



July 2017

Neighbors Helping Neighbors...

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Next Meeting Dates:

General Meeting:
July 12 - Topic: CERT Skills Training

Leadership Meeting:
July 26 - Topic: Parade Support After Action Review



A perfect night's sleep

According to the National Sleep Foundation (NSF), most of us get about seven hours of shut-eye per night. That's all well and good, but the vast majority of us aren't sleeping very soundly during those seven hours: only 16% of men and 24% of women report that they wake up feeling rested. Several factors impact how well you sleep, everything from alcohol consumption to back pain can, but three of the most important factors to a sound rest include noise, light, and temperature.

Sleep quality is a huge impact and stepping stone to your day regardless of the duration spent in the sheets. Of those surveyed, comfort, noise, and light were significantly reported. Comfort was defined as room and/or covered vs non-covered temperature and comfort of sleeping mattress or other sleeping surface. Nearly half of those surveyed indicated their sleep environment was very quiet and it directly impacted them having a better night's sleep. Nearly 40% reported they slept in a very dark environment which attributed to a better night's rest.

Sleep is hugely impactful and nearly 20% of respondents indicated their physician had previously diagnosed them with a sleep disorder while women were more likely to report symptoms and men were more likely to indicate snoring a factor all were struggling with sleep. Those who were struggling with sleeping also reported struggling health related issues in general. The NSF does acknowledge insomnia complaints were more likely reported as snoring.



If you are waking feeling unrested ask yourself about your quality of sleep. If it is a comfort element that could be improved there are many options to tackle temperature and feel including sheet sets made from specific fibers found to regulate and maintain a consistent temperature, conforming mattresses and pillows, there are also some on the market which deflect body temperature, or simply adjust the thermometer at bedtime. If you think it's not dark enough try blackout curtains or a blackout eye mask. If noise is a culprit keeping you awake try wearing noise-canceling earbuds, or adding a white noise machine for consistent fan-like room sound.

The recent NSF report further indicates most adults are getting less than eight hours of sleep on average. Eight hours was the standard for many years, but now a paradigm shift has occurred recognizing individual needs vary and most often appear to be reported between 7-9 hours. Individuals need to experiment with factors impacting sleep to determine their needs and bottom line thresholds.

<https://sleepfoundation.org/sleep-health-index-2014-highlights>

Push to Talk ~ a responder's favorite button

Why the heck would I want a walkie-talkie on my phone when I can simply dial the number and talk to the person I need to talk to? In the emergency management arena volunteers have minimum opportunities to practice with two-way radios and as a result are noticeably uncomfortable with use and operating procedures. In today's digital world anyone can practice two-way radio communication via the use of their own cellphone giving volunteers practical everyday opportunities to use their device as a means to being better prepared when responding to actual disaster situations.

Not everyone has taken the plunge in purchasing and owning their own two-way radio, but the majority of Americans have cellular phones. There are many mobile apps that allow you to turn your cellphone into a two-way radio free of charge. Some apps are more specific to the type of operating system you have (i.e. Apple vs Android vs Windows). Some popular apps include:

iPTT – for the very basic push-to-talk messaging including individuals and groups; however, only works on iPhones.

TiKL Touch Talk Walkie-Talkie – very basic messaging and functionality; just import your personal contacts and your off and talking. Not available for Windows.

Hey Tell – another simple push-to-talk app supported by all three major carrier platforms. This app allows you to import your contacts from your personal directory and social media sites.

Voxer – you can send live and recorded messages through this app which is supported by Android and iPhones. When the user receives recorded messages they can respond later.

LineApp – this app is different due to the fact that you do not need the Internet to run the app; you simply need Wi-Fi. It further supports conference style/type communications allowing you to talk to multiple users at one time.

Broadly speaking volunteer response personnel should become familiar and comfortable with use of a two-way radio inside and outside the field for practice. In a real-life event the knowledge and expertise will be essential in providing essential services necessary during a catastrophic event.

Those wanting to go beyond the cellphone practicing use could purchase actual two-way radios, but response volunteers are highly encouraged to take it to the next level and become HAM certified and/or join your local emergency services radio group such as the Rogue Valley Amateur Radio Club (<http://w7dta.org>), Jackson County Amateur Emergency Radio Services (jcares.net), or the Cascade Area Radio Enthusiasts (C.A.R.E.) (carehamradio.com/index.html).

Consider contacting them today and upping your response "game" or download one of the many apps and start turning your smartphone into a two-way radio.

Text to 9-1-1

In August 2016 several 9-1-1 centers in Northwest Oregon worked together and became the first in the state to 'go live' with Text to 9-1-1. The 9-1-1 tax, managed by the Oregon Office of Emergency Management's 9-1-1 Program, paid for the Text to 9-1-1 web-based services. Upon early successful testing and implementation, the state 9-1-1 Program has also offered to pay for a web-based interim solution for any 9-1-1 center in the state that wishes to participate.

Does Text to 9-1-1 replace voice 9-1-1 calls?

Call if you can, text if you can't. Texting should ONLY be used when you are unable to make a voice call to 9-1-1. If you are able to place a voice call, telecommunicators are able to gather information more quickly about the emergency, your location and what hazards responders may encounter. If, however, you are unable to place a voice call, Text to 9-1-1 is an option you can use to share this same information.

As emergency communications phone technologies progress, the 9-1-1 Program will be working with Oregon 9-1-1 centers to implement Text to 9-1-1 solutions to serve all Oregonians and our visitors statewide.

For more information and to see a map of the current Text to 9-1-1 availability, visit: <http://www.nwtext911.info/>.

Member Birthdays this Month

Taylor Amarotico
 Richard Baize
 Jackson Bangs
 Grady Becker
 David Churchman
 Mia Driscoll
 Dillon Garrison
 Ute Hallstein
 Christine Hince
 James Irvine
 Colleen Martin-Low
 Will Nuessle
 Rod Palmieri
 Noal Preslar
 Dan Ragen
 Kasey Rolih
 Paul Sendar
 Robert Serrett
 Bev Thruston
 Ellen Wilfong-Grush

Resources from the Field Exp

Emergency Medical Supplies

WWW.buyEMP.com

Med Vet International

<http://www.shopmedvet.com>

Dr. Stewart Rose, Travel Medicine

www.travmed.com



American Heart Association First Aid CPR AED certification course

HeartSaver First Aid, CPR, AED, is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) arrives. Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult CPR and AED use.

The cost for this course is \$55, which includes a student study book and card*. The class takes approximately 8 hours to complete. All fees must be prepaid prior to the class date to confirm reservation. Please register early to reserve your space.

*Upon successful completion, students will receive an American Heart Association HeartSaver First Aid, CPR, AED Course Completion Card that is valid for two years.

When: Saturday, July 22

Where: Ashland Fire Station 2

Time: 9am-5pm

Cost: \$55

Registration is first-come, first-served according to when class fees are paid. Classes are typically limited to 8 people. Participants may register by mailing a check or by paying in person 8 AM - 4 PM Monday - Friday at Station 1, 455 Siskiyou Blvd., Ashland, OR 97520. Make checks payable to City of Ashland.

For information or to register contact the Ashland CERT Program Coordinator
 541-552-2226 | cpr@ashland.or.us



The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the Association.

CERT 2017 Calendar of Events

January 2017	February 2017	March 2017
General Meeting - January 11 <i>(211 Info)</i> Leadership Meeting - January 25 <i>(Leadership Retreat Planning)</i>	General Meeting - February 8 <i>(Movie Night)</i> Advanced Medical Refresher - Feb 25 Leadership Meeting - February 22 <i>(Leadership Retreat Planning)</i>	General Meeting - March 8 <i>(Surrounding Awareness)</i> NO Leadership Meeting Vulnerable Populations Psychology - 3/18 CPR Night - March 27 (6pm)
April 2017	May 2017	June 2017
General Meeting - April 12 <i>(Building Assessment & Triage)</i> Advanced Leadership Retreat - April 21-23 Leadership Meeting - April 27 <i>(Planning for Basic Training)</i>	General Meeting - May 10 Basic Training May 11, 12, 13, 18, 19, 20 Leadership Meeting - May 24 (Basic AAR)	Base Bike Ride - June 4 @ 10am General Meeting June 14 Certified Driver (EVO) & Firefighter Rehab - June 11 Leadership Meeting June 28 - Parade Plan
July 2017	August 2017	September 2017
Parade Support - July 4 General Meeting - July 12 <i>(Skills Training)</i> SAR Navigation Skills - July 22 Leadership Meeting - July 26 <i>(4th of July AAR)</i>	CPR Night - August 7 General Meeting - August 9 Leadership Meeting - August 23 Wilderness First Aid (\$) - August 26-27	Spontaneous Volunteer Management - 9/9 General Meeting - September 13 Family & Friends CPR - September 24 Leadership Meeting - September 27
October 2017	November 2017	December 2017
Basic Training Session 1 - October 2, 3, 8, 16, 17, 22 Session 2 - October 5, 6, 7, 19, 20, 21 General Meeting - October 11 Leadership Meeting October 25	Post Disaster Recovery - November 4 Base Bike Ride - November 5 General Meeting - Graduation - November 8 Leadership Meeting - November 15	CERT Year in Review December 13 - 6:30 to 8:00 PM NO MEETINGS Holiday Season ~ Training Stand Down

Note: General meetings are open to the public. Doors open at 6pm. Meetings are from 6:30pm-8pm at Fire Station 1.

Ashland CERT
 455 Siskiyou Boulevard
 Ashland, OR 97520

TO: