



NEWSLETTER

Support Alliance For Emergency Readiness

CREATING A **SAFER** SANTA ROSA

www.safersantarosa.org

23 January 2016

No act of kindness, no matter how small, is ever wasted. - Aesop

NEEDS, REQUESTS, DONATIONS

We can do no great things -- only small things with great love. --Mother Teresa

"You make a living by what you get, but you make a life by what you give". -- Winston Churchill

HELP COUNT AND SERVE THE HOMELESS!

Can We COUNT on YOU?

Volunteers are needed for ...

Point In Time Count: January 25th, 2017

U-Count Homeless Resource Day: January 26th, 2017

We hope you will consider helping us, the age minimum is 18 years old.

You may volunteer for both events.

Please complete the volunteer registration and hold harmless agreement for each event you choose.

www.ecoh.org

NEEDS (those in red will be removed from the list next week)

- Code Enforcement has asked if there is any way we could help Ruby, 67-year-old woman with yard debris. Apparently law enforcement is also involved and before issuing citations, they are trying to see if there are any organizations that could help her. She is in the Gulf Breeze area and can be reached at 607-1481. Someone has been in touch with her, a dumpster is needed for all the debris.
- Mark, a disabled man on disability says he was issued a citation and will be put out of his home if he does not get yard debris removed. He lives in the East Milton area and can be reached at 736-3007
- Catherine in the Navarre area has a hole in her trailer roof and needs repairs, if you can help her please call 496-2158

How about this!!!!

Volunteers Needed for Yard Work Day!

Disabled Milton man needs help removing yard waste after receiving a citation. Roll up your sleeves and join us while we help a resident in desperate need. A dumpster has been purchased for this event and now we just need to fill it up! Please share with anyone that might be interested in helping.

When: 01/28/17 at 1:00 p.m.- 5:00 p.m.

Where: 7732 Johnson Rd., Milton, FL 32583

What to bring: work gloves, rakes, shovels, trash bags and any other yard equipment.



PREVENT TYPE 2 DIABETES WITH NATIONAL DIABETES PREVENTION PROGRAM

Registration is open for the next session of the National Diabetes Prevention Program offered by the Florida Department of Health in Santa Rosa County. The first class will be held Monday, January 30, from 4:00 p.m. to 5:00 p.m. at the Florida Department of Health in Santa Rosa County Milton office, 5527 Stewart Street. The registration fee is \$25.00 and includes classes led by a trained lifestyle coach, lab tests and a workbook. Participants may be referred by a primary care provider or self-refer by contacting Susan Howell at 850-564-2263 or Ashlee Turner at 850-564-2304 to register.

Led by the Centers for Disease Control and Prevention (CDC), the program is based on research that showed that people with prediabetes who lost five to seven percent of their body weight (10 to 14 pounds for a 200-pound person) reduced their risk of developing Type 2 diabetes by 58 percent. Guided by a trained lifestyle coach, participants learn the skills they need to make lasting changes, such as losing a modest amount of weight, being more physically active and managing stress.

Participants learn how to eat healthy, add physical activity to their routine, manage stress, stay motivated, and solve problems that can get in the way of their success. Classes meet once a week for 16 weeks, then once a month for 6 months to maintain healthy lifestyle changes. The program's group setting provides a supportive environment with people who are facing similar challenges and trying to make the same changes. Together, participants celebrate their successes and find ways to overcome obstacles.

People are more likely to have prediabetes or Type 2 diabetes if they:

- Are 45 years of age or older.
- Are overweight.
- Have a family history of Type 2 diabetes.
- Are physically active less than three times per week, or
- Have been diagnosed with gestational diabetes during pregnancy, or
- Gave birth to a baby weighing more than 9 pounds.

“The complications from Type 2 diabetes are serious and can include heart attacks, strokes, blindness, kidney failure, and the amputation of toes, feet or legs,” said Barbara McMillion, RN, Director of Nursing for the Florida Department of Health in Santa Rosa County. “Small changes can make a big difference. This program can help those with prediabetes make the lasting changes they need to prevent diabetes and its complications and improve their quality of life.”

To learn more about making healthy choices and preventing Type 2 diabetes, visit the Florida Department of Health in Santa Rosa County website at: <http://santarosa.floridahealth.gov/programs-and-services/wellness-programs/healthy-lifestyles-toolkit/index.html>

SENIORS: DON'T GET TARGETED FOR DISASTER INSURANCE SCAMS

TALLAHASSEE, Fla. – After natural disasters con men and scammers often target vulnerable communities—such as those with physical impairments and the elderly. These fraudsters often offer to speed up the insurance, disaster assistance or building-permit process for a fee.

If you suspect fraud or suspicious activity call your local police department, Office of the Florida Attorney General at **866-9-NO-SCAM** or the FEMA Disaster Fraud Hotline at **866-720-5721**.

SENIOR ACTIVITIES LIST JANUARY 2017

The Milton Senior Advisory Council has been asked to provide a list of senior activities in Santa Rosa County. COA Sites 1-7: to receive a meal you must first register at the site number listed. Questions on activities should be directed toward the phone number listed for that site. Unless stated otherwise, all activities are **FREE**. Google directions: Click on the blue text; then click on **DIRECTIONS**;



MSAC0001 Senior Activities Locations



MSAC0001 Senior Activities list for Janu

If you are aware of other senior activities open to the public, please reply to this email.

Site 1- Christ United Methodist Church
5983 Dogwood St, Milton FL 32570
850-983-4590, Meals: 9:00 to 12:00
<https://goo.gl/maps/FYVnmjqkxP2>

Site 3- Chumuckla Community Center
2355 Hwy 182 West, Pace FL 32571
850-994-3795 , Meals:9:00 to 12:00
<https://goo.gl/maps/YZgatdrPPCP2>

Site 4 - First United Methodist Church of
Pace 4540 Chumuckla Hwy, Pace FL 32571
850-995-3795 Meals:9:00 to 12:00
<https://goo.gl/maps/g8gzM6uNmrL2>

Site 5- EH Pullum Senior Center
8476 Gordon Goodin Ln, Navarre FL 32566
850-936-1644 Meals:9:00 to 12:00 Mon - Th
<https://goo.gl/maps/jmhKAo3LXmB2>

Site 6- Jay community Center
5259 Booker Ln, Jay FL 32565
850-675-0810 Meals:9:00 to 12:00
<https://goo.gl/maps/B83rgAi8tXK2>

Site 7- Bagdad Community Center
6860 Pooley St, Bagdad FL 32530
850-983-4500 , 850-516-9367
Meals:9:00 to 12:00
<https://goo.gl/maps/zPYjt4H3mQF2>

Site 8- Santa Rosa Health & Rehab
5386 Broad St, Milton FL 32570, 623.4661
<https://goo.gl/maps/jVWHh4qpsCm>

Site 9- Holly-Navarre Intermediate School
1936 School Road, Navarre FL 32566
<https://goo.gl/maps/d9nLEWFhYtB2>

Site 11- Guy Thompson Community Center
5629 Byrom St, Milton FL 32570, 983-5466
<https://goo.gl/maps/nyvq1jwf5722>

Site 12- Milton First Baptist
6797 Caroline St, Milton FL 32570,
623.3122
<https://goo.gl/maps/sPomfRfzxzH2>

Senior Expo & Health Fair

March 16, 2017

8 a.m. to noon



Health Screenings
Door Prizes

Guy Thompson Community Center
5629 Byrom St. * Milton

Vendors book your spaces now!

For more information call 983-5220



Santa Rosa
●●● MEDICAL CENTER

SENIOR EXPO

The Santa Rosa Medical Center and RSVP Senior Expo is March 16th from 8 am to 12 noon at the Guy Thompson Community Center 5629 Bryom St. Milton, FL. 32570. If you are interested in attending please fill out the attached application and email or mail it back. If you have any questions please feel free to call RSVP at 983-5220.



Senior Expo.docx

SANTA ROSA BENEVOLENCE FUND

Santa Rosa County School District has identified over 550 homeless children since September. There are families with children living in tents and cars. Organizations and individuals can help our families by making a donation to the Santa Rosa Education Foundation. Funds collected will be used to pay for emergency hotel rooms, clothing, food, and other necessary resources. Make checks payable to Santa Rosa Education Foundation and mail to Dr. Karen Barber, Santa Rosa School District Director of Federal Programs, 5086 Canal St. Milton, FL 32570 For more information call: Dr. Karen Barber (850)983-5001 or email at barberk@santarosa.k12.fl.us

INFORMATION

When you cease to make a contribution you begin to die. - Eleanor Roosevelt

ALERT SANTA ROSA

Santa Rosa County Emergency Management is implementing a new county-wide emergency notification system. **AlertSantaRosa** provides everyone who lives and works in Santa Rosa County with the ability to receive emergency notifications and/or severe weather via:

- Notification via smart phone app “Contact Bridge ”**
- Text**
- Email**
- Phone call (to business, home or cell phone)**

We are strongly encouraging all Santa Rosa County employees to enroll in addition to being enrolled as an employee. This will allow you to receive notifications about emergencies that may affect your home, business, school, child care and more (you must be able to provide an address inside of Santa Rosa County). Simply visit www.alertsantarosa.com to register up to five street addresses within the county.

Text messages will be received from **893-61** or **878-44**, and phone calls will generate from **1-850-983-5257**. You may want to save these numbers as “Alert Notifications” in your contact list to make them more recognizable.

As a county employee you have already been registered for internal notifications through the information provided by Human Resources. These notifications can be routine or emergent in nature and will be sent out from your department or from Emergency Management.

For questions or more information, contact Kevin Sowell, 850-983-5355, or email alertSR@santarosa.fl.gov.

Be informed! Be prepared! – You choose when and how!

*“If we can’t **reach** you, we can’t **alert** you!”*

ACTIVE SHOOTER AWARENESS / SAFETY / RESPONSE VIDEOS

An [Active Shooter](#) incident can happen at any time and at any location throughout Florida.

In a effort to help Floridians' prepare for such an incident the Be Ready Florida team has assembled a comprehensive selection of informative [Active Shooter Awareness / Safety / Response Videos](#).

These videos cover the following topics:

- [Active Shooter Awareness](#)
- [Active Shooter Awareness – College / University Campus](#)
- [Active Shooter Awareness – Hospital](#)
- [Active Shooter Awareness – Military Base](#)
- [Active Shooter Awareness – Retail Store](#)
- [Active Shooter Awareness – School Bus](#)
- [Active Shooter Awareness – School Campus](#)

- [Active Shooter Awareness – Workplace](#)
- [Active Shooter Response](#)
- [Active Shooter Response – College / University Campus](#)
- [Active Shooter Response – Hospital](#)
- [Active Shooter Response – School Campus](#)
- [Active Shooter Response – Workplace](#)

The no-cost resources are designed to provide faith and community leaders and employers resources to prepare for and mitigate against a natural or manmade emergency or disaster, including an active shooter incident.

[Department of Homeland Security Active Shooter Preparedness Page](#)

On this page:

- **Active Shooter: What Can You Do Course**
<http://training.fema.gov/is/courseoverview.aspx?code=IS-907> (Free, Online)
- Active Shooter Webinar <https://share.dhs.gov/asaware2011>
- Active Shooter Workshop Series
- Active Shooter: How to Respond Resource Materials
 - [Active Shooter Booklet](#)
 - [Active Shooter Pamphlet](#)
 - [Active Shooter Poster](#)
 - [Active Shooter Poster \(Spanish\)](#)
 - [Active Shooter Pocket Card](#)
 - [Active Shooter Pocket Card \(Spanish\)](#)
- **Options for Consideration Active Shooter Training Video**
[Options for Consideration](#) demonstrates possible actions to take if confronted with an active shooter scenario. The video also shows how to assist authorities once law enforcement enters the scene. You may also [access the video on YouTube](#).

Here's a link to a FEMA webpage with resources for faith and community leaders to assist with preparing for emergency situations. <http://www.fema.gov/protecting-houses-worship>

[FBI Office of Partnerships Active Shooter Incidents Resource Page](#)

- [FBI Active Shooter Quick Reference Guide](#)

[Community Emergency Response Team Training](#) (This is a great general preparedness opportunity for citizens that is offered by some County's, usually through the County's Emergency Management Agency)

[FEMA's Emergency Management Institute Independent Study Course List](#) (FREE ONLINE TRAINING COURSES)

- [IS-360: Preparing for Mass Casualty Incidents: A Guide for Schools, Higher Education, and Houses of Worship](#)
- [IS-909 - Community Preparedness: Implementing Simple Activities for Everyone](#)
- [IS-907: Active Shooter: What You Can Do](#)
- [IS-906: Workplace Security Awareness Course](#)
- [IS-914: Surveillance Awareness: What You Can Do](#)
- [IS-366: Planning for the needs of children in disasters](#)

Center for Faith-Based & Neighborhood Partnerships, U.S. Department of Justice
A Center of the White House Office of Faith-based & Neighborhood Partnerships
www.ojp.gov/fbnp

FLORIDA DEPARTMENT OF HEALTH VIDEO LINKS ON YOUTUBE

Preparedness for Persons who are Deaf/Hard of Hearing with ASL

English – <https://www.youtube.com/watch?v=UbN2tw-OR-U>

Children's Preparedness

English with ASL – <https://www.youtube.com/watch?v=-g8K11klm6I>

SAFE COMMUNITY LOGO

The following is from the National Safety Council:

For each of our communities, we develop a personalized logo. Attached is the logo, with your community name, to be used widely by your coalition. Below are a few recommendations on how you can use the logo, but this is not an exhaustive list. Be creative and use this logo in ways to that will benefit your work and show off your community.

- Website, social media (Facebook, LinkedIn, Twitter).
- Community communications – emails, email signatures, letterhead, envelope/return addresses, newsletters, event promotion or communication, etc.
- Street signs, road signs, community welcome signs, banners.
- Promotional materials – t-shirts, pens, calendars, stickers.

What we ask from you is to share with us, how you will or have used the logo. There will be some time during our networking conference in September, to share. And, please encourage all your coalition members and city/town representatives to use this logo as well. You are all part of this network and we hope this logo will help you display your accomplishments.



For copies contact Daniel at Danielh@santarosa.fl.gov

VETERAN CRISIS HOTLINE INFORMATION

1-800-273-8255 and press 1

[VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/Chat) for online chat

Or text 838255 to receive support

HOMELESS RESOURCES FOR VETERANS

The links below contain helpful information and often funding opportunities for those of you that serve veterans. Important Links

[VA National Call Center for Homeless Veterans](#)

[VA Center on Homelessness Among Veterans](#)

[DOL Homeless Veteran Reintegration Program](#)

[United States Interagency Council on Homelessness Veterans Page](#)

[Substance Abuse and Mental Health Services Administration Military Families Pages](#)

GET PREPARED

<http://do1thing.com/>

This web page is an awesome way to incrementally get your family and business ready for any disaster.

TWITTER

SAFER Santa Rosa is on Twitter.

FACEBOOK

SAFER is on Facebook, find us, and become our friend ;-). We are up to **2285** people! Invite friends. *Let's keep growing this communications venue. Invite other Santa Rosans to participate.* Invite your Santa Rosa friends to join you on the SAFER Facebook page.



Use of barricades policy: Free to parades and other events in Santa Rosa County that are sponsored by a chambers or government entities (Christmas parades, Mardi Gras, 4th of July etc...) or non profits, that are hosting events that are free and open to the public. The user is responsible for transportation of barricades, AND banners advertizing sponsors MUST be put on barricades. Others wanting to use the barricades must provide transportation and rent barricades at a cost of \$5 per barricade. Additional fees may be applicable if barricades are not returned within 7 days of pick up/delivery. Barricades will cost \$8 each if delivery is required. Average rental price for barricades is \$9-\$13 each through other vendors. SAFER barricades are a bargain.

OPPORTUNITIES

There is no better exercise for your heart, than reaching down and helping to lift someone up. - Bernard Meltzer

NAVARRE CERT COURSE

Navarre Cert will be holding a basic Cert training class :

Feb 17,18,19 and 24,25,26 interested parties can sign up for training on our web site:
<http://www.navarre-cert.org>

TIGER POINT GOLF TOURNAMENT

Tiger Point Golf Club

Proposed Tiger Point Homeowners Association Social Golf Tournament

Plans are being considered to hold a golf tournament in April to include all members of each Homeowners Association in Tiger Point.

The tournament would include every level of golfer in a competitive format, but the primary goal would be to provide a social setting to showcase our golf course and to develop stronger relationships within our community.

We would like all interested Homeowners Association members to participate in an organizational meeting at 6 pm, Thursday, January 19th at Tiger Point Golf Club.

For additional information, contact:

Christine Schultz

850 207-4941

christinepth@gmail.com



1255 Country Club Rd. Gulf Breeze, FL 32563

NEW ONLINE COURSE: RELIGIOUS AND CULTURAL LITERACY AND COMPETENCY IN DISASTER

FEMA's Emergency Management Institute is offering a new self-paced, independent study course 505, [Religious and Cultural Literacy and Competency in Disaster](#). This course explores how religious and cultural communities are engaged during disasters, how religious and cultural diversity and practice is protected by law, and how religious and cultural diversity can strengthen emergency management capabilities. It provides emergency management professionals and faith and community leaders active in disaster with literacy and competency tools to engage religious and cultural groups both pre- and post-disaster. The course also includes 14 downloadable tip sheets that highlight engagement best practices and guidelines for partnering with diverse religious communities.

The course is open to the general public and was developed to support partnerships between the first responders and faith-based and community organizations to more effectively serve disaster survivors in their time of need.

The url to the course can be found here: <https://training.fema.gov/is/courseoverview.aspx?code=IS-505>

ANNOUNCING FEMA'S NEW PROTECTING HOUSES OF WORSHIP WEBPAGE

Recent and tragic events have heightened our awareness that houses of worship are not immune from disasters and emergencies. Faith leaders representing many traditions are concerned for the safety of their congregants as they gather to observe their traditions. We are also concerned.

In addition to partnering with your local first responders and emergency managers, please feel welcome to use the resources on [our web page](#). The information, there, provides specific and actionable steps you can take today. These resources can help you prepare your house of worship for disasters and emergencies, and implement practices that will mitigate their damage. This includes an active shooter event. There is, of course, no way to guarantee complete safety. But there are ways to decrease risks and increase safety.

This new web page complements ongoing efforts to encourage partnership between faith leaders and local first responders via the “Guide for Developing High Quality Emergency Operations Plans for Houses of Worship”. Available since 2013, this guide is designed to be scalable for use by small to large-sized houses of worship in order to help navigate the planning process for emergencies. The guide is also available at the same web page, fema.gov/protecting-houses-worship.

I encourage you to take advantage of these resources. If you do not find what you are looking for, or if you have questions about the information contained within the various links, please do not hesitate to reach out to us at partnerships@fema.dhs.gov.

FREE ONLINE TRAINING

Emergency Operations Planning Resources:

- [Guide for Developing High-Quality Emergency Operations Plans for Houses of Worship](#)
- (Recorded webinar): [An Overview of the Guide for Developing High-Quality Emergency Operations Plans for Houses of Worship](#)
- [US Department of Education Readiness and Emergency Management for Schools Technical Assistance Center](#)

Active Shooter Preparedness Resources:

- [Department of Homeland Security Active Shooter Preparedness Webpage](#)
- [FBI Office of Partnerships Active Shooter Incidents Resource Page](#)
- [FBI Active Shooter Quick Reference Guide](#)

Free online independent study courses for everyone:

- [IS-907: Active Shooter: What You Can Do](#)
- [IS-360: Preparing for Mass Casualty Incidents: A Guide for Schools, Higher Education, and Houses of Worship](#)
- [IS-906: Workplace Security Awareness Course](#)
- [IS-914: Surveillance Awareness: What You Can Do](#)
- [IS-366: Planning for the needs of children in disasters](#)
- [IS-909 - Community Preparedness: Implementing Simple Activities for Everyone](#)

All hazard preparedness resources:

- [Ready.gov](#)- a national public service advertising (PSA) campaign designed to educate and empower Americans to prepare for and respond to emergencies including natural and man-made disasters
- [National Preparedness Community Faith-based Community of Practice](#)
- [SAMHSA Disaster Distress Helpline](#)
- [Earthquake Preparedness Playbook](#)
- [Flood Preparedness Playbook](#)
- [Hurricane Preparedness Playbook](#)

- [Tornado Preparedness Playbook](#)
- [Wildfire Preparedness Playbook](#)
- [Winter Storm Preparedness Playbook](#)

JUST IN TIME DISASTER TRAINING LIBRARY - SHELTER OPERATIONS SECTION

The [Shelter Operations Section](#) of the [Just In Time Disaster Training Library](#) has been updated.

The section now contains training videos on the following subjects:

- [Shelter Operations – Caring for People who Need Additional Assistance](#)
- [Shelter Operations – Functional Needs Support Services \(FNSS\)](#)
- [Shelter Operations – Food Handling Safety](#)
- [Shelter Operations – General Population](#)
- [Shelter Operations – Pet Friendly](#)
- [Shelter Operations – Registration Information for Evacuees](#)
- [Shelter Operations – Special Medical Needs](#)
- [Psychological First Aid Basics](#)

BUILDING RESILIENT COMMUNITIES: AN ONLINE TRAINING

The RAND Corporation developed a free emergency preparedness [online training](#) outlining how organizations and communities can better prepare for emergencies and strengthen their resilience. Resilience means:

- mitigating and withstanding the stress of manmade and natural disasters.
- recovering in a way that restores normal functioning.
- applying lessons learned from past responses to better withstand future incidents.

The training is intended for a diverse range of organizations, including businesses; faith-based organizations; hospitals, health clinics, and other health agencies; mental health providers; schools and universities; civic and volunteer groups; first responders; local government agencies; public health departments; and nonprofit agencies.

NEWS (blue is new)

Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it's the only thing that ever has. --Margaret Mead

FloodSmart Community Resources

https://www.floodsmart.gov/floodsmart/pages/partner/partner_index.jsp

Red Cross Disaster Safety Checklist

<http://www.redcross.org/prepare/disaster-safety-library>

How to Protect Your Home From Flood Damage

<https://www.redfin.com/blog/2015/03/how-to-protect-your-home-from-flood-damage.html>

Emergency Planning - Protect Your Pet

http://www.paw-rescue.org/PAW/PETTIPS/DogTip_EmergencyPlanning.php

How to Avoid Flood Damaged Cars

<http://www.carfax.com/guides/buying-used/things-to-avoid/flood-damage>

STEM Challenge for Kids - Building Flood Resistant Homes

<http://practicalaction.org/beattheflood>