Computer Club of Rossmoor Flash Class "How the Rossmoor Emergency Preparedness Organization (EPO) and government websites can improve your safety during and get relief after disasters."



- Friday, March 28, 2025 at 10 AM via Zoom
- Instructor: Harris Greenberg
- Class will review the EPO website and mobile apps from the American Red Cross, FEMA, and the USGS; learn how to get emergency alerts; multiple ways to keep your mobile devices up and running during extended power outages; and how to gather and store critical documents online in the event your home is destroyed.
- PLATFORM: All, LEVEL: Beginner

What Hazards Do We Need to Prepare for in and Around Rossmoor?

The Golden Rain Foundation (GRF) Emergency Operations Plan (EOP), updated in 2024 (GRF-EOP-2024-Revision-V5) summarized the relevant hazards and ranked them by both their probability and their potential impact in Table 2.2:

Table 2.2 GRF Hazard Ranking Specific to Rossmoor			
Rank	Hazard Type	Risk Rating Score (probability x Impact)	Category
1	Earthquake	48.0	High
2	Wildfire	31.8	Medium
3	Severe Weather	22.4	Medium
4	Landslide	12.8	Medium
5	Flood	3.5	Low

The "HayWired Scenario" A 5 ½ minute Video that shows What We Can Expect from a Magnitude 7.0 Earthquake on the Hayward Fault

The United States Geologic Service (USGS) in association with numerous national laboratories and universities developed the "HayWired Scenario". The goal was to initiate planning exercises with different organizations to help coordinate and improve communications to more effectively protect the infrastructure and the public.

Hyperlink to the HayWired Scenario video:

https://www.usgs.gov/media/videos/haywired-scenario-movie

Emergency Preparedness Topic Categories

Examples of Various Organization Websites

Rossmoor Emergency Preparedness Organization (EPO) https://www.rossmoorepo.org

Federal Emergency Management Agency (FEMA) https://www.fema.gov

The American Red Cross (Red Cross)
United States Geologic Society (USGS)
https://www.usgs.gov

Categories of Emergency Preparedness Information and Supplies

Checklists and Plans to Shelter in Place or Evacuate if Necessary



- > Food, medical supplies, communications equipment, cooking, backup batteries and charging equipment
- > What to include in "Grab 'N Go" bags for people and pets
- > Critical documentation you will need if you evacuate
- Categories of Emergency Preparedness Applications

Mobile apps to assist you with

> First aid for different situations, including doing CPR

Red Cross Bay Area

Red Cross Bay Area

- > Warning about time you have before earthquake shaking reaches you, giving you time to drop, cover, and hold on. https://myshake.berkeley.edu
- > Identifying where emergency shelters are (Red Cross Emergency App)
- Hardware to provide power and lighting during extended power outages
 - Solar and crank powered flashlights and charging for power banks & mobile devices

Rossmoor Emergency Preparedness Organization (EPO)

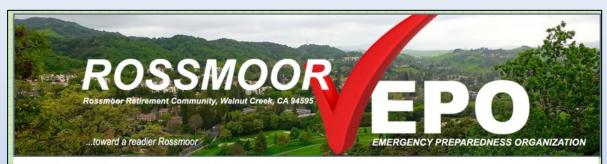
SOME EPO HISTORY

In 1992, as a result of the 1989 Loma Prieta earthquake, GRF (Golden Rain Foundation) created a Board Committee for Emergency Preparedness called REPO or RREPO, the Rossmoor Resident Emergency Preparedness Organization. At that time, the security was retired police and fire officers who were employees of the GRF. The REPO board of residents, with Jerry Priebat heading the residents, created the concepts of the Entry Coordinators and communicators. They gave trainings much as we do today. Around 2007, the GRF General Counsel provided an opinion that GRF was exposing itself to liability by having this committee. GRF is not a first-responder agency and the committee could not direct first-responder activity. The GRF Board discontinued the committee and the Emergency Preparedness Organization started as a organization. Around this time, the City started CERT (Community Emergency Response Team) and CERT became active in Rossmoor. Dennis Bell, Public Safety Manager, started in March 2009 when EPO and CERT were still in their infancy stages. Dennis Bell had, and the current GRF Public Safety Manager, Tom Cashion, has a seat on the EPO Board

For most of its 32-year history, Rossmoor Emergency Preparedness Organization has been a training program for neighborhood EPO teams who assist their entry neighbors in readying their households for a major disaster or emergency. Rossmoor has 278 entries with only half of them covered by an inplace operating EPO team. This leaves far too many Rossmoor residents without access to the preparedness messaging they need and deserve to safely ready their households for a major incident or event. As a result, Rossmoor EPO now takes a "whole community/all hazards" approach to its core mission and operations - mirroring the approaches of the Golden Rain Foundation's Emergency Operations Plan (EOP) as well as the EOP for the City of Walnut Creek, Contra Costa County and the state of California. Part of our core mission is training our local EPO teams on how best to help their neighbors prepare for a disaster or emergency. We are also deeply committed to making every effort through the Rossmoor News, Rossmoor TV Channel 1083, and our regular meetings to engage all Rossmoor residents in helping them ready their own households for a major event or incident striking Rossmoor and beyond.

An Overview of the Rossmoor EPO Home Page:

rossmoorepo.org







Coordinator Resources

Government National Resources

State and County

About Rossmoor

Officers and **Board Members**

EMERGENCY REPAREDNESS FAIR

Golden Rain Foundation Emergency Response

EPO ZOOM Meetings & Webinars

ZOOM MEETING REPLAYS



Contact Colene Trinterud, (925) 933-3016. Email: trint@att.net. Sign up online. (When asked for your zip code, type in rossmoorca)

EPO/Red Cross Blood Donors' Tip Sheet

Rossmoor EPO's May 5 (2025) Meeting (10 AM to Noon) on "Healthy Aging for Seniors" in **Gateway's Peacock Hall**

Join Rossmoor EPO hosting Suzie Hubl (Hubl Family Insurance Services) who will offer residents specific ways to markedly improve our senior health status: physical, mental, social and spiritual. Join us in-person or by Zoom and enjoy the opportunity to get your

Rossmoor Computer Club Flash Class

March 28, 2025 - 10:00AM on Emergency Preparedness by Rossmoor EPO Tech Support Chief Harris Greenberg

"How the Rossmoor Emergency Preparedness Organization (EPO) and Government Websites can Improve your Safety during and after Disasters".

HISTORY OF ROSSMOOR **EPO**

senior health-enhancing questions answered. Susie brings 15 years of experience in insurance brokering and health education on specific steps we seniors can take to live optimally into our advanced years. She will cover the physical, mental, emotional, social and spiritual aspects of healthy aging.

Zoom registration link for Susie Hubl's May 5 (10 AM to Noon) "Healthy Aging" presentation:

Harris's class will review the EPO website and mobile apps from the American Red Cross, FEMA and the USGS, teach you how to get emergency alerts, explore multiple ways to keep your mobile devices up and running during extended power outages and how to gather and store critical documents online in the event your Rossmoor home is compromised or destroyed. LEVEL:

Click to Enroll via ZOOM

PG&E Wildfire Safety Webinar presented on Wednesday, July 24 | 5:30 - 6:30 p.m.

If you missed the Webinar, you can watch a replay. Slide show: PDF

For more information on how you and your family can plan for and stay safe during an emergency, please visit Safety Action Center

- Learn about our wildfire safety efforts and progress in your community
- Hear about resources available to support you
- · Connect with your local PG&E leaders, including Senior Vice President, Aaron

WANTED

You can stay informed by just registering as an EPO Member, but if you want to help your friends and neighbors get prepared for a disaster, then register as a Volunteer

Click HERE to go to our MEMBER and VOLUNTEER **Registration Forms**

ARE YOUR EPO ANNUAL DUES UP TO DATE? CLICK HERE TO

RENEW

Update your contact information annually or whenever there is a change.

The mission of the Rossmoor Emergency Preparedness Organization (EPO) is to provide information to residents about disaster preparedness and to organize them to be self-sufficient until first responders are available.

Walnut Creek ... | Red Cross Ba...

FEMA

Contra Costa Emerge...

Rossmoor Nixle | CON FIRE

© 2020 - Rossmoor EPO | CONTACT: Fran Gibson, Immediate Past-President rossmoorepo@gmail.com - (925) 300-3687 (H)

1001 Golden Rain Road, Walnut Creek, CA 94595 - Rev. 3-19-25 Please add our email address to your email contact list so our EPO email blasts do not go to your junk mail.

Links to the Other EPO Webpages and Other Organization Websites

EPO Calendar



Coordinator Resources

Government/ National Resources

> State and County Resources

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EMERGENCY PREPAREDNESS FAIR

Golden Rain Foundation Emergency Response

EPO ZOOM
Meetings &
Webinars

FEMA

Walnut Creek C.E.R.T.

Red Cross Bay Area

Contra Costa Emergency Ale...

Rossmoor Nixle

CON FIRE

TECH TIPS

Emergency preparedness mobile apps

By Harris R. Greenberg

In October 2018, the Rossmoor Emergency Preparedness Organization (EPO) launched a new web site (www.rossmoorepo.org) that has an extensive collection of resources for emergency preparedness and emergency response.

Check EPO's website homepage for information talk to FEMA staff. on upcoming meeting times, locations and topics.

Here are some specific mobile apps from the American Red Cross to consider:

- First aid: Get instant access to information on handling the most common first aid emergencies.
- Pet first aid: Be prepared to help your friends with veterinary advice for everyday emergencies.
- Emergency: This all-inclusive app lets you monitor more than 35 different severe weather and emergency alerts.
- Earthquake: Receive notification when an earthquake occurs. You may also want to consider city alerts is to send a text message containing the non-Red Cross earthquake alert apps, like "I Felt zip code (94595 for Rossmoor) to 888777 to OPT-That" or "Quake Feed."
- The Red Cross has other apps that may be useful, including one that teaches preparedness to (Go to www.redcross.org/get-help/how-to-pre- announcements and instructions.

pare-for-emergencies/mobile-apps)

- The Red Cross Safe and Well website (safeandwell.communityos.org) lets you register your own "safe and well" status, or check on the status of family and friends who have registered. You can also call 1-866-GET-INFO to check on someone's status or register yourself and your family.
- The FEMA mobile app, available at www. fema.gov/mobile-app, lets you receive real-time alerts from the National Weather Service for up to five locations nationwide.

This app also helps you locate emergency shelters and disaster recovery centers where you can

Learn emergency safety tips for over 20 types of disasters, including fires, floods, hurricanes, snowstorms, tornadoes, volcanoes and more.

Sign up for Nixle

Nixle is a nationwide service that provides useful alerts from your local public safety departments. For Rossmoor specific alerts, go to Rossmoor.com, scroll to the bottom of the homepage and click "Nixle" in the alphabetical listing under "Quick Links."

Another way to sign up for Rossmoor or nearby IN for text-message alerts.

Listen to emergency broadcasts

Residents in Rossmoor should tune in to KCBS children ages 7 to 11. It's called Monster Guard. – 740 AM or 106.9 FM – for up to date emergency

Try text messages

Immediately following an emergency, it is highly likely that the phone lines and cell towers (if they are still standing) will be overloaded and you won't be able to call because "all circuits are busy."

However, text messages take up much less bandwidth than phone calls and also use a different transmission method, so there is a much better chance that text messages will get through when a phone call won't.

Mobile device backup

There are several options: A crank-operated radio or flashlight that includes a USB charging port can recharge your mobile devices; portable solar panels designed for camping that have USB charging ports; a cell phone car-charger (or a USB cable on newer cars), as long as your car is accessible and still running; and portable power banks can recharge your cell phone or mobile device a few times.

How to get into garages

How do you get into your garage when the power is out?

Here is a link to a video that shows how to get into a vault-type garage door (typical in Rossmoor) when the power is out: www.maddendoor.com/garage-door-help-videos.

Have a tech question or want to see an archive of previous Tech Tips columns? Go to the Computer Club website caccor.com, and click on the LINKS menu choice at the top-right of the page.

The Federal Emergency Management Agency (FEMA) It's Website, and the FEMA app

FEMA

https://www.fema.gov



The FEMA App is your personalized disaster resource.

https://www.ready.gov/fema-app

PLAN.

Learn how to prepare for common hazards quickly and easily. The FEMA App can help you learn basic preparedness strategies like how to create a family emergency communication plan, what to pack in your emergency kit, and what to do immediately after a disaster.

PROTECT.

Knowing when and how to protect yourself, your loved ones and your property during a disaster can make all the difference. With the FEMA App, you can receive real-time weather and emergency alerts from the National Weather Service for up to five locations nationwide. It can also help you find a nearby shelter if you need to evacuate to a safe space.

RECOVER.

The FEMA App gives you the tools you need to recover after a disaster. Find out if your location is eligible for FEMA assistance, find Disaster Recovery Center locations, and get answers to your most pressing questions. Instantly connect with FEMA's disaster resources so you find the help that you need when you need it most.

Some FEMA app Settings

The following is from a joint EPO and Computer Club Emergency Alerts Fair held June 11, 2022 You can view the full set of slides on: https://www.caccor.com/Emergency Alerts - AppsV7.pdf

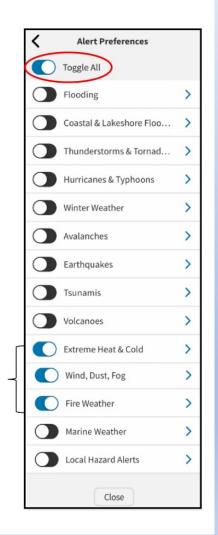
The **FEMA app** provides real-time weather and emergency alerts which may be tailored to your needs and geographic location. The app also offers a wealth of information about emergency preparedness and options for

assistance in the aftermath of a disaster. After installing the app: Select "Allow Notifications."

- Enter your name (optional).
- Enter your city or zip code, then tap your city's name to confirm.
- Tap Get Started.
- From the bottom menu, select Alerts Home Prepare



- Tap your city's name and then Alert Preferences.
 - There are numerous types of alerts you may select depending on your preferences. For Walnut Creek, we suggest choosing the 3 options, as designated by the blue "flip switches."
 - Tip: for ease of selection, first flip the Toggle All button to the left and then choose the Extreme Heat/Cold, Wind/Dust/Fog and Fire by flipping their switches to the right.
 - Note that each selection may be tapped to reveal a submenu of additional options.



A Few FEMA Emergency Preparedness Presentations from Past EPO Emergency Preparedness Fairs

MEDIA PRESENTATIONS (2018 and 2019)

- •Federal Emergency Management Agency (FEMA) <u>Tips</u> for Managing Water Harris Greenberg (2019 version w/2020 update) video
- •Financial Preparation and Recovery after a Disaster FEMA Emergency Financial First Aid Kit (EFFAK) Harris Greenberg video | PDF
- •Financial Preparation and Recovery after a Disaster FEMA Emergency Financial First Aid Kit (EFFAK) Checklist (PDF) Harris Greenberg

Presentation sponsored by the Third Walnut Creek Mutual (TWCM) Emergency Preparedness Committee

prepared by Harris R. Greenberg

FEMA Tips for Managing Water

The following web page explains the essentials of managing water: https://www.ready.gov/water

FEMA = Federal Emergency Management Agency

Water purification using Counter-top Water Pitcher filters (such as Brita or Pur)

- Most all reputable suppliers of counter-top pitcher water filters comply with National Sanitation Foundation (NSF) standards.
- This means that they are effective in removing a specific list of harmful chemical and mineral contaminants.
- Typical filter life is around 40 gallons of water
- However, typically none of these water filters are certified to remove biological contamination (bacteria and viruses).
- If you get a "boil water advisory" for your area, you should boil your water for one minute (and let it cool) even if you run it through a toprated filter system to improve the taste.

Water Filters Designed for Camping Trips

- Pump and ceramic filter with carbon core (Example: MSR MiniWorks EX Microfilter; around \$90 at Amazon or REI).
 - Small pore filter: 0.2 microns cartridge life around 525 gallons
 - Uses hand pump to provide pressure (85 stokes per liter)
 - Effective against: protozoa, bacteria, chemicals/toxins, and particulates
 - Not effective against viruses
- Membrane microfilter (Example: LifeStraw; around \$35 to \$60 at Amazon or REI).
 - Small pore size: 0.2 microns cartridge life around 26 gallons
 - Effective against: bacteria, parasites, microplastics, dirt, sand and cloudiness
 - Activated carbon filter protects against chlorine, organic chemical matter, and removes odors
 - Not effective against viruses

Presentation sponsored by the Third Walnut Creek Mutual (TWCM) Emergency Preparedness Committee

prepared by Harris R. Greenberg

Starting Early: Financial Preparation for Disasters and Emergencies

The following FEMA web page explains the essentials of financial preparedness: https://www.ready.gov/financial-preparedness

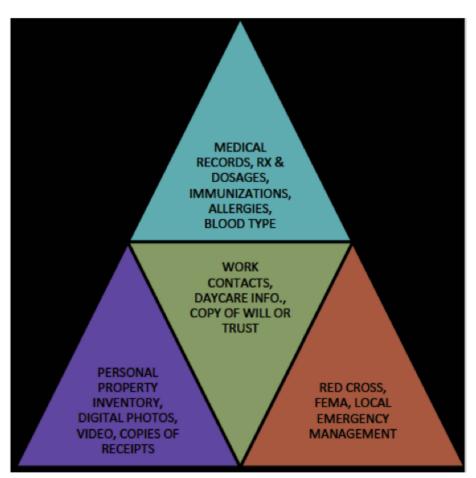


= Federal Emergency Management Agency

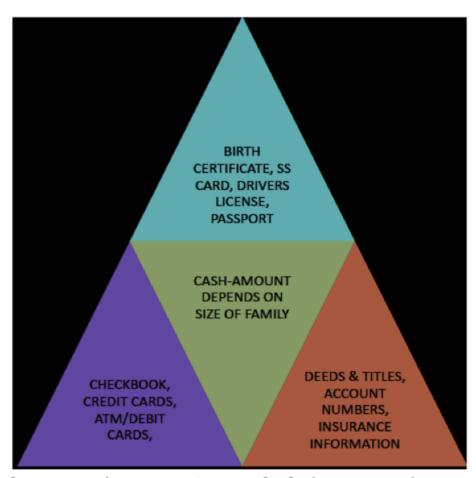


= nonprofit organization HOPE Coalition for America

Categories of Information Covered in the FEMA Checklists

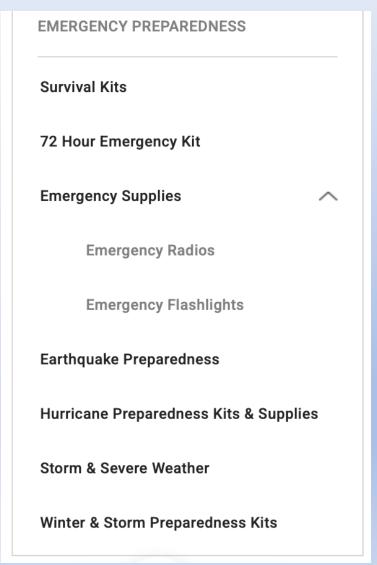


Info for insurance and assistance from aid organizations



Items for immediate use & proof of identity and ownership

The American Red Cross Website, and Emergency Preparedness Supply Store



Red Cross Bay Area

https://www.redcross.org/local/california/ northern-california-coastal/aboutus/locations/bay-area.html

Red Cross Emergency Supply Store:

https://www.redcross.org/store/emergency-preparedness

Download for free at the Apple, Amazon and Google stores

https://www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html



FIRST AID

Features:

- Easy to use Spanish language switch translation directly inside the app.
- Simple step-by-step instructions guide you through everyday first aid scenarios.
- Fully integrated with 9-1-1 so you can call EMS from the app at any time.
- Preloaded content means you have instant access to all safety information at anytime, even without reception or an Internet connection.
- App user and lifesaving award stories
- Quick, intuitive access to first aid information and videos via a search bar which is Siri/Bixby enabled
- Interactive functionality, such as Hospital finder to find an emergency center near you and Metronome for practicing CPR
- Interactive quizzes allow you to earn badges that you can share with your friends and show off your lifesaving knowledge
- Immediate, anywhere access so individuals can view their digital certificate, (if they took a blended learning course on the Red Cross Learning Center), sign up and view upcoming classes, and receive reminders to recertify.

Download for free at the Apple, Amazon and Google stores

https://www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html





Features:

- Respond to pet emergencies with "how to" videos for the common and stressful emergency situations inclusive of size specific CPR techniques.
- Learn first aid steps for over 25 common pet situations through a combination of text, video and images, in addition to identifying common toxic substances.
- Locate your nearest emergency vet hospital or pet-friendly hotels.
- Customize multiple pet profiles and set veterinary appointments.
- Interactive quizzes allow you to earn badges that you can share with your friends along with a picture
 of your pet.
- Programmable veterinary contact number to be available when needed throughout the app.
- Simple step-by-step instructions guide you through everyday emergencies in the palm of your hand.
- Early warning sign checker for preventive care.
- Prepare and protect your pet's health with advice on administering medication, time to say goodbye, behavioral help and how to act in a disaster situation.
- Convenient toggle between cat and dog content.

Download for free at the Apple, Amazon and Google stores

https://www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html



EMERGENCY

EMERGENCY FEATURES

EMERGENCY ALERTS

- NOAA weather alerts signal severe weather
- Get tornado warnings, storm alerts, flood alerts and more
- Customize alerts and notifications to your needs

NATURAL HAZARD MONITORING

- · Stay safe during severe weather and natural hazards impacting your location
- · Hurricanes, floods, tornadoes, and more Emergency has you covered
- Monitor severe weather seamlessly and stay up to date with real-time alerts

LIVE STORM TRACKING

- · Emergency tracks storms and severe weather at every moment
- Doppler radar keeps you up to date on storm and weather changes

MORE THAN JUST A WEATHER TRACKER

- Find open Red Cross shelters with our interactive map
- · Step-by-step guides help you prepare
- · Create personalized plans for wildfires, tornadoes, hurricanes, floods, and earthquakes
- · Our free weather app works with your phone's accessibility features for a customized experience
- · Emergency is available in both English and Spanish

Download for free at the Apple, Amazon and Google stores

https://www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html



CHILD CARE

Elevate your child care game! Discover engaging lessons, interactive quizzes & more with the American Red Cross Child Care app.

The American Red Cross Child Care app empowers caregivers with essential knowledge and confidence to take on most child care challenges. This app serves as a vital tool for anyone involved in caring for children. Combining the latest scientific guidelines and practical applications, the Child Care app offers detailed information on handling various caregiving situations, from routine tasks to emergency first aid. This includes fundamental child care practices such as dressing toddlers, bottle and spoon feeding, and safely picking up and holding infants and children.

Specific features include engaging quizzes offering immediate feedback, interactive lessons covering a variety of topics, such as giving care in first aid situations, and common practices like changing a diaper. Caregivers can also create profiles for each child in their care to help track birthdates, allergies, medications, and other important information.

The Child Care app provides valuable insights into everyday child care practices including maintaining a safe and healthy environment, managing common childhood illnesses, understanding developmental milestones, and offering first aid tips.

Designed with babysitters in mind, the app features a user-friendly interface and accessible content, suitable for both new and experienced child care individuals. Best of all, the app is completely free, making it accessible to everyone.

Access the most comprehensive and up-to-date child care information available. Download the American Red Cross Child Care app now to promote a safe, healthy, and happy environment for infants and children.

The U.C. Berkeley Website, and the MyShake app https://myshake.berkeley.edu



MyShake is a comprehensive and free earthquake app offering these features:

Earthquake Early Warnings

Receive timely, potentially life-saving early warning alerts in California, Oregon and Washington. MyShake uses the USGS ShakeAlertTM system to deliver alerts for earthquakes of magnitude 4.5 (or greater) several seconds before shaking arrives.

Earthquake Safety

View safety tips for earthquake preparedness such as securing hazardous or moveable items and creating a disaster plan. Know what to do during an earthquake and learn more about Drop, Cover and Hold On!

Earthquake Map and Details

View and explore a map of earthquakes around the world and get detailed information such as earthquake magnitude, location and depth. Share your own experience of an earthquake and see community reports of shaking and damage.

Earthquake Notifications

Stay informed of earthquakes as they occur by receiving notifications on your phone. Select your regions of interest and the earthquake magnitude. You'll never miss out on any earthquake greater than magnitude 3.5!

Smartphone-Based Global Seismic Network

Participate in a smartphone-based global seismic network. In this research project, your phone becomes a mini-seismometer and contributes to the detection of earthquakes wherever you are. This global citizen-science based seismic network has the potential to provide early warning earthquake alerts in every region of the world, even in the absence of traditional seismic networks!

Portable Power Banks and Chargers for Your Smart Phones

On KRON4 News Rich DeMuro has a regular segment call "Rich on Tech", and a recent episode covered portable power banks and chargers for your smart phones.

Here is a link to a 2 ½ minute video segment: https://youtu.be/X7UScnYM2Tc

Portable solar panels that can charge your devices:

- Smaller options that produce around 20 to 40 Watts of power with USB connections to charge an external battery pack and/or cell phones and tablets price ranges from around 30 to 60 dollars.
- Larger options (typically available for camping) that produce 100 to 400 Watts of power for use charging 12 V batteries, and providing power to RV's. A 200 Watt portable (around 15 pounds) "Waterproof solar suitcase" can charge a 12 V batter in around 6 hours to provide 1,000 W-h of power.

Portable Solar Panels That Can Charge Your Devices

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Links to Review Articles of Portable Solar Panels That Can Charge Your Devices

Link to Amazon showing a range of portable solar panels:

https://www.amazon.com/s?k=portable+solar+panels+for+charging +mobile+devices

Review articles on selecting the best portable solar chargers:

https://www.cnn.com/cnn-underscored/reviews/best-portable-solar-chargers

https://www.outdoorgearlab.com/topics/camping-and-hiking/best-solar-charger

https://www.popsci.com/gear/best-portable-solar-panels/

Questions, Comments, or Suggestions?

If you have any questions, comments or suggestions on the presentation, or If I didn't respond to any questions you put in the CHAT, please use the following link to submit them to the Computer Club. You can also submit them to my Club email address:

harrisccor@gmail.com

CLICK THE BUTTON TO SEND QUESTIONS, COMMENTS, OR SUGGESTIONS

Contact Us