



Rossmoor EPO Room & Zoom January meeting: "Dealing with Post-disaster Emotional Trauma"

**Time: Monday January 8, 2024 at 9:30 am
In the Peacock Hall (Movie Theater), and online in Zoom**

GROUND RULES FOR THIS HYBRID 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.
- Marcia McLean will be watching for CHAT questions and comments in Zoom, and will summarize them and address them to the presenters.
- Darryl Wong will collect comments and questions submitted in Peacock Hall.
- Note that Zoom now includes LIVE TRANSCRIPTS for the hearing impaired. These can be turned on by clicking the CC icon in the Zoom controls.
- 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)



ROSSMOOR

Rossmoor Retirement Community, Walnut Creek, CA 94595

...toward a readier Rossmoor



EPO

EMERGENCY PREPAREDNESS ORGANIZATION

www.rossmoorepo.org

Don't Forget to Pay Your Dues and Donations!



THE FEATURED HYBRID MEETING PANELISTS



Fran Gibson
(Immediate Past-President,
Rossmoor EPO)



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



Tom Cashion (Rossmoor
Public Safety Manager)



Bill Coy (A Rossmoor resident
certified in Critical Incident
Stress Debriefing)



Darryl Wong (EPO in-Room
Questions & Comment
Moderator)



Marcia McLean (EPO Zoom
Questions & Comment
Moderator)



Alan Katsura (EPO Volunteer
Zoom Guest Host)

AGENDA

- **Fran Gibson** (Immediate Past-President, Rossmoor EPO) will provide an update on EPO upcoming meetings, and introduce the panelists.
- **Colene Reams-Trinterud** (EPO Past-President and Red Cross Blood Program Lead), - will provide an update on the upcoming blood drives in 2024.
- **Tom Cashion** (GRF Public Safety Manager) will provide an update on public safety operations for the Rossmoor community.
- **Bill Coy** (A Rossmoor resident certified in Critical Incident Stress Debriefing) will discuss the symptoms of post-traumatic-stress-disorder (PTSD) that may occur following a natural or man-made disaster, and how to work with residents deal with the stress following an event in Rossmoor.
- **Marcia McLean** will be watching for CHAT questions and comments in Zoom, and will summarize them and address them to the presenters.
- **Darryl Wong** (EPO In-Room Questions & Comment Modera) will collect comments and questions submitted in Peacock Hall.
- **Fran Gibson** - Closing remarks



EPO Sponsored Red Cross Blood Drives for the Rossmoor Community

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

Future Dates: January 26, 2024, and April 30, 2024

To Donate Whole Blood:

- 1) Go to 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

NOTE: www.redcrossblood.org is currently accepting sign-ups for 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],
Contact Tom at the Security/Public Safety Office - **Phone: (925) 988-7841**,
or contact the **Front Gate Emergency (24/7): Phone: (925) 939-0693**
- **Bill Coy** (A Rossmoor resident certified in Critical Incident Stress Debriefing)
Please reach Bill via the **Rossmoor EPO website email: [rossmoorepo@gmail.com]**
and it will be forwarded to him.

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

Fran Gibson (EPO Immediate Past-President) **Email:**
[rossmoorepo@gmail.com],
Phone: (925) 300-3687