



# **Rossmoor EPO February Zoom Meeting**

## **“Oxygen Dependency and its Challenges Following a Disaster”**

**Time: Online Monday February 7, 2022 at 9:30 am**

# THE FEATURED ZOOM MEETING PANELISTS



**Fran Gibson**  
(President, Rossmoor EPO)



**Arlyss Rothman (Vice-President,  
Rossmoor EPO)**



**Colene Reams-Trinterud**  
(EPO Past-President, and Red  
Cross Blood Program Lead)



**Tom Cashion (Rossmoor  
Public Safety Manager)**



**Michele Ellis-Richards**  
(CEO of Oakland's FIRST IN  
Emergency Response  
Training & Supplies)



**Nancy Herney (EPO Questions  
and Comments Moderator)**



**Harris Greenberg (EPO High  
Tech Coordinator)**

## GROUND RULES FOR THIS ZOOM MEETING

- We expect to have a lot of people in this meeting, so to avoid pandemonium, all attendee microphones will be automatically muted.
- Only the microphones of the presenters will be unmuted.
- Please keep your videos turned off, so only the presenters will be visible.
- You can submit your questions and comments using the CHAT control in Zoom.
- Nancy Herney will be watching for CHAT questions and comments, and will summarize them and address them to the presenters.
- This meeting will include LIVE TRANSCRIPTS for the hearing impaired. These can be displayed as subtitles, or in a transcript panel, and can be turned on, off, re-positioned, and saved to your computer.
- The meeting will be recorded, and a copy of the video (including Closed Captions in English and Subtitles in a large number of languages) will be posted to the EPO website ([rossmoorepo.org](http://rossmoorepo.org))



# AGENDA



- **Fran Gibson**, (President, Rossmoor EPO) will provide an update on EPO activities and upcoming meetings.
- **Colene Reams-Trinterud** (EPO Past-President, and Red Cross Blood Program Lead) - will provide an update on the EPO / Red Cross Blood Drives in 2022.
- **Zoom Poll** – **do you know your Rossmoor Evacuation Zone number?**
- **Tom Cashion** (Rossmoor Public Safety Manager) will update us on Rossmoor Public Safety operations.
- **Michele Ellis-Richards** (CEO of Oakland's **FIRST IN Emergency Response Training & Supplies**) is a retired firefighter and first responder who will help Rossmoor residents and EPO neighborhood team members better understand the challenges of being dependent on oxygen in a major Tice Valley disaster or emergency.
- **Arlyss Rothman** (EPO Vice-President) will answer any questions regarding her tip sheet on oxygen dependency and her knowledge of Rossmoor oxygen supply issues.
- **Nancy Herney** (EPO Questions and Comments Moderator) will summarize the questions and comments and will address them to the presenters.
- **Closing remarks by Fran Gibson**

## Oxygen in Use Sign



# COVID-19 Vaccine Cards

**COVID-19 Vaccination Record Card**

Please keep this record card, which contains information about the vaccines you have received.  

Por favor, guarde esta tarjeta de registro, que contiene información médica sobre las vacunas que ha recibido.

MI

Medical record or IIS record number)

Healthcare Professional or Clinic Site

RUHS-PH


yy

mm dd yy

mm dd yy

Other

**I GOT MY COVID-19 VACCINE!**



# Canned Water





# Space Heater Safety Precautions





# Rossmoor's Home Fire Safety Survey



## ROSSMOOR'S HOME FIRE SAFETY SURVEY PROGRAM

Fire prevention and safety should be a particular concern for older adults and their loved ones.

Seniors 65 and older carry twice the risk of injury or death in a fire compared with the general population. These injuries and fatalities don't have to happen.

Use your smart phone and take a picture of the QR code to perform your own personal home fire safety survey or go to

<https://forms.gle/gfmoSDSDbTS429hP8>

To request a Home Fire Safety Survey or if you have questions, please call 925-941-3300 xt. 1591 or

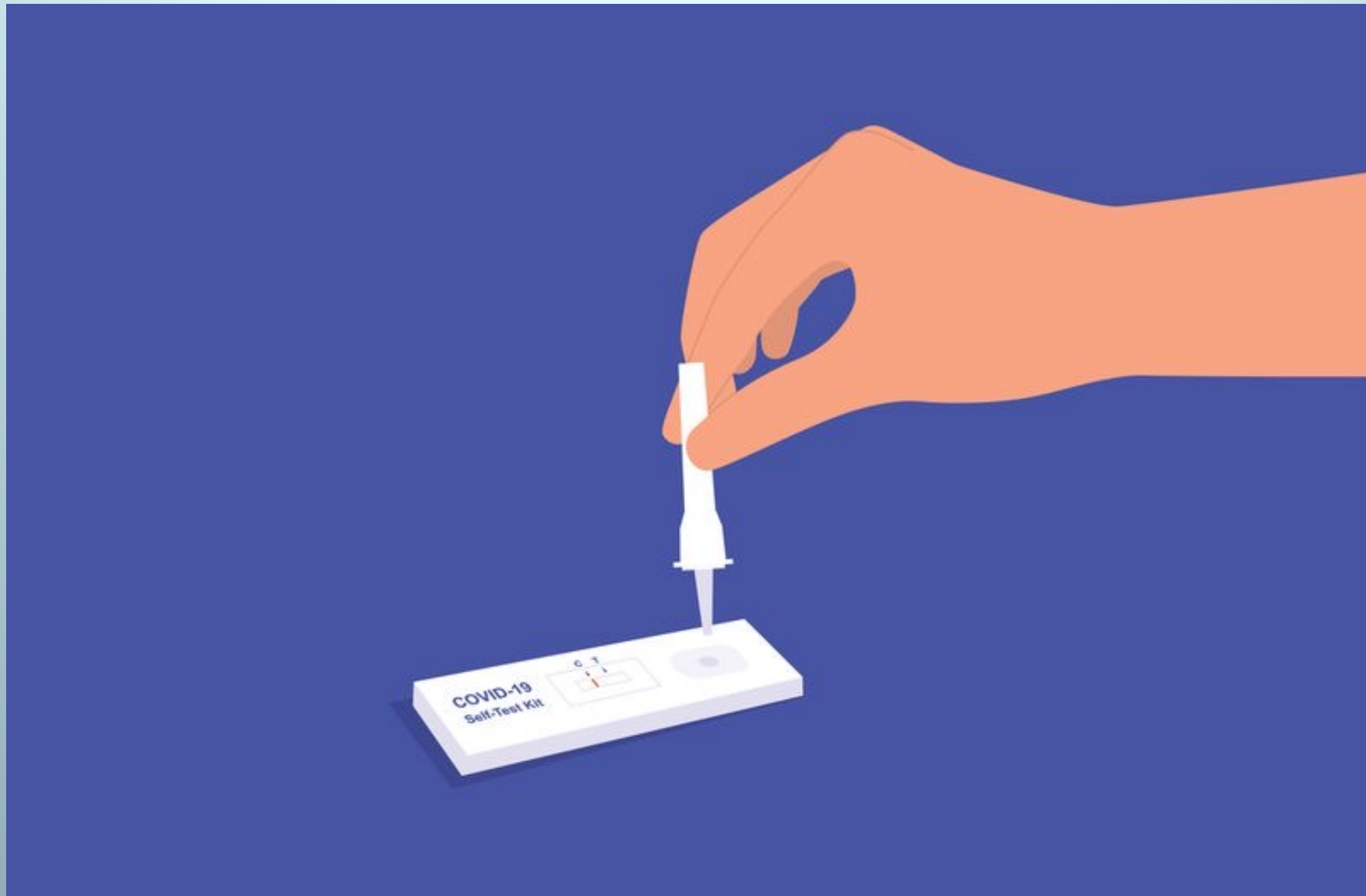
Email: [Noell.crosse@cccfd.org](mailto:Noell.crosse@cccfd.org)



# Carbon Monoxide Detectors



# COVID Self-Test Kit



**Don't Forget to Pay Your Dues!**





# ***To Breathe or Not to Breathe?*** **An EPO Tip Sheet**

**Presented by Arlyss Rothman**

**At the September 2018  
EPO Emergency Preparedness Fair**

## **To Breathe Or Not To Breathe?**

*Presented by Arlyss Rothman*

*At the September 2018 EPO Emergency Preparedness Fair*



Are you or someone you know on Oxygen or other life-sustaining equipment that requires electricity?  
Are you or they prepared for an emergency or disaster?

The main issues here are those who require continuous oxygen or those on Bi-Pap or supportive oxygen, often just at night (Those with neuro-muscular disease who need Oxygen supplementation to give them a rest). People who use C-Pap for sleep apnea can survive without treatment in an emergency although they may snore or not sleep well, but they can survive).

Oxygen is commonly provided today via Oxygen concentrators that are an electrical appliance that actually concentrates room or outside air to provide the prescribed concentration and flow needed by an individual. There are portable units that use battery power while away from the concentrator for a few hours. These batteries cost about \$1000.

As you may know from prior talks, we train residents to be prepared to “Shelter in place” for 3-7 days in the event of a major earthquake or other disaster. It is unlikely that an evacuation will be necessary, and may not be possible, so we may all need to survive for 3-7 days. And remember.... YO-YO “You are on your own” – because even if there are first responders available, all resources may be overwhelmed. For those on Oxygen , this presents some challenges.

Each Oxygen patient is provided with a concentrator and a back-up E-tank (about 30” tall) with tubing. This tank can provide between 1.5 hours of Oxygen flow up to 10 hours depending on the needed, prescribed rate of flow. See table E. The larger 56” tank can provide between 19 hours and 4 days 16 hours depending on use.

<b>E Tank</b>	<b>Flow Duration Continuous</b>	<b>Demand Hrs</b>	<b>H Tank</b>	<b>Duration</b>
1L/m	10 hrs	32	1L/m	4 days 16 hrs
2L/m	5 hrs	15	2L/m	2 days 7 hrs
3L/m	3.6 hrs	10	3L/m	1 day 12 hrs
4L/m	2.5 hrs	8	4L/m	1 day 4 hours
5L/m	2.0 hrs	6	5L/m	23 hrs
6L/m	1.5 hrs	5	6L/m	19 hrs
	30”, 12.4 lbs			56”, 150 lbs

It is critical for Oxygen users to develop a plan for electrical outage with their Oxygen supplier and their care provider. Please discuss this with any residents or others who require Oxygen. They may need to store many E tanks to survive multiple days of outage.



# **EPO Sponsored Red Cross Blood Drives for the Rossmoor Community**

## **Dates and How to Sign Up to Donate Life-Saving Blood**

**Future Dates: April 27, 2022, and July 15, 2022**

**To Donate Whole Blood:**

- 1) Go to [www.redcrossblood.org](http://www.redcrossblood.org)
- 2) In place of zip code, enter “Rossmoorca”
- 3) Choose your time and fill it in as instructed

**To Donate “Power Red” Blood:** Call Colene Reams-Trinterud to confirm that you qualify [(925) 933-3016] or email her at [trint@att.net](mailto:trint@att.net)

**NOTE:** [www.redcrossblood.org](http://www.redcrossblood.org) is currently accepting sign-ups for all of the Blood Drives listed above.

**Please call Colene Reams-Trinterud if you have any questions.**

# THANK YOU FOR YOUR ATTENTION

**Colene Reams-Trinterud** (EPO Past-President, and Red Cross Blood Program Lead)  
Email: [trint@att.net], **Phone: (925) 933-3016**

**Tom Cashion** (Rossmoor Public Safety Manager) Email: [tcashion@rossmoor.com] or at the Security/Public Safety Office - **Phone: (925) 988-7841**,  
or contact - **Front Gate Emergency (24/7): (925) 939-0693**

**Michele Ellis-Richards** (CEO of Oakland's FIRST IN Emergency Response Training & Supplies)  
Email: [michele@firstintraining.net], **Phone: (785) 424-7567**

A 2022 EPO DUES REMINDER: dues are \$5.00 per year  
If you do not know if your dues are up to date,  
Please email EPO Treasurer, Mary Spear, at mspear20@comcast.net

Rossmoor's Emergency Preparedness Organization (EPO) website: **www.rossmoorepo.org**

If you have any questions or comments, please email:  
**EPO President Fran Gibson: rossmoorepo@gmail.com**