



September 2016

Neighbors Helping Neighbors...

Inside this issue:

Inspiration for Health...	1
Inspirationcont...	2
Floods & Wildfires	2
Head up ~ Phone down	3
CPR Classes	3
Training Calendar	4

Next Meeting Dates:

General Meeting:
 September 14 - Station 1.
 Topic: Blood Borne-
 Pathogens with Rod Palmieri

Leadership Meeting:
 September 28 - Station 1.
 Topic: Basic Training
 Planning

Inspiration for Health and Exercise

Today as I begin the September newsletter the US has won 100 total metals thus far in the 2016 Summer Olympics including 35 gold, 33 silver, and 32 bronze; more than any other country and nearly double our close competitors Great Britain and China. Why has the US been so successful and what can the average American do to get a bit more in shape, be more active, and enjoy sports?

According to the Center for Disease Control, in 2011-12 more than one-third of adult Americans were considered obese (34.9%) and more than two-thirds of adults were considered overweight and/or obese (68.6%). Furthermore breaking the numbers down they found that 40% of middle-aged adults, those ages 40-59, were obese and more than 6% of adults were considered severely overweight, those with a body mass index of 40 or higher.

Being physically inactive accounts for one in ten deaths in the US according to recent obesity research. Sedentary lifestyles attribute to higher rates of healthcare costs. In 2014 60% of adults did not gain sufficient activity to achieve minimum recommended health benefits according to the US Department of Health and Human Services. Luckily Oregon ranks 2nd in physical inactivity being beat by only Colorado meaning per capita we are an active state. Generally speaking the Pacific Northwest and the New England states have higher rates of physical activity among adults.



National Preparedness Month

While there is a surprising lack of research on the link between the Olympics and peoples' personal fitness habits, the Olympics tend to grip our nation and many others with a sense of excitement and inspiration. We can harness that enthusiasm with self-encouragement to make an effort to get more active. Exercise and an active lifestyle can reduce your risk of illness, stress, depression, and other ails, while increasing energy, mood, self-esteem, and even quality of sleep.

Inspiration for Health and Exercise ...continued...

The activities you choose do not necessarily need to be sports or sports-related. You can find niche activities to include in your daily lifestyle without the high costs gym memberships or major disruptions to your work and family time.

For those who want to push their inspiration and begin a new sport or activity there are a few suggestions as you get started; 1) start slow and build upon the activity including increasing duration and exertion, 2) think heart health - get your heart pumping; this can be done with relatively moderate activity, 3) incorporate the buddy system; oftentimes a friend makes the experience more enjoyable, 4) set manageable goals and track your progress, and 5) have fun!

Adults should get 2 hours and 30 minutes each week of aerobic physical activity that requires moderate effort. Moderate-level activities include casual biking, canoeing or kayaking, dancing, tennis, briskly walking, and water aerobics to name a few. If you are looking for more vigorous activities try basketball, jumping rope, jogging or running, karate or other martial arts, and/or soccer. More vigorous activities can be slowly worked towards after making progress in the moderate ones for those just easing into a more active lifestyle.

Other means of getting more activity in your day include:

- When grocery shopping don't look for the closest parking spot, look for the furthest.
- Vacuum more often, or mop the floor; cleaning gets your heart rate moving.
- Mow the lawn or get out and do other yard maintenance including gardening.
- Nix the elevator and escalator and take the stairs.
- If you own a pet take them for an additional walk or increase your daily pet walk.

For best results pick activities that you like to do. And push yourself to be more like an Olympian. Want to win your own Olympics at work? You can begin activities at work that increase productivity and personal health benefits; search engine *Deskercise* or *How to Exercise at Work*.

At the closing of the 2016 Summer Olympics, as I culminate this article, the US has won 121 metals followed by China with 70 and Great Britain with 67 with 46 of those US metals being gold. The record for the most golds won was held by the United States in the 1984 Summer Olympics at 83. We won more than half of our record this year.

Flooding in the East and Wildfires in the West

According to the Federal Emergency Management Agency (FEMA) there was a Major Disaster Declaration declared in August for the severe storms and flooding in Louisiana while there were several Fire Management Assistance Declarations throughout California. Flooding in the east and fires in the west have taxed disaster rescuers such as the American Red Cross who is sending volunteers to both locations to assist in case management loads, bulk distributions, and feeding.

Dry heat and high winds continue to fuel wildfires across the west while the east coast has been flooded by a series of flooding thunderstorms literally. Two polar opposite situations on each side of the country.

The Louisiana flooding is being compared to Hurricane Sandy by many disaster responders, according to CNN, after 6,900,000,000 gallons of rain fell on the region in one week. One Parish indicated it received more than 31 inches in 15 hours. The flood has impacted 20 Parishes total. As the water begins to recede residents are returning home to find belongings soaked and otherwise damaged. Locals warn of another risk consistent with the region; alligators and venomous snakes including the Cranebrake and Pygmy

rattlesnakes, copperheads, and cottonmouths which also swim can bite and release venom in the water.

While Louisiana residents attempt returning home California wildfires continue to displace residents and animals with six communities under evacuation orders in San Luis Obispo County and Monterey County. Further evacuation warnings remain in effect throughout Monterey County as well. According to CalFire as of August 7, 2016, there have been more than 4,000 fires across the state burning more than 150,000 acres with more currently burning. The state experienced more than 6,000 fires in 2015 totaling more than 300,000 acres.

Both states are urging residents to take precautions when returning home. FEMA's Insurance and Mitigation Administration created a detailed Fact Sheet for both *After the Flood* and *After the Fire* for public access with information on salvaging possessions and cleaning properly to avoid illness and beyond. Rogue Valley residents are continued to be urged to be fire safe as hot, dry conditions persist in our region.

Keep your head up and phone down

School is nearly in session in Oregon and across the US many schools are already in session. As summer draws to a close remember to safely share the roads with pedestrians, bicyclists, buses, and automobiles. For more information regarding the rules of the road check out the Oregon Driver Manual which contains valuable knowledge for all segments of travel means.

Back to school often times brings an added chaos to the once calm summer days with parents carpooling to school and other activities and students hurrying around to classes and sporting and social events. During these bustling times everyone needs to be mindful; therefore, Ashland CERT wants to encourage you to keep your head up and your phone down. All ages are more susceptible to accidents during the back to school months especially children ages 13 to 17 due to cell phone use. According to the Nielsen Company, children in this age bracket send more than 3,400 text messages a month; that's seven messages every hour they are awake.

Before you head out these next few weeks keep a few safety precautions in mind including:

- Never walk while texting or talking on the phone
- If texting, move out of the way of others and stop on the sidewalk
- Never cross the street while using an electronic device
- Do not walk with headphones on
- Be aware of your surroundings
- Always walk on the sidewalk if one is available; if you must walk on the street, you should face oncoming traffic
- Look left, right, then left again before crossing the street
- Cross only at crosswalks

Also keep in mind that school zones are safe zones for kids. There is never a reason to text while driving and it is illegal in the State of Oregon to do so while driving. Remember we are a "hands free" state, but do not allow the cell phone to distract you regardless of whether you are using a hands-free device.

Stay safe out there.

AHA BLS Certification Course & non-certification course

Basic Life Support for HealthCare Providers offered.

When: Saturday, September 17, 2016

Where: Ashland Fire Station #2

Time: 9am-2pm

Cost: \$55

Basic Life Support (BLS) is intended for Healthcare providers and other students seeking training and certification in CPR. This course teaches critical concepts of high quality CPR, use of an automated external defibrillator, and relief choking for victims of all ages.

Family and Friends Citizen CPR course offered Saturday, September 24.

When: Saturday, September 24, 2016

Where: Ashland Fire Station #2

Time: 9am-12pm

Cost: \$5

The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only® CPR, and relief of choking in an adult. Skills are taught in a dynamic group environment by using the AHA's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible.

Family & Friends CPR is for people who want to learn CPR but do not need a course completion card* in CPR for their job.

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 2016 Calendar of Events

January 2016	February 2016	March 2016
General Meeting - January 13 <i>(Calculating Risk)</i> Search & Rescue Tactics - Jan 23 Leadership Meeting - January 27 <i>(CERT member handbook)</i>	General Meeting - February 10 (Eric Dittmer - Seismic Activity) Terrorism Response Awareness - Feb 20 Leadership Meeting - February 24 (Everbridge Training)	General Meeting - March 9 <i>(CERT Skills Training)</i> NO Leadership Meeting Base Activity - March 12 CPR Night - March 16 (6pm)
April 2016	May 2016	June 2016
General Meeting - April 13 <i>(Building Assessment & Triage)</i> Leadership Meeting - April 27 <i>(Planning for Basic Training)</i> Basic Training - April 21-23 and May 5-7	General Meeting - May 11 - Basic Graduation Base Bike Ride - May 15 Leadership Meeting - May 25 (Basic Training AAR) Annual Phone Tree Test - TBA	General Meeting June 8 <i>(SCBA filling at JCFD5)</i> Evacuation Training - June 11 Leadership Meeting June 22 <i>(Final Planning for 4th of July)</i>
July 2016	August 2016	September 2016
Parade Support - July 4 General Meeting - July 13 <i>(Mission Training)</i> Firefighter Rehab Training - July 16 Leadership Meeting - July 27 <i>(4th of July AAR)</i>	DATE CHANGE - JULY 17 - CERT BBQ General Meeting - August 10 <i>(TBA)</i> Leadership Meeting - August 24 <i>(Basic Training Planning)</i>	Ashland Is Ready (AIR) - September 10 General Meeting - September 14 Family & Friends CPR - September 24 Leadership Meeting - September 28
October 2016	November 2016	December 2016
Basic Training - October 6-8 and 13-15 General Meeting - October 12 Leadership Meeting October 26 Base Bike Ride - October 23	General Meeting - Nov. 9 - <i>(Basic Graduation)</i> Certified Driver Training - November 19 Leadership Meeting - November 16 <i>(Annual Training Planning Session)</i>	CERT Year in Review December 14 - 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
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TO: