re-open. Of those that do re-open, approximately another 29% will close for good within two years.
- Statistics show that 60% of businesses that lose their business data will fail.

BRACE is passing along the invitation to anyone that is willing and interested in participating. Please pass it along to any of the ESF 18 partners or businesses that you feel would gain a benefit. BRACE is paying for this out of the CERT and Citizen Grants that they secure each year and are offering this at no charge to the business community. People can read about the exercise at the link below and it will provide instructions on registering.

<http://www.drc-group.com/project/biz-escambia.html>

If you have any questions, please contact Greg Strader Executive Director (850) 444 – 7136  
[GStrader@BeReadyAlliance.org](mailto:GStrader@BeReadyAlliance.org)

This is on the **14th of March**, if any business, non profit or church would like to participate in this exercise at the EOC on our big screens, let me know. Although registration says 9am-4pm my experience says this is a 2 hour exercise so please consider participating with key staff at your own place of business or here with us in emergency management.

## **INFORMATION**

*When you cease to make a contribution you begin to die. - Eleanor Roosevelt*

### **SAVE THE BABY SHOWER DATE!**

Good morning all, on this fine, crisp, beautiful winter day! We appreciate your participation in the Healthy Start Baby Shower in past years and take this opportunity to invite you to participate for this year's event. The date and place for the **6<sup>th</sup> Annual Healthy Start County-Wide Baby Shower have been set for Saturday, October 5, 2013, 9:00 a.m. to Noon, at the Santa Rosa County Auditorium in Milton.**

I have attached a "Save the Date" flyer for you to share with your colleagues, friends and family. Please feel free to duplicate it for the purpose of sharing this information about the shower. I have also attached the registration form and you are welcome to complete an early registration for your table for this year's event. I will be sending out additional registration information in May. The registration due date will be July 31, 2013, and we encourage you to make your registration as soon as you can confirm your participation. The tables do go fast!

We had 566 *registered* participants at the shower last year and look forward to continuing to draw a large crowd. Remember, expecting and new parents and supportive caretakers of newborns are the targets of our baby shower and we hope to see more pregnant women, expecting fathers, and new parents in attendance this year. We look forward to your participation again this year. If you have any questions, please feel free to contact me as noted below. Hope to hear from you soon.



Cover  
letter-March-2013 NL



Registration-1 2013  
NL.pdf



Save the Date Flyer  
NHS-2013.pdf

**Barbara Bowman,MSW** [bbowman@healthystartsantarosa.org](mailto:bbowman@healthystartsantarosa.org)  
**Healthy Start Coalition of Santa Rosa County, Inc.**  
**850-626-6751** Website: [www.healthystartsantarosa.org](http://www.healthystartsantarosa.org)

### **FLORIDA DEPARTMENT OF HEALTH IN SANTA ROSA COUNTY BEGINS PRE-DIABETES PREVENTION PROGRAM**

On March 14 the Florida Department of Health in Santa Rosa County will begin a new program designed to help participants lose weight, make healthier food choices, and increase their physical activity level with the goal of preventing, or delaying, the onset of type 2 diabetes in individuals with pre-diabetes. Led by the Centers for Disease Control (CDC), the National Diabetes Prevention Program was initially started through a partnership between the YMCA of the USA and UnitedHealth Group. The program includes 16 core sessions, held weekly, and six post-core sessions, held monthly. Participants work with a lifestyle coach and attend group sessions. The program is made possible by grant money from the CDC distributed to the county health departments by the Florida Department of Health. There is a fee of \$35.00 to cover the cost of course materials and lab work.

"We are very pleased to be able to offer this program," said Barb McMillion, RN, director of nursing for the Florida Department of Health in Santa Rosa County. "Studies show that losing as little as five to seven percent of body weight reduces the chance of developing diabetes by 58 percent in individuals with pre-diabetes. This program teaches people the skills they need to make lifestyle changes that lead to weight loss."

Risk factors for developing pre-diabetes and type 2 diabetes include:

- Being age 45 or older.
- Being overweight.
- Having a parent or sibling with diabetes.

- Being African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander.
- Being a woman who had gestational diabetes (diabetes while pregnant) or gave birth to a baby weighing nine pounds or more.
- Being physically active less than three times a week (at least 150 minutes per week).

Individuals with these risk factors should see their healthcare provider. Early diagnosis and treatment of pre-diabetes and type 2 diabetes can help prevent serious health problems such as loss of eyesight, kidney damage, stroke, or heart attack. With proper treatment and lifestyle changes, individuals with diabetes can live longer, healthier lives.

For more information on the National Diabetes Prevention Program at the Florida Department of Health in Santa Rosa County, contact Susan Howell at 983-5200, ext. 154. To take a quiz that helps determine if you are at risk of developing pre-diabetes or type 2 diabetes, visit the CDC website at <http://www.cdc.gov/diabetes/>.

## **TAX DEDUCTIBLE SITUATIONS - CAREGIVING AND OTHER COAWFLA CAREGIVER INFORMATION**

### **Professional Home Care Costs & Deductions**

If you want to know what it would cost to replace your caregiving, here's a list of common in-home care practitioners and with their average hourly rates.

- Registered Nurse \$27.79
- LPN/LVN \$19.81
- Occupational Therapist \$34.13
- Physical Therapist \$37.22
- Respiratory Therapist \$23.44
- Speech/Language Pathologist \$33.65
- Medical Social Worker \$23.48
- Homemaker Services (e.g. cooking, running errands) \$18
- Home Health Aides (assistance with ADLs) \$19
- Your cost of lost wages as a caregiver is estimated to be \$109 a day.
- The value of unpaid caregivers' (you) was about \$450 billion in 2009 compared with \$375 billion in 2007.

### **Federal Tax Breaks for Caregivers**

If you are providing care for a loved one (mom, dad, brother, sister, step-dad, et al.), you may be able to claim them as a dependent and reduce your taxable income by \$3,700 if:

- They are a relative (living at home or on their own).
- They are a non-relative who has lived with you for more than half the year.
- Your loved one's gross income is less than \$3,700 not including Social Security and disability payments.
- You are paying more than half of their expenses.
- They can't be claimed as a dependent by anyone else.

To see the details of this potential deduction, search on the IRS's website for *Publication 503*, Start with the IRS and *Publications 502 and 503*.

### **CAREGIVER PROGRAMS**

As part of the effort to support seniors, the COAWFLA sponsors and conducts Caregiver Support Groups in Escambia and Santa Rosa Counties. The groups are non-disease specific, are led by a facilitator, and county of residence is not a requirement to attend any or all of the meetings. These groups are available to support all Caregivers regardless of the condition or illness of the person being cared for, including Grandparents caring for/raising grandchildren or relatives caring for a disabled adult! No reservation is required.

See the COAWFLA web site at [www.coawfla.org](http://www.coawfla.org) for more information or contact: Council on Aging West Florida, Inc. Or e-mail [mjerauld@coawfla.org](mailto:mjerauld@coawfla.org) or [info@coawfla.org](mailto:info@coawfla.org)

P.O. Box 17066, Pensacola, FL 32522 (850) 432-1475

Council on Aging of West Florida is a local, independent 501(c)(3) not-for-profit assisting seniors and their families in Escambia and Santa Rosa Counties live healthy, safe, and independent lives in their own surroundings by providing community based, in-home programs and services such as Meals on Wheels, Alzheimer's Respite, Caregiver Support, and Adult Day Care.

CENTURY ~ 6:00 p.m. the third Thursday of each Month. Meetings held at Century Care Center, 6020 Industrial Blvd. Refreshments provided.

PENSACOLA ~ 6:00 p.m. the last Thursday of each Month. Meetings held at COAWFLA Adult Daycare Parlor, 875 Royce Street. Refreshments provided.

MILTON ~ 6:00 p.m. the first Thursday of each Month. Meetings held at St. Rose of Lima Catholic Church, 6451 Park Avenue. Refreshments provided.

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The agency has two Caregiver Support Groups for Grandparents Raising Grandchildren and other relatives raising relative children that meet Monthly ~ County of Residence is not a requirement to attend either or both:

**Second Thursdays Monthly ~ 6:00 p.m.** Free Dinner beginning at 5:30 p.m.

Reservation Requested ~ 850-432-1475.

LOCATION: Homewood Suites by Hilton, 5049 Corporate Woods Drive, Pensacola, FL  
Free Child Care on-site provided as part of the meeting!

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**Third Thursdays ~ Monthly ~ 6:00 p.m.** Free light meal/refreshments beginning at 5:30 p.m.

Reservation Requested ~ 850-432-1475.

LOCATION:

Oriole Beach Elementary School, 1260 Oriole Beach Road, Gulf Breeze, FL  
Free Child Care on-site provided as part of the meeting!

### **EMERGENCY MANAGEMENT OFFERS SHELTER-IN-PLACE TRAINING, EXERCISE**

Santa Rosa County Emergency Management is offering free community shelter-in-place training followed by an exercise for first responders. Residents can learn what steps to take before during and after a shelter-in-place notice is issued at one of eight classes offered in March. On Saturday, April 20, an exercise simulating a chemical release will be held for first responders. Fifty volunteers from the general public are needed to participate in the exercise.

Chemicals are everywhere and a part of our daily life. However, they can be hazardous if used or released improperly during production, storage, transportation, use or disposal. Sheltering-in-place is the action you would take to create a temporary protective barrier between you and potentially contaminated air outside wherever you are – at home, work, school or in between.

Residents are encouraged to attend one of eight free shelter-in-place trainings to learn more or visit [www.santarosa.fl.gov/emergency](http://www.santarosa.fl.gov/emergency):

SS Dixon Primary School Cafeteria 4560 Pace Patriot Boulevard in Pace

- Monday, March 11, 6 to 8 p.m.
- Saturday, March 16, 9 to 11 a.m.
- Wednesday, March 20, 6 to 8 p.m.

Pea Ridge Elementary School Cafeteria 4775 School Lane in Pace

- Wednesday, March 13, 6 to 8 p.m.
- Thursday, March 21, 6 to 8 p.m.
- Saturday, March 23, 9 to 11 a.m.

Avalon Middle School Cafeteria, 5445 King Arthurs Way in Milton

- Thursday, March 14, 6 to 8 p.m.
- Monday, March 18, 6 to 8 p.m.

First responders including firefighters, law enforcement, EMS, and emergency management will also have the opportunity to practice their response to a chemical release during an exercise on Saturday, April 20. For this exercise, 50 volunteers from the public are needed to help make the drill more realistic. Volunteers must preregister and are asked to wear a bathing suit under clothes that can get wet, in addition to bringing a towel and a change of clothing. To sign up to participate in the exercise or for more information, contact Daniel Hahn at [danielh@santarosa.fl.gov](mailto:danielh@santarosa.fl.gov) or (850) 983-4606.

### **SRYP 2013 NEWS**

#### **LUNCH BUNCH**

**WHEN:** Thursday, March 14th 11:30am-12:30pm

**WHERE:** Ruby Tuesdays Pace

**WHO:** Everyone is invited! Bring a friend.

Good food. Great people.

Please RSVP to **Sheila Harris** or by selecting attend on Facebook by end of day Wednesday, March 13th... even if you are a maybe.

#### **SCRATCH ANKLE**

**WHEN:** Thursday, March 14<sup>th</sup> 4:00pm-9:00pm

**WHERE:** Downtown Milton

**WHO:** SRYP Members

SRYP is participating in The City of Milton's 2013 Scratch Ankle. We will be sponsoring a Football Throw Game and hope to raise funds for the group while gaining visibility for SRYP in the community. Please contact **Ashley Lay** to sign up to work a time slot or bring your family visit our booth. *Special thanks to Linsey Williamson, Art Austin and Buffalo Rock Pepsi for their help with this project!*

#### **SOCIAL/NETWORKING TRIVIA NIGHT**

**WHEN:** Thursday, March 28<sup>th</sup> @ 6:00pm

**WHERE:** Ollie's Milton

**WHO:** Everyone is invited! Bring a friend.

Brush up on your knowledge of random facts! Join us for a fun-filled evening of electronic trivia. RSVP to **Sheila Harris**.

### **GET THE NEW TORNADO APP**

Do you know where to go if you're under a tornado warning? Or the danger signs to look for when a tornado may strike? Get the answers and other vital information to keep you and your loved ones safe during a storm.

With the official American Red Cross Tornado App, you can have expert advice for tornado safety in the palm of your hand.

**Download the app** to your smart phone, or visit the **iTunes** or **Google Play** app stores and search for Red Cross.

With the official American Red Cross Tornado App, you have lifesaving tools and information when you need it, where you need it. Stay safe, American Red Cross, Health and Safety Team

### **HOMELESS VETERAN OUTREACH**

A Veterans Affairs Representative will be at the Pensacola One-Stop on the following dates to assist homeless veterans and those veterans who may be at risk of becoming homeless. See attached flyer for more details. Feel free to disseminate to your veteran clients.

March 11, 2013  
April 1, 2013  
April 8, 2013  
April 15, 2013

April 22, 2013  
April 29, 2013  
May 6, 2013  
May 13, 2013



All questions/concerns should be directed to Rachel Cain at 850-607-8727.

## 15<sup>TH</sup> ANNUAL RSVP SENIOR EXPO AND HEALTH FAIR



Flyer.pdf

Please consider supporting our seniors through this expo and health fair.



## 15th Annual RSVP Senior Expo and Health Fair

Thursday, March 14 • 8:00 a.m. to Noon  
Milton Community Center • 5629 Byrom Street, Milton

Join us at the 15th annual RSVP Senior Expo and Health Fair. Santa Rosa County is known for its vast resources for seniors. Take this excellent opportunity to receive free health screenings offered by Santa Rosa Medical Center and visit with other participating vendors. More than 50 organizations ranging from fitness to financial institutions will be on hand.

**Please join us for a day of health, learning and fun!**

Presented by:

**RSVP**  
Lead With Experience

**Santa Rosa**  
MEDICAL CENTER  
*Close By. Far Better.*

Community Sponsors:

**WOODMEN**  
of the WORLD  
*Farris L. Bandurant, FCF*

**Natural Gas**  
of Milton

SCREENINGS OFFERED:

- Blood glucose
- Blood pressure
- Skin cancer
- Cholesterol
- PSA

Door prizes  
awarded every  
20 minutes.

## BRIDGES OUT OF POVERTY GETTING AHEAD IN A JUST GETTING' BY WORLD

What: Train the Trainer

A three day training for those who wish to become a Certified Bridges Trainer. This allows you to take the information back to your organization. Cost is \$795 for a two-year certification and \$1,299 for a lifetime certification.

Getting Ahead

A one day training for those who wish to become facilitators for the Getting Ahead in Just-Gettin'-By World workshops. Cost is \$239.



Flyertraining.pdf



AprilWKshpReg.pdf

When: Train the Trainer -- April 1, 2, & 3  
Getting Ahead – April 4th

Location: Berryhill Administrative Complex, Conference Room A  
6751 Berryhill Street Milton, FL 32570

For more information contact: Dr. Karen Barber [barberk@mail.santarosa.k12.fl.us](mailto:barberk@mail.santarosa.k12.fl.us) 983-5001

### **SMART PHONE EMERGENCY AND ISASTER APPLICATIONS**

If you own a smart phone, these links feature applications for emergency preparedness, response, and recovery:

- <http://www.redcross.org/prepare/mobile-apps>
- <http://www.fema.gov/smartphone-app>
- <http://www.vaemergency.gov/News/readyvirginia/mobileapp>
- <http://blog.missionmode.com/blog/15-disaster-and-crisis-apps-for-iphone-and-ipad.html>
- <http://blog.missionmode.com/blog/15-disaster-and-crisis-apps-for-android.html>
- <http://news.arlingtonva.us/releases/mobile-app-for-emergency-preparedness-220792>
- [http://emergency20wiki.org/wiki/index.php/Smartphone\\_Apps](http://emergency20wiki.org/wiki/index.php/Smartphone_Apps)
- <http://www.google.org/crisisresponse/>

### **SHOPPING LOCALLY IN MILTON JUST GOT EASIER**

<http://www.mainstreetmilton.org/> will tell you all about Milton and there is an app you can download to help you shop locally.

### **TWITTER**

SAFER Santa Rosa is on Twitter.

### **FACEBOOK**

SAFER is on Facebook, find us, and become our friend ;-)  
We are up to **515** people! Invite friends. **Let's keep growing this communications venue. Invite other Santa Rosans to participate.** Invite your Santa Rosa friends to join you on the SAFER Facebook page.



Use of barricades policy: Free to parades and other events in Santa Rosa County that are sponsored by a chambers or government entities (Christmas parades, Mardi Gras, 4<sup>th</sup> of July etc...) or non profits, that are hosting events that are free and open to the public. The user is responsible for transportation of barricades, AND banners advertizing sponsors MUST be put on barricades. Others wanting to use the barricades must provide transportation and rent barricades at a cost of \$5 per barricade. Additional fees may be applicable if barricades are not returned within 7 days of pick up/delivery. Barricades will cost \$8 each if delivery is required. Average rental price for barricades is \$9-\$13 each through other vendors. SAFER barricades are a bargain.

### **OPPORTUNITIES**

*There is no better exercise for your heart, than reaching down and helping to lift someone up. - Bernard Meltzer*

### **COMMUNITY SHELTER IN PLACE HAZMAT AWARENESS TRAINING**

Santa Rosa County Emergency Management is sponsoring 8 training events for citizens' participation. This training will teach the basics of "Sheltering in Place" during a community emergency.

Training times and locations are:

**SS Dixon Primary** 4560 Pace Patriot Blvd Pace, FL 32571

Monday, March 11th from **6 to 8 PM**

Saturday, March 16th **9:00 to 11:00 AM**

Wednesday, March 20th from **6 to 8 PM**

**Pea Ridge Elementary** 4775 School Ln Pace, FL 32571

Wednesday, March 13th from **6 to 8 PM**

Thursday, March 21st from **6 to 8 PM**

Saturday, March 23rd from **9:00 to 11:00 AM**

**Avalon Middle School** 5445 King Arthurs Way, Milton, FL 32583

Thursday March 14th from **6 to 8 PM**

Monday March 18th from **6 to 8 PM**

Following this series of training events, Santa Rosa County Emergency Management will conduct a mock drill on Saturday, April 20<sup>th</sup>. This exercise will simulate an accident with a chemical release. We are looking for 50 volunteers to participate with us. Volunteer participants are asked to wear a bathing suit under clothes that can get wet, and bring a change of dry clothes. If you wish to be a volunteer, please call 983-5360 to get put on our volunteer list.

## **MARCH DISASTER TRAINING**

### **Disaster Client Casework**

If you are interested in helping those affected by a disaster get immediate aid and provide resources to assist their recovery then Client Casework is the course for you!

Our Client Casework course will show you how to conduct effective interviews and provide appropriate assistance to help meet a clients immediate disaster caused needs.

This class is open both volunteers and those interested in becoming a volunteer!

**When: Saturday March 23rd**

**Time: 8:30am**

**Location: Crestview Red Cross Office**

**4100 S. Ferdon Blvd., Ste B-4 Crestview, FL 32536**

(carpooling may be available from Pensacola office)

**To register please contact** John Murray at **[john.murray@redcross.org](mailto:john.murray@redcross.org)**.

### **Get Ready for April Disaster Training**

#### **Preparation for April's training:**

Our class offering for April is Fundamentals of Disaster Assessment. Prior to taking this class students must complete an on-line course. So that you will have plenty of time to prepare here is the information needed to take the on-line class.

1. Begin by typing the following into your web browser:

<https://classes.redcross.org/Saba/Web/Main/>

2. Look under the search results for [https://classes.redcross.org/Saba/Web/Main.](https://classes.redcross.org/Saba/Web/Main/), you should find [www.xmarks.com](http://www.xmarks.com), click on this.

3. A page will come up with Saba on it. Click on Saba.

4. The page that comes up next will have a heading of American Red Cross Learning Center.

5. Click on view the catalog, then click on Browse by Category, then click on Disaster Response Training, then click on Disaster Assessment and finally click on Delivery Type, Web

Based/Classroom.

6. Look under Course Title and write in, Fundamentals of Disaster Assessment.

7. Under location click on FL-Jacksonville. This will bring up two courses for Jacksonville, click on the top one.

8. Click on register and you will be taken back to the Learning Center page and given instructions on how to register.

**For assistance contact: John Murray at, [john.murray@redcross.org](mailto:john.murray@redcross.org)**

### **DISASTER PREPAREDNESS VIRTUAL EXERCISE 2013 ANNOUNCEMENT**

Dear Friends and Partners,

We wanted to make you aware of the following opportunity. Please share with those you feel would be interested:

#### **Disaster Preparedness Virtual Exercise 2013**

Points of Light has developed an easy way to engage community and volunteer leaders in disaster preparedness through a nationwide virtual exercise series. This exercise series has the following opportunities to engage in 2013:

**Flood Exercise:** Thursday, March 21, 2013

**Hurricane Exercise:** Thursday, May 23, 2013

**Volunteer Management In Times of Disaster Exercise:** Thursday, August 22, 2013

**Pandemic Exercise:** Thursday, September 12, 2013

***These exercises are free and open to the public.***

We ask that **YOU** organize your friends, family, neighbors, and co-workers to lead a simulated virtual exercise to help increase your communities' preparedness to respond to the next natural disaster.

1. Click [here](#) and scroll to the bottom of the page to register for the exercise
2. Mark your calendars
3. Host a preparedness exercise from your family room, office, church, or school
4. Share your story and/or experience on the [Good & Ready](#) website

### **RADIATION RESPONSE VOLUNTEER CORPS (RRVC) TRAINING**

The Escambia County Medical Reserve Corps has scheduled a Population Monitoring training with the Radiation Response Volunteer Corps (RRVC) on Saturday, March 23, 2013. Make an impact by assisting First Responders with population monitoring and providing medical, administrative, logistical, and communication support during a radiation related emergency.

For more information and to download a brochure on this training, please go to the following link. [http://www.myfloridaeh.com/radiation/RRVC\\_Course\\_Reg.htm](http://www.myfloridaeh.com/radiation/RRVC_Course_Reg.htm)

This specialized training is free and is approved for 7 hours of continuing/contact education for Florida-licensed radiologic technologists and environmental health professionals.

Seven hours of Nursing continuing education approval is also provided without cost by the Florida Department of Health, Office of Public Health Nursing, Provider #50-712.

Florida EMT's and paramedics may obtain continuing education credit for the course via their alternative pathway, with the signature of their medical director on the course certificate.

Please pass this information along to anyone that may be interested in attending this training. If you have any questions, please call me at the contact information below.

**Deirdre Sidney office 850.595.6683 ext. 208**

### **CHILD PASSENGER SAFETY CERTIFICATION TRAINING**

Upcoming Child Passenger Safety Certification class that we are holding at the Midway Fire Department from March 21-23

Registration for the class is at <http://cert.safekids.org>. The class cost is \$75 for a two-year, professional, national certification. I would suggest that anyone who is interested go first to <http://floridaoprc.ce.ufl.edu> and apply for a scholarship. The process is pretty simple. Just hover over the first tab at the top (It says something about car seats) and select "CPS Technician Scholarship Form". Fill out the form and wait for an answer, which will come within a week. The email will have information on how to register so that the OPRC is billed for the class.

### **INTRODUCTION TO EMERGENCY COMMUNICATIONS**

Introduction to Emergency Communications course on April 6 & 13 at the EOC.  
Contact Steve for information/registration [steve@w4sjv.com](mailto:steve@w4sjv.com)

### **NEWS (blue is new)**

*Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it's the only thing that ever has. --Margaret Mead*

Redefining the Emergency Manager: A Proposal for Change  
<http://www.emergencymgmt.com/training/Redefining-the-Emergency-Manager.html>

Humanize It: The Impact of Social Media on Emergency Management  
<http://www.emergencymgmt.com/emergency-blogs/disasters20/humanize-emergency-management-via-socialmedia-021213.html>

Resilience Meets Disaster Economics  
[http://www.ssireview.org/blog/entry/resilience\\_meets\\_disaster\\_economics](http://www.ssireview.org/blog/entry/resilience_meets_disaster_economics)

COOP Corner – Think of Continuity of Operations as your insurance  
<https://www.fema.gov/employee-news-and-announcements/coop-corner-think-continuity-operations-your-insurance>

Natural disasters have unexpected impacts on mental health  
<http://theconversation.edu.au/natural-disasters-have-unexpected-impacts-on-mental-health-11573>

Disaster Behavioral Health: Current Assets and Capabilities  
<http://www.phe.gov/Preparedness/planning/abc/Pages/dbh-capabilities.aspx>

Perceived Neighborhood Safety and Incident Mobility Disability among Elders: The Hazards of Poverty <http://dash.harvard.edu/handle/1/8088460>

Evacuation and Sheltering of People with Medical Dependencies – Knowledge Gaps and Barriers to National Preparedness <http://www.hsaj.org/?article=9.1.2>

Integration of Social Determinants of Community Preparedness and Resiliency in 21st Century Emergency Management Planning <http://www.hsaj.org/?article=8.1.14>

How to Counsel Kids after a Disaster  
<http://www.fema.gov/disaster/4085/updates/how-counsel-kids-after-disaster>

Hey, Kid, You Could Be a 'Disaster Hero'  
<http://www.npr.org/blogs/health/2013/01/29/170575657/hey-kid-you-could-be-a-disaster-hero>

Disaster Dozen: 12 Myths of Disaster Preparedness  
<http://www.emergencymgmt.com/training/12-Myths-Disaster-Preparedness.html>

Episode 4, Disaster and Preparedness: Should I Stay or Should I Go?- Video

[http://www.youtube.com/watch?v=yD\\_FSV7i3Bs&feature=youtu.be](http://www.youtube.com/watch?v=yD_FSV7i3Bs&feature=youtu.be)

Emergency 2.0 Wiki

[http://emergency20wiki.org/wiki/index.php/Main\\_Page](http://emergency20wiki.org/wiki/index.php/Main_Page)

Contacts Are Key in Emergency Management

<http://www.emergencymgmt.com/disaster/Contacts-Key-Emergency-Management.html>

Zombies and Preparedness: Five tips for using metaphors in exercises and outreach

<http://freeresources.lucienecanton.com/2012/10/zombies-and-preparedness-five-tips-for-using-metaphors-in-exercises-and-outreach.html>

Woeful Success Rate in Citizen Preparedness Suggests New Approaches is Necessary

<http://www.emergencymgmt.com/disaster/Woeful-Success-Rate-Citizen-Preparedness.html>

Emergency Managers' Best Practices for Evacuating Communities

<http://www.emergencymgmt.com/disaster/Best-Practices-Evacuating-Communities.html>

Why Aren't Americans Listening to Disaster Preparedness Messages?

[http://www.rand.org/about/people/u/uscher-pines\\_lori.html](http://www.rand.org/about/people/u/uscher-pines_lori.html)