

## CERT Meeting Notes    December 19, 2022

The meeting was called to order at about 7:30 pm

Attendees were:

Melissa Barringer

Karen Scheurerer

Rachel Bush

Tim Jenkins

Jimmie Tarlau

Dr. Linda Green

Melissa opened the meeting by requesting that Rachel introduce our Zoom guest, Margaret Probst, the Stroke Smart Coordinator for the Northern Virginia EMS Council

Margaret provided an energetic review of how to identify a stroke and what to do when in the presence of someone who is having one. Here is a brief summary of her talking points:

1. Signs of stroke are not obvious. All strokes are different. Look for the **SUDDEN ONSET of any ONE of these:** drooping eyes, mouth or cheeks; slurred or unintelligible speech, loss of balance, dizziness, body weakness.
2. Time is of the essence. Call 911 immediately. Millions of brain cells are lost every minute. For a variety of reasons, don't drive yourself or have a nearby person drive you to the hospital. Call 911!
3. Tell others about how to identify a stroke and the importance of calling 911 without delay.

One in six people will have a stroke during their lifetime; over age sixty, it's one in three. Stroke is the number one cause of disability in the U.S., most **permanent brain damage** can be avoided **by getting help right away** by calling 911.

In other action:

Rachel announced an all-day training in how to deal with an Active Shooter event, to be held Saturday, January; pre-registration required, details to follow.

Jimmie is following up with City Manager Kamali in furtherance of MRCert efforts to be an asset to the City in the event of a disaster or catastrophe.

CERT officers are gathering January 9 and 10 to put together a proposed agenda for our group for the next year.

Karen has prepared the talking points for a CERT presentation to an upcoming City Council meeting, at which we will present our vision of CERT's role in the community and request assistance for our outreach efforts.

We discussed again making a change in our meeting location. Joe's Movement is ruled out because of cost. The Nature Center, at the North end of 30<sup>th</sup> St. remains a possibility, as does the Fire House on Rte. 1. A church is also a possibility. Storage of our stuff remains a problem. It may be that the Community Room at the Police Station is our best option.

Tim offered to distribute Naroxon packets to CERT members.

Our next meeting will be January 23 at the Police Station Community Room at 7:30 pm.

Meeting adjourned about 8:45 pm.

