



# San José Prepared!



Make A Plan \* Build A Kit \* Be Prepared\* Get Involved

Spring 2007

## Message from the Director

We hope you enjoy our newly formatted, Spring 2007 **San José Prepared!** newsletter. The newsletter will serve as a vital communication link among CERT staff, City employees, and the community at large. As we move forward, key programs will be highlighted in future editions. We plan to publish the newsletter quarterly.

Our charge is to provide services to the City organization and to the community in preparing an effective response to natural, technological, and human-caused disasters. **San José Prepared!** represents one of our most important tools in meeting this responsibility. We train the community and city staff about the skills required in disaster preparedness, response, and recovery.

A key aspect of effective preparation is open communication and feedback. We hope this newsletter serves as an important information resource. Let us know what you think.

Kimberly Shunk,  
Director  
Office of Emergency Services

## Spring Events 2007

### Be Ready!!

The First Lady of California, Maria Shriver, helps launch a Statewide Disaster Prepared Campaign Urging All Californians to be Ready!

### Welcome to the New Hires

Welcome to Bob Steinberg and Teri Allen, our newly hired Training Specialists for the Office of Emergency Services.

### CERT Trainings

**8:30—12:30 am. 855 N. San Pedro Street**

The five module cycle of the Community Emergency Response Training is offered April 14 through May 19. A new cycle will begin June 2 through June 30. The course content includes Home Preparedness and Neighborhood Organization, Fire Suppression and Household Hazardous Materials, Disaster Medicine and Psychology, Light Search and Rescue, and Damage Assessment, and Terrorism Awareness and Preparedness. The cost is only \$10 each for the first four modules. There is no charge for the fifth module. Call 277-4598 to enroll or register online at [www: SJPrepared @ sanjoseca.gov](http://www:SJPrepared@sanjoseca.gov).

## Park Townsend Condominiums Lead the Way in Emergency Preparedness

“At the end of the day it all boils down to you wanting a better life for your kids and others,” says Bernd K. DeAses. Long time San Jose resident, DeAses has been instrumental in getting the Park Townsend Condominiums organized into a Community Emergency Response Team (CERT). The complex is part of the St. James Historic District Neighborhood Association. DeAses and the Park Townsend group saw this as an opportunity to strengthen their neighborhood community and create an environment that would encourage neighbors to help each other during a disaster.

De Ases explains, “If your neighbor plays loud music, you might become annoyed, until you find out the reason for the loud music is because your neighbor has impaired hearing. Knowing your neighbors leads to

Continued on page 2

caring about your neighbors.” It all began last March with a call by Sandy Dilling to the Office of Emergency Services to schedule a presentation. On March 30, the Park Townsend Neighborhood created an Emergency Committee. At this meeting condominium members introduced themselves and shared their experiences in emergency preparedness. Everyone agreed that the goal was to outline an emergency preparedness plan that would protect the life, health and property of Park Townsend residents. The general feeling was folks felt that they should do whatever was possible to protect their investment.

During this meeting residents defined the difference between an isolated disaster and a large scale disaster. They brainstormed planning, training, and resource needs. They developed an evacuation plan, created a residents and pets per unit list, and developed a buddy system for special needs residents. Key volunteer responsibilities (Medical, Floor Captains and Gathering Point monitors) were identified and defined.

The group then looked at other existing condominium complexes to see what kind of evacuation plans they had. Home Owner Association and resident responsibilities were clarified and needed supplies were identified. Emergency Preparedness Packets were distributed. Job descriptions and duties for Floor Captains, Point Monitors, and Building Control Volunteers were written. Plans for helping special needs residents were identified. Emergency supply kits were researched and developed. Within a year the plan was developed.

When asked what he would do again, DeAses said, “Don’t wait until things are perfect. If you raise awareness and follow-through, people will see your struggle and say I can help out.” For example, when the Floor Captains gave out copies of the floor plan to residents they were responsible for, neighbors got the message, “You are part of my community. We care about you.”

DeAses says the most important thing to do is to find a reason that everyone can understand. During the year long developmental process, a flood and mishap during a fire drill helped residents to understand that disasters are part of life. It was up to them to make the choice whether or not they wanted chaos or order when a disaster occurs. They chose order and worked to develop an effective plan. For more information on Bernd DeAses and the Park Townsend Condominium Community Emergency Response Team at the Park Townsend Complex contact Teri Allen @ 277-3912. ●

## **The Office of Emergency Services Wants YOU!**

The Office of Emergency Services is proud to announce our newly developed two hour Home and Family Disaster Preparedness Course. This guide offers a starting point towards becoming more aware of what we can do before, during, and after disaster strikes.

The Office of Emergency Services is looking for a few good men and women who are willing to teach this new course. The only requirement is that you be at least 21 years old and feel comfortable speaking in front of a group. This is an opportunity for you to serve your community.

We are especially looking for residents who can teach in Spanish, Vietnamese and of course English. You will be teaching about hazards you should prepare for in San Jose, ways to reduce loss and injury before disaster strikes, how to create a family disaster plan, and what you should include in your personal and family disaster supplies. You will also learn about opportunities to become even more involved and disaster prepared. For more information on how you can become involved please call (408) 277-4595. You can also e-mail us at [SJPrepared@sanjoseca.gov](mailto:SJPrepared@sanjoseca.gov). ●

1. **Identify your Risk-** What are the hazards where you live and work? Find out what natural or human caused disasters pose a risk for you. Do you live or work in a flood plain, near a major earthquake fault, or in a high fire danger area? Get informed by checking with your insurance company to make sure you are covered if your home is in a high risk area.
2. **Create a Family Disaster Plan-** Your family needs a plan that tells everyone where to meet if you have to evacuate. It is often easier to call long-distance following a disaster so it is best to identify an out of state friend to be your “family contact.” Your family should also know how to get important information in your community and how to reach family members should you become separated.
3. **Practice your Disaster Plan-** After you have sat down with your family and written your plan-practice it. Start by having family members meet at a designated place outside your home. Know how to respond in the event of any disaster-whether to stay indoors or evacuate your neighborhood.
4. **Build Disaster Supply Kit for Your Home and Car-** Your home kit should be kept in containers that can be easily carried or moved such as backpacks, plastic totes or wheeled trash cans. Carry a smaller kit in your car. Have at least a three day supply of non-perishable and canned food, and water for all family members. Replace water every six months. You should have a first aid kit, or battery powered flashlight, a radio with extra batteries, a change of clothing and footwear, one blanket or, sleeping bag for each family member, an extra set of car keys, credit card, cash, extra medications and glasses, sanitation supplies and important family documents.
5. **Prepare your Children-** Talk with your children about what the risks are during a disaster and what your family will do if disaster strikes. Empower your children to help write the family plan, build the disaster supply kits and lead the drills.
6. **Don't Forget those with Special Needs-** Infants, seniors and those with special needs must not be forgotten. Don't forget medications, an oxygen tank or infant supplies. Be sure that the assisted living facility where a family member resides has a disaster plan and you know what it is.
7. **Learn CPR and First Aid-** Contact your local chapter of the American Red Cross and get trained on basic first aid and CPR. Your training could save the life of a loved one or neighbor following a disaster.
8. **Eliminate Hazards in Your Home and the Workplace-** Secure the contents of your home or office by strapping down large appliances, securing cabinet doors, tall furniture, overhead fans, pictures, and ceiling fans.
9. **Understand Post 9/11 Risk-** If there is an explosion, take cover under a sturdy table or desk, then exit as quickly as possible. If there is a fire stay low, cover your nose and mouth with a wet cloth and seek an escape route.
10. **Get Involved, Volunteer, Bear Responsibility-** Donate blood, join your local American Red Cross, join a local Community Emergency Response Team (CERT) by contacting San Jose's Office of Emergency Services. Take part, get involved. ●