



Ready Neighbor News

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Neighbors Helping Neighbors...

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Next Meeting Dates:

General Meeting:
 May 13 - Remote Topic:
 CERT Skills.
 Meeting starts at 6 PM with
 open conversation at 5:30.

Leadership Meeting:
 May 27 - Remote Topic:
 CERT Planning.
 Meeting starts at 6 PM with
 open conversation at 5:30.



Grow your own food for Preparedness

Some companies are reporting seed shortages as fears heighten over food security as days lead into weeks of uncertainties amidst the COVID-19 pandemic. Plant starts are still available at many stores locally however, and all you need is a simple garden container to grow your own food. Growing food at home provides a physical outlet, an opportunity to be close to nature, an appreciation for what you eat, and feel comfort in knowing it can be picked from your own backyard.

There are plenty of options for growing food in the urban setting including container, or pot, growing, raised-bed gardens, and the traditional garden area if you have a bigger yard.

If growing in containers, try to get the largest sizes you can manage for the plant type. Plastic pots are very affordable and readily available. If you'd like your pots to provide a little fashion décor, in addition to being your garden-growing vessel, consider ceramic options. Terra cotta may also be a classy choice, but keep in mind that you will need to water plants in terra cotta pots more frequently. Garden plants that do well in pots include herbs and lettuces and pepper plants of many varieties because they don't mind their roots heating up (in fact, they love the heat). Strawberries are also another good option for container growing.



If you have a little bit of sunny space, consider a raised bed garden option. Raised beds are great for creating a space to grow food without the worry of taking up loads of space. The planting options broaden with additional space because a small raised bed can handle plants such as tomatoes, squash, peas, onions, cucumbers and much more.

Raised bed gardens, like containers, are easy to maintain and crops can be readily rotated. If you have room for more than one raised bed, plant away. Building your own raised beds is also affordable, but if you want to skip the tools and building there are many pre-built options on the market (many can be delivered to your door). With all the time spent at home these days an outdoor project might help the day go by a little faster. The lumber yard is a great place for the wood you'll need for the raised bed. Cedar, or redwood, is a great rot resistant option. Oftentimes, they'll cut the boards to the size you need making the need for sawing obsolete.

And your local garden store or nursery is a great place to find containers and other container growing options for the patio or small yard. The local hardware store may also be an options and experts can assist gardening supplies such as rakes and watering systems.

Don't let fear of food insecurities cause you further concern. Plant some vegetables and enjoy the tastes of your hard work and time.

Getting physical during physical distancing

Exercise is known to have a profound impact on your mental health and immune system. Research shows exercise reduced stress and anxiety, while boosting your immune system. According to MedlinePlus, from a physiological perspective, working out flushes bacteria from your lungs and airways, increases your white blood cell circulation and raises your body temperature, all of which could help your body fight infection better. Exercise during COVID-19 may be paramount to preparing the body and mind for risk of infection due to exposure, and because gyms and other fitness establishments are closed to reduce the community risk of exposure exercising at home has never been more monumentally important. Routine exercising improves sleep, reduces stress, lowers blood pressure and risk of cardiovascular disease while improving your overall mood and thus fighting disease in general and helping to maintain a healthy weight.

Stay Home Save Lives prevents the transmission of COVID-19 and is a great challenge to stay home and continue to be active and healthy. Body-weight exercise can be done without expensive equipment and cardio exercises are easily achieved through a brisk walk or run. You could also learn a dance or a few dance moves, or if you are feeling anxiety you could meditate and complete a yoga workout. There are several forms of yoga including vinyasa, hatha, bikram and more.

Quick at-home body weight workout ideas:

Planks

Push-ups

Squats

Lunges

Jumping jacks

Sit-ups

Cardio-specific exercises:

Run / jog

Bike Ride

Swimming

Aerobics

You don't need to go to a gym to harness the amazing effects of physical health and wellness. The Ashland Family YMCA offers free health fitness videos online during COVID. And the Oregon-borne Nike Company offers a free fitness app, the Nike Training Club app, which offers 185 workouts. Search your app store to find more (many of which are free) and start your exercise routine at home today.

Revisit indoor options

A day in the life of a typical Oregonian usually involves some form of outdoor activity. Whether it's a quick stroll around the block with fluffy or visiting a few shopping markets, chances are you're outside. The COVID response has left most with few options for getting deep into nature. Instead Oregonians have taken to their lawns pruning and weeding while enjoying the blossoms of spring popping up.

But what have you left behind inside? You likely have tons of projects that could use your attention inside from cleaning and organizing that old junk drawer, to mending that small tear in your favorite sweater, to replacing that burned out lightbulb. Our home is our sanctuary.

Take time each day to make time for your indoor projects. Completing projects, no matter how small, provides a feeling of accomplishment and lowers stress.

Indoor projects could include updating your emergency supplies kit by rotating water and checking for food and medications expiration dates. Why not go all out, and slap a coat of fresh paint on the walls to bring a room back to life. Whatever project you decide to complete - you'll be happy you did.

United We Thank You!

To the doctors, nurses, and grocery store workers; thank you. Thank you for your bravery and exceptional determination in providing quality care and outstanding work ethic.

Thank an essential employee today.

Valuable learning opportunities

FEMA EMI free online training curriculum and certification program is available to you 24-hours a day from the comfort of your own home computer. FEMA's Emergency Management Institute is home of the required CERT online training modules including IS-100, 200, and 700, but it also has many more that are valuable choices for the CERT volunteer.

For those with interests in training design, such as for Latgawa advanced weekend sessions, consider IS-120 and 139.

For those interested in next steps regarding the COVID-19 pandemic consider IS-520 or 522.

IS-1300 covers basic Continuity of Operations and IS-2200 covers basics of the Emergency Operations Center for those with an interest in supporting the EOC or learning more about it and how it functions.

There is something for everyone whether you are interested in specific hazards, preparedness in specific locations or situations, or broad-based and niche opportunities FEMA has it. All of the free online course offerings can be found at: <https://training.fema.gov/is/crslist.aspx?all=true>

Additional free courses are available through the NDPTC and TEEX.

Psychology Today's 4-P's

The vast uncertainty can weigh you down these days. Whether you have a medical condition that puts you at higher risks or you are concerned for others who do the amount of stress may be a significant burden for many. The four Ps are guiding principles to help families during stress; including and specifically during the COVID-19 pandemic.

Perspective. Keeping perspective means that people must try to see things in proper relation to the bigger picture. While it's accurate that the pandemic has created a sense of unpredictability, our reactions to what is happening are very much in our control and have the ultimate impact on how well we fare through this crisis.

Purpose. We find it in our daily activities; much of which has been curtailed. Many children and teens are bored and don't understand why they can't just do what they want—after all, they don't have the virus, right? Looking across the nation, Governor Baker said it best when he told the people of Massachusetts that their purpose is to do their part to contain this pandemic. Children and teens need to understand that maintaining the shelter in place is doing their part. You may feel powerless over the situation, and yet your purpose is to help contain the virus.

Positive thinking. Positive thinking has helped humans overcome so much adversity. Since the 1950's, numerous research studies have validated early hypothesis that positive thinking leads to positive outcomes. Being successful while living through this pandemic will require positive thinking. On the flip side, chronic worry will increase cortisol and lower immune functioning making people more vulnerable to the virus and could lead to other problems.

Productivity. Most of us have more time because we are at home all day, every day. Be productive by learning a new skill or hobby. You have the time and take advantage of it and become proficient in something meaningful to you. Simple ideas include a foreign language, sewing, cooking or baking, drawing or painting, gardening or plant identification, bird watching, or teach the family pet a new trick.

With these guiding principles in mind, consider how to implement them as strategies to address specific challenges. You can control many aspects of your life amidst the pandemic response including your schedule; develop one and stick to it, your intake of social media and other COVID-related news; limit it and be sure to source it from reputable sites, self-care; be sure you are eating a healthy diet, exercising, and getting adequate sleep, and loneliness or helplessness; if you need help, don't be afraid to ask. Stay connected with loved ones and know when professional help may be necessary. Just because we are physically distancing does not mean we need to socially distance ourselves from family and friends. Take time to connect—your loved ones are worth it!



CERT 2020 Calendar of Events

January 2020	February 2020	March 2020
Mental Health First Aid – January 4 General Meeting - January 8 (Stop the Bleed) Leadership Meeting - January 22 (Task Books)	Response to Active Shooter Event – Feb. 8 Disaster Recovery Planning – February 10 General Meeting - February 12 (MYN) Leadership Meeting - February 26 (New CERT Curriculum)	WFA NOLS – March 7-8 General Meeting - March 11 (GPS Units) Leadership Meeting - March 25 (Basic Training Planning) HAM EXAM – date TBA
April 2020	May 2020	June 2020
Basic Training – POSTPONED / TBD General Meeting – April 8 (Lyme Disease & Tick Talk) Leadership Meeting - April 22 (CERT Planning)	General Meeting – May 13 (CERT Skills) EM Permaculture Tips & Tricks – May 16 Leadership Meeting - May 27 (1st Aid Kits & CERT go-bags) Nixle EM Alerting Campaign – May 30	General Meeting - June 10 (Radio Skills) Leadership Meeting - June 24 (Event Planning - 4th of July Parade) ODOT EM Traffic Flagger – June 27
July 2020	August 2020	September 2020
Parade Support – July 4 General Meeting - July 8 (Base Tours) Leadership Meeting - July 22 (Parade AAR) Leadership Training Retreat – July 24-28	General Meeting - August 12 (Urban Emergency Preparedness) Leadership Meeting - August 26 (Activating Bases & ICS) COA Evacuation Drill – date TBA	Hosler Dam Drill – September 9 General Meeting – Sept. 9 (Basic Planning) All-Bases Radio Exercise - Sept. 19 Leadership Meeting - September 25 (Basic Training Planning)
October 2020	November 2020	December 2020
Basic Training - October 8, 9, 10, 22, 23, 24 Jackson County Fire District 5 Open House October 14 5pm-7pm Leadership Meeting - October 28 (Basic AAR)	Team Leadership Training – Nov. 7 Basic Graduation – Tuesday, November 10 Leadership Meeting – Tuesday, November 17 (Annual Training Planning Session)	CERT Appreciation Night December 9 - 5:30 to 8:30 PM Holiday Season ~ Training Stand Down

Note: ****Calendar items may be modified and are subject to cancellation. ****

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TO: