



# CERTainly Prepared

The Official Newsletter of the Naperville CERT Organization

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## NCERT Expanding into Social Media

Naperville CERT has formed a Social Media Team to plan and build our social media platforms. In 2012, Board member Christine Bloom initiated the development of a Facebook “Public” Page. This year, Board member Heather A. Baum and CERT member Shana O’Brien have teamed together to continue developing and maintaining our Facebook and Twitter platforms and postings.



For those of us in the arena of emergency preparedness, the social media networks have a wider use than purely being “social”. The Federal Emergency Management Agency (FEMA) recognizes the usefulness of social media during disaster events. Citizens in disaster areas are the real “first responders” to any event. Having the 2-way communication of social media is useful in getting important information out to the public as well as receiving real time updates from the public in the affected areas.

CERT members familiar with one or both of these social media platforms are encouraged to participate.

### Facebook

We hope you will visit and invite others to our Public Facebook Page and “Like” it, so we can expand our reach. We will be posting information about upcoming Basic CERT training, the one hour Community Preparedness Presentations at the Rubin Center, as well as useful articles and safety tips.

“Like” our Public Facebook Page at <https://www.facebook.com/NapervilleCERT> Please keep in mind that all Social Media Platforms are Public, so please keep your interaction “Publicly Appropriate”.

### Twitter

Expect to see tweets on key monthly topics and information on upcoming events. Follow us on the Twitter account [@NapervilleCERT](https://twitter.com/NapervilleCERT).

*Note: Article written with input from Heather A. Baum and the printed statement of Craig Fugate, FEMA Administrator, titled “Understanding the Power of Social Media as a Communication Tool in the Aftermath of Disasters,” May 5, 2011.*

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## The Great Central U.S. ShakeOut

What would you do when the earth starts to shake?

Practice how to Drop, Cover, and Hold On during an earthquake when the Great Central U.S. ShakeOut takes Place October 17<sup>th</sup> at 10:17 a.m.

For more information about earthquake preparedness and to register for the ShakeOut visit [www.shakeout.org/centralus/](http://www.shakeout.org/centralus/).

# Spreading the Message

August events sent CERT volunteers out into the community to promote CERT training and to spread the message of preparing for disasters.

## National Night Out

Volunteer CERT members visited most of the 37 registered National Night Out parties throughout Naperville. Dressed in CERT vests, t-Shirts, or ball caps, they engaged the local citizens in conversations about the CERT program and emergency preparedness in general.

Based on comments from the citizens, awareness of the CERT program is growing as residents recall seeing us at past years events or know someone who has gone through the program. CERT members also engaged local celebrities with the CERT message whenever they encountered them.

The weather was warm, but not quite as brutal as it had been for this event in past years. However, volunteers did meet afterwards at Colonial Café to share experiences and cool off with some ice cream.

A thank you is extended to the following CERT members who participated this year: Rick Brock, John Meile, Jack Frohn, Laura Frohn, Denise Pucel, Heather Baum, and Vicki Parrish.



Jack, Denise, and Laura visit with City Councilman, Dave Wentz



Bob Fischer, President of the Naperville Homeowners Confederation, takes a break from grilling to pose with Heather and Vicki.



Vicki and Heather meet City Councilman, Grant Wehrl, before he departs on the Naperville Trolley.

## Children's Safety Expo

For the second year, CERT was present at a Children's Safety Expo, sponsored by Illinois State Senator Michael Connelly and State Representative Darlene Senger. This outdoor event is held at Frontier Sports Complex in southwest Naperville. It is an opportunity for children and parents to see government service and emergency vehicles up close. There are also a lot of organizations that present information related to child welfare and safety via table top displays.

CERT had a display board and offered children activity books and pencils while engaging their parents in conversation about the Basic CERT class and the need for an emergency supply kit at home. Our host representatives were supportive of our message as well.

Thank you to the following CERT volunteers who helped man the display table and speak with the attendees: Rick Brock, Eric Carlson, Gloria Flaherty, Giselle Harquail, Vicki Parrish, Scott Salzman and Annarose Walz. Due to rotating shifts, not all were present when the photos were taken.



IL State Representative Darlene Senger and Senator Michael Connelly visit the CERT table.



Giselle, Rick, Vicki, and Eric pose with the host Illinois legislators.



Helicopter departs the event behind Rick, Vicki, and Scott

# Disaster Psychology at the Boston Marathon



CERT members learn about disaster psychology in the Basis CERT class, but it is knowledge we don't actually apply unless a major event has occurred. This summer, a publication of the American Psychological Association printed an article which described the experience of two psychologists who volunteered at the 2013 Boston Marathon. These professional volunteers experienced the tragedy of the marathon bombings and saw how it affected many people in different ways.

The medical tent at the Boston Marathon staffs psychologists, along with the physicians, nurses, and physical therapists. Psychologists are present to help runners with pain management, anxiety, anger over injuries, and to provide techniques for calming down or relaxing patients being treated. The psychologists working the 2013 marathon were two private practitioners and clinical associates in psychology at McLean Hospital in Belmont, Mass: Jeffrey L. Brown, PsyD, who also was an assistant clinical professor in the psychiatry department at Harvard Medical School, and Beth S. Meister, EdD, who also is a clinical instructor in the department of psychiatry at Harvard Medical School and mental health director at Brimmer and May School in Chestnut Hill.

Workers in the medical tent were not certain of what occurred when the first bomb exploded at the finish line. After the second explosion, fear spread and the psychologists tried to support those demonstrating psychological distress. The first responders were quick to remove the most seriously injured by ambulance, leaving others to be treated by the volunteers in the medical tent. The psychologists helped calm and reassure patients as their wounds were being found and they narrated, for the patients, what was being done to help them. They also reduced the victim's visual exposure to unpleasant sights. The emotions of the injured ranged from fear to intense anger. Some tried, but failed, at humor as a way to cope.

Since that day it has become evident that many in the Boston area were troubled by the bombings and the subsequent manhunt. Brown shared, that in his clinical practice, he found that runners who finished the race, runners who did not finish, and people who live or work in the local community were all affected by the incident. Meister, talking with many students and at a school assembly, shifted the focus from the images of horror to images of the heroic care of the first responders.

How did the psychologists cope after the incident? Unable to take the closed subway home after the bombings, Dr. Brown shared a long walk with a physician on the medical team. They were able to talk about the experience, process emotion, and support each other. Since that day, he eats healthy, exercises, gets plenty of sleep and maintains a routine. Dr. Meister attended a support session for the race volunteers and openly talks about the experience with family and friends. She maintains her usual schedule and her initial feelings of anger over the tragedy have been replaced by feelings of sadness. Cognitive strategies have helped her to deal with the memories of that day.

*Source for this Article:*

Clay, Rebecca A. (2013, July/August). Among Boston's first responders. *Monitor on Psychology*, 44(7), 28-31.

## **Remember.....**

For your personal well-being, practice these stress reducers before and after an incident occurs:

- Get enough sleep
- Exercise
- Eat a balanced diet
- Balance work, play and rest
- Connect with others
- Use spiritual resources
- Allow yourself to receive as well as give

## Book Review – *One Second After* by William R. Forstchen



*One Second After* was published in 2009 and has become recommended reading for our Congress and the employees at the Pentagon. It is fiction, yet a very realistic account of a potential event that could cripple our nation. Our lives would be transformed if the ability to use devices that required electric power, solid state electronics, micro-circuitry, and computers were suddenly gone—in a second-- after a nuclear explosion above the earth's atmosphere resulted in an Electromagnetic Pulse (EMP).

In the novel, the electric grid goes down, the planes fall from the sky, and cars with computerized engines stop where they are. Many people are perplexed, some suspect an EMP, and all have been transported back a century and a half in an instant. Now, basic survival becomes an issue. How does one get food, water, and needed medicine when there will not be any more deliveries? Who is in charge? Who gets what? How do you protect what you have from others who desperately need it too?

*One Second After* follows the story of John Matherson, a widowed father, college professor, and ex-army colonel, who experiences life after an attack on the United States results in an EMP. John's need to hunt food, secure and store insulin for his diabetic daughter (without refrigeration), and protect his family from intruders is only part of the task he takes on when he also becomes one of the town leaders managing the crisis in his small North Carolina town of Black Mountain.

Wave after wave of continuing problems confront the community. There is almost immediate death of those needing medical technology run by electricity and those needing life-saving or pain medications, which are stolen. Marshall Law becomes a necessity. Food rationing leads to gradual starvation, and residents have to kill off their livestock, hunt, and even look at their domestic animals as food sources. The lack of sanitation produces illness such as salmonella and cholera. Only those with old cars can drive them and this lack of transportation and challenges of doing more physical labor result in more heart attacks, injuries, and death. By necessity, the local golf course is turned into a graveyard. The only information on the outside world comes from rare evening Air America transmissions picked up on the older car radios and reports from a town citizen who flies his WW 2 Aeronca recon plane to survey surrounding towns. Worst of all, able-bodied citizens and the students of local Montreat College must arm and defend themselves against the arrival of a well-armed posse (gang) trying to exterminate them for their supplies.

Not many emergency supply kits would prepare us for this permanent disaster and our triage training would need to be revised. In Black Mountain, those most severely injured are not given priority because their treatment would require too many scarce medical supplies. Only those with moderate injuries, and likely to survive, are given supply aid.

Could you kill to protect yourself, your family and your supplies? Would you survive given these circumstances? Would you even want to?

*One Second After* will be one of the most thought provoking books you will read in a long time.

*Further details: For more information about EMPs and questions related to topics in this novel, visit [www.onesecondafter.com](http://www.onesecondafter.com). The website states that Warner Brothers is developing a motion picture based on the book. However, you know what people always say, "The book was so much better".*