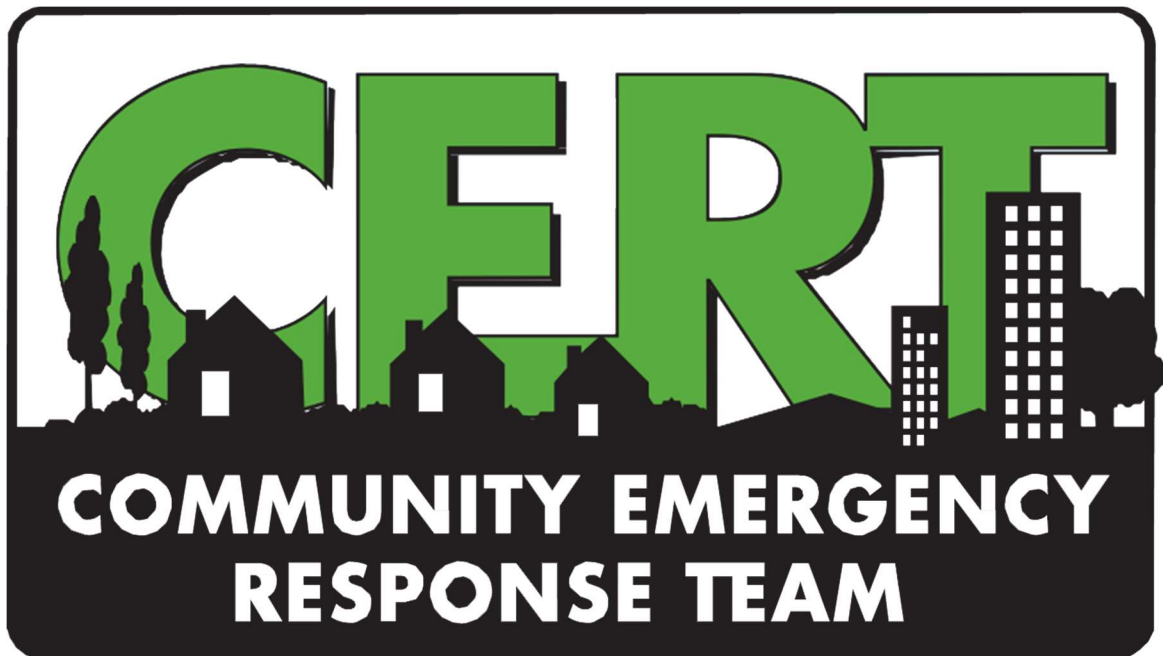


CERT Member Monthly Newsletter - October 2024



You are receiving this email because you are a member of the West Tennessee CERT Team, To unsubscribe, hit reply and type STOP and I will personally delete you from the list.

Thank you, and I look forward to your feedback on this month's newsletter.

[See the Newsletter Archive](#)

Upcoming CERT Training

CERT Winter Storms

- Mon, October 28, 6:30pm – 9:00pm
- Atoka City Hall, 334 Atoka-Munford Rd, Atoka, TN 38004

The most up-to-date information is located on the CERT program calendar. You can subscribe to this calendar and get alerts on your phone. Click the link below for more details.

[CERT Calendar](#)

What does CERT do?

CERT (Community Emergency Response Team) is a program that educates volunteers about disaster preparedness for the hazards that may impact their area. It also provides training in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations.

Key Talking Points About CERT:

1. Disaster Preparedness - CERT members learn how to prepare for potential disasters specific to their communities, ensuring they can protect themselves and help others during emergencies.
2. Support to First Responders - CERT volunteers can support local emergency services by providing immediate assistance to victims and managing hazards in their neighborhoods when professional responders are delayed.
3. Increased Community Resilience - By having trained volunteers spread throughout a community, CERT helps create a more resilient population capable of responding to a variety of emergencies before, during, and after the arrival of professional first responders.
4. Basic Response Skills - Volunteers learn skills such as first aid, fire suppression, and search and rescue, enabling them to assist in times of crisis and reduce the demand on professional emergency responders.
5. Community Involvement and Engagement - CERT promotes community cooperation and engagement, fostering a spirit of volunteerism. It brings people together and builds stronger, more connected neighborhoods that are better equipped to handle emergencies.
6. Leadership and Coordination - CERT provides a structure that allows for organized disaster response efforts, enabling community members to take on leadership roles and manage small groups of volunteers during times of need.

In summary, the CERT program helps communities become more self-reliant during disasters and emergencies, allowing residents to help themselves and others until professional help arrives. It's about taking care of each other!

FREE Crisis Response Care Training

Disaster Response Deployment Preparation

What do you need to know to respond to a disaster? Disasters are complicated settings that require a lot of coordination and cooperation. Many agencies respond – some are specifically invited and some spontaneously arrive. Disaster responders are usually highly trained and skilled in disaster response. Much of that training is provided specifically for disaster response by the agencies who respond. This course is designed to cover the basics of a disaster response deployment, basic preparation planning, refresher training for being “on the field,” as well as what to do following a deployment. This course can be used as a supplement or refresher to other disaster response training models.

Training is being held ONLINE.

What You Will Learn

- A broad overview of disasters and crisis situations
- Preparation for Deployment
- Overview of Trauma Response
- Stress Symptoms
- Psychological First Aid Steps
- Common Stress Factors
- Sleep Fatigue Tips
- Do's and Don'ts while on deployment
- Self-Care helps for preparation, deployment, and after deployment
- Story Listening

Time: Sunday, October 20, 2024 - 5:00 PM-7:00 PM

Sign up at:

https://reg.learningstream.com/reg/event_page.aspx?ek=0058-0021-52096f2da7b643a7a6f0400b2a920b70

This training is provided by Crisis Response Care, an educational division of K-LOVE. Some of our members have been through this training so it comes highly recommended.



Photo: Doug Justice and Marcella Harris (Seated) with Constables Osborn and Smith at the Atoka BBQ Festival in 2024.

How to Work a Booth at a Community Event

Volunteering at a community event like Munford Celebrate can be a rewarding experience and to meet a lot of new friends. Here are some tips to ensure you're prepared, efficient, and enjoying the experience:

1. Arrive Early and Prepared

- Familiarize yourself with the booth layout and where necessary items (flyers, etc) are stored.
- Wear comfortable clothing and shoes, as you may be standing for long periods.
- Consider bringing sunscreen, a hat, or layers to accommodate weather changes.

2. Understand Your Role

- Make sure you are clear on your responsibilities. Our primary mission is to promote disaster recovery and training. Read up on the purpose of CERT in the talking points above.

3. Be Approachable and Friendly

- Greet attendees with a smile and open body language. These events are about community, so engage positively. Look forward to the chance to meet new team members and new friends.
- Avoid sitting down or looking distracted when people approach the booth. Standing at the front of the booth can be more inviting.

4. Stay Informed

- Be knowledgeable about what your booth represents. Whether it's an organization or a local initiative, be ready to answer basic questions.
- If you don't know the answer to a question, politely say you're unsure but offer to help find out.

5. Engage Attendees

- Ask questions to engage visitors, such as "Have you heard about CERT?" or "Would you like free training to be able to respond to disasters?"

6. Stay Organized

- Keep the booth tidy, restocking materials as needed. This will make your booth look more appealing and professional. Remove trash as soon as possible.
- Have a system for managing the sign-up sheets.

7. Take Breaks

- If possible, rotate with other volunteers so you can take breaks. Staying refreshed will help you stay engaged and upbeat.
- Use your break to explore the festival, grab a snack, and rehydrate.

8. Promote Future Training Events

- We have training on the 28th, but even bigger is the CERT Basic course coming up in November. Encourage the people you engage with to sign up for this newsletter, or stay connected through social media or sign-up forms.
- Use our flyer for our new friends to take home.

9. Enjoy the Experience

- Have fun! All events like Munford Celebrate are community-driven, so embrace the chance to connect with locals and fellow volunteers.

Reflect on the experience afterward to consider how you could improve for next time or get more involved. These tips will help you contribute positively to the event, while also having a great time!

Stay Informed & Get Connected

For the latest updates on community safety, crime prevention tips, and local events, we encourage you to visit the Tipton Constables Facebook page. Stay informed about the efforts of our dedicated law enforcement officers as they work tirelessly to keep our community safe. By following the page, you'll gain access to valuable information, timely alerts, and opportunities to engage with your local constables. Join the Tipton Constables Facebook community today and be an active participant in fostering a safer, more connected neighborhood. Your involvement makes a difference!



Photo: Constable Fisher at Munford Celebrate 2023 discussing Crime Prevention at the CERT booth.

Staying Hydrated and Healthy

Dehydration, heat exhaustion, and other heat-related illnesses can pose serious risks during outdoor volunteer efforts like Munford Celebrate. Whether you're spending time outdoors, traveling, volunteering, or simply enjoying the sun, staying hydrated and maintaining healthy habits are crucial. Here are some practical tips to help you stay hydrated and healthy this weekend.

Importance of Hydration

Proper hydration is vital for maintaining body functions, including temperature regulation, joint lubrication, and nutrient transportation. Tips for hydration:

- **Drink Plenty of Water** - Aim to drink at least 8-10 glasses of water per day. Increase your intake if you're active, spending time outdoors, or exposed to high temperatures.
- **Carry a Reusable Water Bottle** - Keep a water bottle with you throughout the day. This makes it easier to stay hydrated, especially when you're on the go.
- **Infuse Your Water** - If plain water is unappealing, try adding slices of fruit, cucumber, or mint to enhance the flavor. This can make drinking water more enjoyable.
- **Monitor Your Hydration** - Pay attention to signs of dehydration, such as dark urine, dry mouth, dizziness, and fatigue. If you notice any of these symptoms, increase your water intake immediately.
- **Limit Caffeinated and Sugary Drinks** - Beverages like coffee, soda, and energy drinks can contribute to dehydration. Opt for water, herbal teas, or natural fruit juices instead.

Eating for Hydration and Health

In addition to drinking water, your diet plays a significant role in maintaining hydration and overall health. Focus on consuming hydrating foods and balanced meals to support your body's needs.

- **Eat Hydrating Foods** - Include plenty of fruits and vegetables in your diet. Watermelon, cucumbers, strawberries, and oranges are high in water content and can help keep you hydrated.
- **Balanced Meals** - Ensure your meals contain a balance of carbohydrates, proteins, and healthy fats. A well-rounded diet supports energy levels and overall health.
- **Healthy Snacks** - Choose hydrating and nutritious snacks, such as yogurt, smoothies, and salads. These can provide essential nutrients and keep you energized.
- **Avoid Heavy, Greasy Foods** - Heavy and greasy foods can make you feel sluggish and dehydrated. Opt for lighter meals that are easier to digest and provide sustained energy.
- **Monitor Portion Sizes** - Overeating can lead to discomfort and dehydration. Eat smaller, more frequent meals to maintain energy levels and hydration.

Protecting Yourself from the Sun

While enjoying the summer sun, it's important to protect your skin and overall health from harmful UV rays. Taking precautions can prevent sunburn, heat exhaustion, and other sun-related issues.

- **Use Sunscreen** - Apply a broad-spectrum sunscreen with an SPF of at least 30. Reapply every two hours, especially if you're swimming or sweating.
- **Wear Protective Clothing** - Opt for lightweight, long-sleeved shirts, wide-brimmed hats, and sunglasses to shield your skin and eyes from the sun.
- **Seek Shade** - Avoid direct sunlight during peak hours, typically between 10 a.m. and 4 p.m. Seek shade or use umbrellas to protect yourself.
- **Stay Cool** - Take regular breaks in the shade or indoors to cool down. Overexposure to heat can lead to heat exhaustion or heat stroke.
- **Monitor Weather Conditions** - Stay informed about local weather forecasts and heat advisories. Plan outdoor activities for cooler parts of the day.

Staying Active Safely

Physical activity is essential for maintaining health, but it's important to adjust your routine to the outdoor conditions. Here are some tips to stay active safely.

- **Exercise Early or Late** - Plan your workouts for early morning or late evening when temperatures are cooler. Avoid strenuous activities during the hottest parts of the day.
- **Stay Hydrated During Exercise** - Drink water before, during, and after physical activity. Consider sports drinks for intense workouts to replenish electrolytes.
- **Choose Appropriate Activities** - Opt for water-based activities like swimming, or exercise in shaded or air-conditioned environments to stay cool.
- **Listen to Your Body** - Pay attention to how your body feels during exercise. If you experience dizziness, headache, or excessive sweating, stop immediately and rest.
- **Gradually Acclimate** - If you're not used to exercising in the heat, gradually increase the intensity and duration of your workouts to allow your body to acclimate.

Conclusion

Staying hydrated and healthy during the summer requires mindful practices and adjustments to your daily routine. By prioritizing hydration, eating a balanced diet, protecting yourself from the sun, and staying active safely, you can enjoy safe outdoor events like Munford Celebrate. Remember to listen to your body, take necessary precautions, and make hydration a top priority.

What is Munford Celebrate?

"Munford Celebrate" is an annual community festival held in Munford, along Munford Avenue between the fire station and the grocery store. There are a variety of activities that celebrate the town's history, culture, and community spirit. Here are key things everyone should know about this event:

1. Community Focus - The festival is designed to bring the residents of Munford and the surrounding areas together, celebrating the town's identity and promoting local businesses, organizations, and talents. It's a family-friendly event with activities for people of all ages.

2. Live Entertainment - "Munford Celebrate" features live music and performances from local and regional artists, offering a stage for a variety of music genres and entertainment acts. It's an opportunity to enjoy local talent and spend the day with neighbors.

3. Food and Craft Vendors - The event showcases local food vendors, offering a variety of festival treats. Additionally, arts and crafts vendors are usually present, selling handmade items, gifts, and crafts, giving visitors a chance to support local artisans.

4. Family-Friendly Activities - Kids' zones or areas with games, inflatables, and other interactive activities have been typically part of the celebration. There's something for children and teens, making it an enjoyable day out for families.

5. Volunteer and Community Involvement - The event is powered by local volunteers, and community organizations are heavily involved. It's an excellent opportunity for people who want to engage in community service or participate in organizing a large public event.

6. Promoting Local Causes - In addition to fun and entertainment, the festival often promotes local charities, organizations, and causes. It's a platform for non-profits and community groups to spread awareness and raise support.

"Munford Celebrate" is an annual tradition that residents look forward to each year. It's an event that fosters a sense of belonging, strengthens community ties, and bring the community together. Come for the entertainment, food, family activities, and a chance to enjoy local culture and talent. It's a day for the community to come together and celebrate what makes Munford special.