



**Weston Emergency Reserve Corps
WERC**

Meeting Minutes

**Thursday, August 8th, 2019
12:30 – 2:00 PM**

Weston Town Hall – Lower Meeting Room

Attendance: Sandra Ashley, Laura Azzam, Jane Brown, Wendy Diotalevi, Julie Hyde, David Kominz, Stephanie Lynch, Paul Martin (sec), Barbara Meisner (vice chair), Rudy Ruggles (chair), Marilyn Savage.

Call to Order and quorum call: 12:35pm

1. Approval of Minutes - [May 9th.] – Rudy asked if minutes of the May 9th meeting were reviewed by the EC members. Rudy’s motion to approve was seconded by unanimous voice.
2. Rudy requested an update on the trainings people took since last meeting.
 - a. Rudy described the Stop-the-Bleed (STB) training event at the Weston Police Station on June 11 given by Liisa Jackson. Several of our group attended. Jane also described the STB sessions she had attended, once at Newton-Wellesley and again at Sudbury Police Station. We discussed the types of props used - dummies, simulated limbs and closed-cell foam tubes - and their relative realism and training benefit. All served the purpose of getting people familiar with the basic steps of applying a tourniquet, creating a tourniquet from available things like belts etc and using readily available materials and towels to apply to wounds or plug holes and the necessary pressure to provide a quick Stop-The-Bleed. There is no real way to measure how tight a tourniquet or applied pressure needs to be but visual clue is that the bleeding must be stopped and any pain and discomfort of the tourniquet must be ignored. Something to “wind” the tourniquet tight, such as a strong thin bar or rod is an important accessory for the task. Wendy emphasized that doing this IS a task and needs to be made tight to ensure cutting off the blood circulation. Rudy asked the group what else we learned and what might we do differently when offering the STB training again. Wendy noted that Rich DeVito (Rotary and Scouts) thanked WERC for doing this and had recommended the session to people. Richard would also like to partner with us if we do table-top or functional exercises in the future and suggested that the Scout’s kids could possibly help with jobs at the Flu Clinic and see how things are done. Rudy noted that use of time for the class is an important factor as there is a lot of information to process and multiple tasks to conduct in such a situation including securing the scene, calling 911, moving injured out of further harm’s way, moving non-injured out of harm’s way. Rudy noted that when doing this training again that we should plan the time to cover the full agenda well.

- b. Barbara noted that CPR Training is also a highly necessary training and that it cannot be done often enough. There was discussion about the great CPR class given by the Fire Department and that further training on CPR should be done several times a year. Jane noted that the STB website has the full presentation available.
 - c. Paul attended Psychological First Aid (PFA) Training. Paul described the one he attended given by Lisa Kaufman in Brockton on June 21. Paul described the session and the general concepts of OASIS – Observe, Approach, Stabilize, Interact, Support. Wendy offered to scan the materials into our training repository. There was discussion on various stressful circumstances and affected parties. Mary Shaw had emailed Rudy prior to the meeting to say that she thought “it is a good resource for lay people and professionals.”
 - d. Rudy commented on efforts to determine if Weston CoA could provide resources for general psychological support for needs that might arise in town from current resources and noted that Mary checked materials for suitable training. Rudy noted that CoA has no available resource to attend the World Laughter Tour training and that Mary wasn’t going to attend either. In response to a question Rudy outlined the origins of the idea for PFA as stemming from researching and approaching in town organizations and agencies with which we could partner for the mutual benefit of being able to offer PFA assistance in town should the need arise. Stephanie commented that there are several constituencies in town, school aged children (for whom there are some councilors), the elderly (for whom the CoA has two part time M/H resources but then there is the large group in the middle. Rudy noted that it would be most helpful to have information on who in town might be able to help in the event of a Mental Health / Behavioral Health issue. When we do our various practice activities such as setting up a shelter we have no idea who in town might be available to volunteer to offer MH/BH professional level support. There was some discussion on outreach and possible effort to get such resources to self-identify to the BoH or WERC. Wendy noted that Weston and Wellesley police chiefs have been discussing with Riverside to provide clinician space in both towns. Given the overall interest in the topic, PFA/Behavioral Health will be the focus of the WERC Annual Dinner.
3. There was a good discussion on both the need for WERC to know who might be able to offer professional skills on a voluntary basis under any emergency scenario, the difficulty of gathering such data, keeping it current, having MoU’s with such volunteers and all under the requirement that such folks are also vetted. The discussion extended into ideas for an outreach program and a possible mechanism to quickly alert appropriate “volunteers” for any given emergency scenario via text in order to get timely support.
Action Item: For month of September. Put out call for “people with mental health training” to please make themselves known to the Board of Health etc.
 4. Rudy offered an idea that the double requirement to grow our resource base and membership and also deepen our specialty support resource knowledge might be achieved through inviting individual from different skill sets to an information session done in such a way that each specialty is focused on as being highly relevant to our agenda.



Could we do this in September? Should we do Training event for Lay People and other is a Join the MRC recruiting event. These would be two separate events. What do we do / can we do in September as our NPM activity to prep for such events in October as well as additional STB training. Perhaps we could use the dinner in November to do one or other of these topics. There was lively discussion on ideas on our experience and things learned from prior “emergency” or challenging events in town where people experienced difficulties. Wendy noted that many people who are vulnerable are reluctant to make their need known.

5. Rudy asked about possible dates for the flu clinic. Wendy noted that early October is the norm but this year, for the whole country, may be a month later. There was discussion on possible events in October given multiple items – FD Open House – October 12th. Flu Clinic – after the 20th. There was discussion on the timing of availability of the vaccine, whether it would be supplied by the state or otherwise, how it would be administered and to whom and at what costs etc.

6. Paul asked if we had ever held a poster session the idea being that if we have posters that can be deployed in multiple locations and settings we can promote WERC and have wide distribution of information on WERC at events such as at the Flu Clinic, Barbara mentioned the clearing house as possible source for poster material.

Action Item: Help design some posters – Paul.

Action Item: Find out about fabric poster printing costs for more convenient handling. Paul

Action Item: Check the state clearinghouse for poster materials. Barbara

7. Summary of possible events. Rudy summarized the possible activities with a view to identifying what would be practical and achievable in the time window available without making October totally crazy given flu clinic and the Pumpkin Fest. In November we have the dinner, maybe focus on behavioral health as theme/topic, Town street banner is set for 1st week September (currently resting in Wendy’s basement). In September we may also have a display at the library (Karl used to do this but has sent in his official resignation from WERC), we typically have had articles appear in Town Crier, Westword. Rudy will also look to see what the official Preparedness Month themes are from Ready.gov. Last year they had not very exciting topics. Rudy asked for ideas for things to do, say, show.

Action Item: Barbara will take over Karl’s NPM bag for a library display. Will coordinate with Wendy for materials.

Action Item: Stephanie will check on what pamphlets of interest might be available on Ready.gov

8. Julie offered an update on the Municipal Vulnerability Program. She attended a Weston Sustainability Committee meeting. This grant program starts with a climate vulnerability assessment. Then can apply for a grant to address those issues. Last year, Julie and Rudy met with Town Hall people, Fire, Police, Public Works and told them about it but the push back was for someone to run it. That concern has been addresses now since Leon Gaumont, the Town Manager, is very interested in it. The Sustainability Committee took it on and have Leon as the head of the initiative for now. First step is a core team meeting September 11 and will have CoA, BoH, Schools, Police, Fire, Parks and Rec, Public Works with the goal to introduce the MVP program and process and gather a baseline from these groups on



what, if anything, has been done in this arena to date as part of preparation for a workshop to be held in October. The Board of Health will be a part of the October workshop. There may be something we can do in September to raise awareness of what is underway. Wendy noted that with the awareness of the preparedness groups, particularly of the WERC, by the Chief that we should renew efforts around LEPC. Rudy asked who he should contact to ensure that our interests and presence are known. Julie noted that Katerina and the Sustainability Committee are the best place to start.

Action Item: Rudy will get in touch with Katerina and ask her.

9. Discussion on possible information for inclusion in Westword. There was a time when it was required that there be a direct school affiliation for something to be included but that may no longer be the case.
Action Item: Marilyn will check with the PTO folks as to what we can do and submit a sample of what we might want to put in a preparedness month weekly piece.
10. Town communications are another forum and Kara does a fantastic job of making sure everything gets done and gets done correctly.
Action item: Rudy will do an initial email to Kara to announce/request inclusion of an information piece.
11. Rudy asked Paul about the GC meeting. Paul could not make that meeting but commented on the progress on the combined website which he has been following. Paul suggested that we might find new interest also through the concept of a WERC'n Wagon – a little gift basket of preparedness information and resources for new residents to Weston. It was suggested that perhaps we could do this also through the realtors in town.
12. Rudy asked Sandy for an update on the branding logo work being done by Anne Ashley. Wendy got printouts of eleven logo workups that Anne has done for folks to consider and decide on at a future date.
13. Next Meeting Thursday, September 12th, 2019, 12:30pm to 2:00pm
Weston Town Hall, Lower Conference Room
Other Calendar item Week of Sept. 8th is goal for WERC town banner display
14. Meeting Adjourned at 2:15pm