

**Emergency Preparedness Committee  
Bel Air Ridge Clubhouse - 2760 Claray  
Wednesday, November 9, 2016 7 pm**

**Draft Minutes**

- 1. Call to order:** EP Chair, Chuck Maginnis, called the meeting to order at 7:06 pm.
- 2. Roll call & introduction of attendees:**

**Present**

Maureen Smith  
Michael Schlenker  
Hildreth Simmons  
Chuck Maginnis  
Dennis Koci  
Cathy Palmer

**Affiliation/Title**

Bel Air Resident, BABCNC, CERT  
Bel Air Crest Resident, EP Chair, Ham & CERT  
Residents of Beverly Glen Secretary & EP Committee  
Bel Air Resident, BABCNC EP Chair, CERT  
MountainGate, BP Security, Ham  
BABCNC Administrator & Minutes taker

**Special Guest Speakers:**

Sonia Berman, City Life CPR  
Clarence Martin, Stabilize CPR

- 3. Approval of July 20, 2016 minutes:** Maureen moved; Michael 2nd; approved.
- 4. CPR Presentation, Q&A -** Sonia Berman, Founder, Save a Life CPR of Bev Hills & Clarence Martin, former Beverly Hills Fire Chief

Sonia Berman of “Save a Life CPR of Beverly Hills” introduced herself, relating that she has worked with the City of Beverly Hills and has been doing this for 30 years. She has had her “Save a Life CPR of Beverly Hills” business for eight years. She has a background as a school administrator; had landed at the Beverly Hills Fire Department as a civilian, where she did Beverly Hills CPR and CERT programs for 10 years until the budget crunch. Sonia noted that “the life you save may be someone you love.”

Clarence Martin of “Stabilize CPR” has worked 27 years for the City Beverly Hills Fire Department; in paramedics, and has been teaching CPR for 35 years. Clarence started a CPR program to make the City of Beverly Hills a safe place to live. He has continued in this work after the budget cuts and since retiring, noting that “your hands can save people.”

Sonia and Clarence noted that this is a passion for them. They shared information from their promotional presentation with points including but not limited to the following: The Red Cross piggy backs on the American Heart Association; they started with the 2015 guidelines. Heart disease is the No. 1 cause of death in the world. Early recognition and CPR are crucial for survival from cardiac arrest. Impact Goals to be established by 2020 to establish effectiveness of CPR to increase survival of heart attacks in hospitals from 19 to 38% and out of hospital 7.9%.

Below, Clarence Martin presents details of CPR as Sonia Berman assists.



Sonia related that heart attack occurs because of blockage in a blood vessel. With men usually the larger vessel, with the standard symptoms. With women, it's different: Normally in a smaller artery with different symptoms without the crushing pain; for women, mainly in the abdominal area, back; may feel like indigestion; shortness of breath. Currently, ER doctors are more aware of the differences between men and women having heart attacks. For years, women were sent home to take aspirin or Pepcid. There is denial. If you have symptoms of heart attack, get to the ER. A heart attack can escalate to cardiac arrest. Severity of the attack and longevity of the attack are factors. If you've treated yourself for indigestion with a TUMs or the like, and it goes away quickly, it's indigestion; but if you treat yourself and it doesn't go away, it could be a heart attack. If you suspect you're having a heart attack, 2 baby aspirin chewed or 1 adult aspirin chewed because it thins the blood and allows blood to travel through. If the heart stops functioning normally; ventricular fibrillation, no heart beat and no respirations, you're in cardiac arrest. Heart attack is a clot problem; cardiac arrest is a rhythm problem.

They teach and promote Automatic External Defibrillators (AED). A corrective action versus CPR, which is a holding action which keeps the person viable until the paramedic gets there. The cardiac muscle is self-activating but when out of whack, there is no coordination. Exercise studios have to have them and trainers have to be trained in their use. Other businesses have them but are not required to.

Discussing cardiac arrest, they noted that the first thing do is hands on chest to do CPR; then if possible, put an AED on to reverse what was going on – but only in cardiac arrest. Pushing on the chest squeezes blood to go to the brain, keeping the person viable. Hit it with an AED, it could possibly take the heart and wake it up. If it doesn't, keep pumping. If waiting for

defibrillator, keep pumping. “Get your hands on somebody’s chest.”

Sonia related that they have multiple levels of courses: “Family & Friends’ CPR.” It’s not a certified class, easy class, hands only, for \$25.00. (No practice with an AED.) Next level up: “Heartsaver First Aid / AED” You have to take a test and get a card with a certification good for two years, more in depth; how to use breathing with a mask. Next level up: “Heartsaver Adult CPR AED.” This involves teaching how to breathe. Infant, child CPR. Prices vary depending on the level of training and number of students. “BSL” (Basic Life Support): For paramedics, nurses, more depth; both written and practical test for two-year certification. “ACLS & PALS” is the advanced and pediatric life support class.

Governor Jerry Brown signed AB 1719, to teach CPR in schools, into law on September 24. The new law makes California the 35<sup>th</sup> state to provide providing CPR training in high schools along with Washington DC.

From back left to right Cathy takes minutes while Maureen reaches for Sonia’s card. Below left, Michael, Hildreth and Dennis note CPR particulars.



In a disaster, as to CPR and Triage, asked is CPR never allowed at an MCI (mass casualty incident)? They replied that “in a disaster, we do not do CPR.” If there is a mass casualty or disaster of any kind, do not do CPR; do the most good for the most people. Spending time doing

compressions when you can stop someone bleeding, is not what you do. Clarence related that if you call the Fire Department, they'll take care of the problem. If there is a mass casualty or disaster, you can't handle everything that's there. You got to go into triage, to sort.

Chuck asked about cost, beyond basic level, for certifications: \$70 to \$100. Sonia noted that the costs for materials went up in 2016. Clarence and Sonia related that the AHA standards are one instructor to six students. American Red Cross's standards are one instructor to 10. Sonia's own classes have one instructor to three people.

Dennis asked if a patient vomits on you while giving CPR, Sonia responded "don't over ventilate; avoid over-inflating and use a mask." Clarence related that doing compressions is not sufficient ventilation. It's a two-part thing. If you don't want to do mouth to mouth, just do compressions.

#### **5. HAM Communications** Michael Schlenker, Communications Committee Chair

Michael gave update noting that usually Saturday mornings at 8:30 they do a radio check; they have 2-5 check-ins every weekend. On October 15<sup>th</sup> they had their first intercommunity radio drill with Bel Air Ridge, Bel Air Crest, Bel Air Glen, MountainGate & Bel Air Park in a simulated drill, which started with a text message. It was an hour-long drill, simulated information out to the communities and reports back in from the community. They had good participation. Dennis noted that you really get into what you're going to do with that radio; how you will add and contribute value to the group. They are still meeting once a month; every other month for a training session. They'll do another ham radio license class in January.

#### **6. Survey Monkey EP Discussion** Chuck Maginnis, BABCNC EP Chair

Chuck related that he visited MountainGate, saw their supply rooms, and has a copy of their contact list. Chuck prepared a questionnaire regarding emergency preparedness for review and comments; for the other HOAs in our NC. Discussion was held about the survey, including that it needs to be broadened, to give people something to think about. Michael noted that they have changed terminology from emergency preparedness to emergency management. Maureen recommended having an open house outreach event; a meet and greet. Mike noted that attendance has fallen off and he would like to get more interest and outreach. Hildreth suggested that this be integrated with the sustainability things. Michael noted that the Neighborhood Council Sustainability Alliance has come together with the Emergency Preparedness Alliance; suggested doing a NC & Sustainability fair with Tree People; to bring together rain barrels, compost, FD. Michael noted that CMs Krekorian and Ryu did an East Valley EP summit event at the college on October 26<sup>th</sup> with 100-150 people with similar presentations as ours. Representatives of CERT, PD and FD and other departments were there; it was successful with food.

#### **7. Adjourn:** Meeting adjourned at 8:50 pm.