

What Has CERT Been Up To?

Recently, we have been experiencing a different way of life. We are expected to stay home, avoid our contact with friends and loved ones in order to keep everyone safe. It has been a hard change for most of us to get used to. There is a lot of fear and stress that has been created by the Covid-19 pandemic. None of us were expecting everything that came along with the virus, and it seemed to all happen so quickly.

However, this newsletter is here to hopefully brighten your day, and give you the chance to read about what some of your fellow CERT Members are doing during this time, and how they are adjusting to this new “normal”.



Continue on to read stories from Brianna Johnson, Valerie Marmolejo, Sue Hawkins, Wendy Huber, Maria Burdette, Dana Guinn, and Bill Hagen to see what they have been doing with the extra time they have! Also included is the results from the recent communication drill sent at the end of March, and a Bingo card activity.

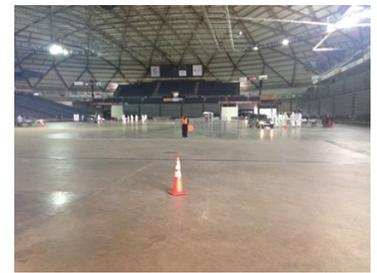
**Wendy Huber— CERT 35
and
Sue Hawkins— CERT 36**



Wendy and Sue both volunteered at the Tacoma Dome Covid-19 testing site to help flag and guide vehicles through the facility.



The Tacoma– Pierce County Health Department held a drive-thru testing site where health care workers, first responders, and people who work in “critical infrastructure” would be eligible for Covid-19 tests.



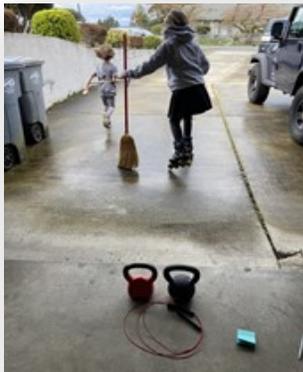
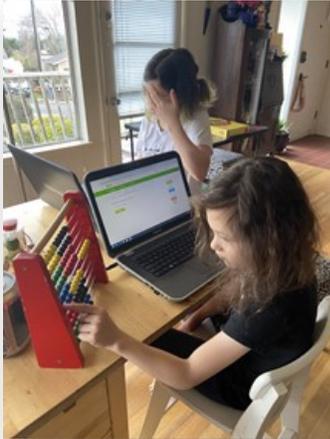
**Brianna Johnson
CERT 38**

“This pandemic got me feeling some type of way. The feeling of emptiness, the feeling of having a job ripped away. Millions of people in the world feeling those same things. I know, I know, it really drags you down. Americans needs to rise up, fight this virus, bring our country back together! America did before, let's do it again! Every country needs to rise up, and fight this! Stay strong friends, and family! Let's all walk this path together, let's prevail through the odds! The beauty in every day, in every country is still there, we just need to let it shine on through the down pour, the hard times, the sorrow! During these times of uncertainty, check on your neighbors, check on your family, check on your friends, we're all in this trial together. How we act, makes all the difference! Latch onto your anchor, and let's battle this storm!



(Attached are 2 photos 📷 that prompted my reason for writing this, Australia the cool gigantic tree, and Washington the beauty of the water. I've seen so many people via social media struggling, and it just felt right)”

Valerie Marmolejo
CERT 34



Hello, hello you fabulous folks!!

Hope you are all doing well in these unprecedented times.

While there is crazy, I have seen a lot of positive in what has currently been going on.

1. For one that traveled Mon through Fri, I love staying home!
2. I enjoying teaching my kids. Nice to see how much they really know and how much our teachers DO! I'm impressed with teachers learning virtual training quickly and how much the kids love to keep up interaction with their class.
3. More slowly down, family reconnection, books, games, puzzles, so great!
4. I find great stress relief at the gym. Rachel knows this!! University Place CrossFit has been phenomenal. Zoom workouts, Zoom Friday night happy hour with trivia, the even did a Zoom Emergency preparedness session. Great outreach for physical and mental health!
5. Nate Hart our TL also reached out to the team. We had several people respond. I have also checked on other CERT members to see how they are doing. Nice to know the connection is still there!



Bill Hagen
CERT 45

Bill has volunteered in his neighborhood to do yard work for the older residents.

He has also been taking his neighbors large garbage cans to the curb, since her husband passed away.

He has also been taking walks with his wife after work, and has been reading "*Disaster Ready People for a Disaster Ready America*".

Maria Burdette

CERT 37

“I worked at the Methodist church , for The Nourish program , in the box packing department ,on 3-23-20 , from 12-6pm . Total of 6 hours. There were two of us and we barley had 5 mins to have a drink of water during that time . It was fast paced and from what I was told ,they served 120 plus families and ended up needing to turn people away because they were closing for the day. Volunteers were tired!!!

I'm not sure if there were any others CERT members present . Most were older people that worked . What really was needed was good strong backs of the younger age. They could have unloaded the heavy boxes that were coming from a shipment just as we closed the day.”

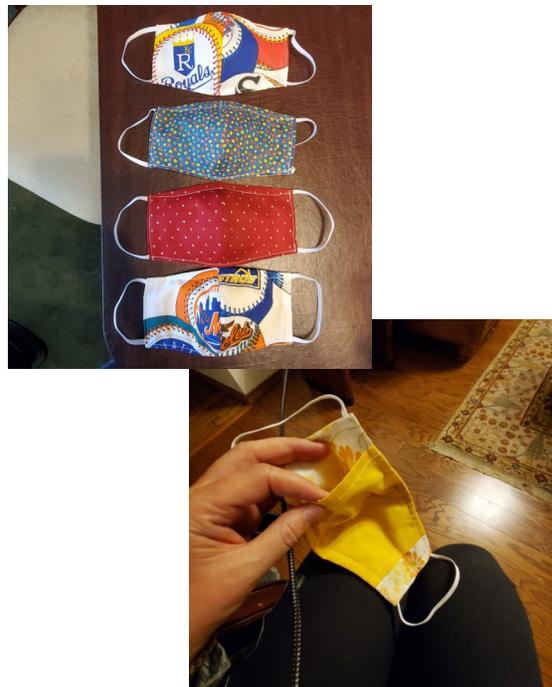


Dana Guinn

CERT 36

Dana Guinn has been making face masks at home. She is sewing them for the Airplane Medical Team on San Juan Island.

She has been staying home and keeping busy, by working on some long overdue chores around the house.



Serena Rotondo

CERT 44

Hi CERT Volunteers! I miss being able to see all of you, and although this has been a challenging time, I love seeing all of the stories about the great things you are all doing during this time! Rachel and I have been working to find activities that can still bring us together, and give us something fun to do while still practicing our preparedness skills.

I hope you are all doing well, and staying safe and healthy!



Team Leader Communication Results

At the end of March, Team Leaders sent out a communication to their team via email to their team members to check in and see how everyone was doing. As a CERT family, we want to check in on each other to make sure that everyone is getting through this change together, and that no one has any pressing needs.

The general consensus was that everyone is doing okay, but most of you were wondering how you could help!

We plan on continuing to have Team Leaders reach out to CERT members in communication drills twice a month until the pandemic passes to be sure that everyone is doing well, and to see if anyone needs help.

It is crucial that you respond to your team leader when they send out the email, even if you are doing well so that we can keep track of everyone, and know that you are safe and healthy!

Thank you for participating in these drills! Below is the percentage of CERT members who responded from each team.

| Team | Percentage Responded |
|---------------|----------------------|
| West Lakewood | 55% |
| East Lakewood | 40% |
| UP North | 43% |

WP CERT Social Distancing Bingo!

| | | | | |
|---|---|--|---|--|
| Learned a new skill | Checked on a neighbor | Reviewed CERT material | Cleaned as a result of Boredom | Emailed back your Team Leader (If you are a team leader- If you emailed your team to check in) |
| Facetimed or called a family member or friend | Used something from your preparedness kit | Tried a new recipe | Put on something other than pajamas | Posted something positive on social media |
| Added something to your preparedness kit | Read a book | FREE | Got some fresh air | Ordered food/ grocery delivery |
| Go phone free for 2 hours | Did an act of kindness for someone | Checked your temperature | Found a different volunteer opportunity | Had plans canceled because of the virus |
| Consistently wash your hands for at least 20 seconds each time! | Disinfected surfaces | Stayed home, especially when you felt sick | Practiced your emergency family plan | Coughed or sneezed in your elbow |

WE RECENTLY SENT OUT THIS BINGO CARD ACTIVITY THROUGH EMAIL COMMUNICATION.

PLEASE SUBMIT YOUR BINGO CARD ONCE YOU HAVE COMPLETED 2 BINGOS BY APRIL 18TH TO BE ENTERED TO WIN A PREPAREDNESS PRIZE!