

Vendor Bulletin

A Quarterly Publication of San Diego Regional Center (Wanda Bardwell, Editor) (Kathy Hill, Design Layout) No. 57 July 2010

7.2 EARTHQUAKE ARE YOU READY FOR THE BIG ONE?



The strong Easter earthquake physically moved the border city of Calexico. The quake, centered in Baja California, caused \$100 million in damage to California, primarily in Calexico.

It is not uncommon for massive quakes to move cities. At least two deaths and some 100 injuries are being blamed on the powerful Mexicali trembler. Both deaths occurred in Mexico.

Mexicali was the hardest hit area overall, where reports included structural damage, broken windows, leaking gas lines, loss of water services, and loss of electricity in portions of Northern Mexico. At least 45 businesses and dozens of homes were destroyed there.

Scientists say the human toll was minimal in large part because the energy from the quake moved northwest of Mexicali toward a less populated area.

The quake struck about six miles below the earth's surface at 3:40 p.m. PT Easter Sunday, about 110 miles east-southeast of Tijuana, according to the U.S. Geological Survey. Several hundred aftershocks have been recorded since the quake, with the largest registering magnitude—5.7.

With the recent and current earthquake activity, it is time to revisit and review your earthquake readiness.

What to Do Before an Earthquake:

Earthquakes strike suddenly, violently and without warning. Identifying potential hazards ahead of time and advance planning can reduce the dangers of serious injury or loss of life from an earthquake. Repairing deep plaster cracks in ceilings and foundations, anchoring overhead lighting fixtures to the ceiling, and following local seismic building standards, will help reduce the impact of earthquakes.

Five Ways to Plan Ahead:

- 1. Check for Hazards in the Home**
 - Fasten shelves securely to walls.
 - Place large or heavy objects on lower shelves.
 - Store breakable items such as bottled foods, glass, and china in low, closed cabinets with latches.
 - Hang heavy items such as pictures and mirrors away from beds, couches, and where people sit.
 - Brace overhead light fixtures.
 - Repair defective electrical wiring and leaky gas connections. These are potential fire risks.
 - Secure a water heater by strapping it to the wall studs and bolting it to the floor.
 - Repair any deep cracks in ceilings or foundations. Get expert advice if there are signs of structural defects.
- 2. Identify Safe Places Indoors and Outdoors**
 - Under sturdy furniture such as a heavy desk or table
 - Against an inside wall
 - Away from where glass could shatter around windows, mirrors, pictures, or where heavy bookcases or other heavy furniture could fall over
 - In the open, away from buildings, trees, telephone and electrical lines, overpasses, or elevated expressways
- 3. Educate Yourself, Staff and Consumers**
 - Contact your local emergency management office or American Red Cross chapter for more information on earthquakes. Also read the "How-To Series" for information on how to protect your property from earthquakes.
 - Teach children how and when to call 9-1-1, police, or fire department and which radio station to tune to for emergency information.
 - Teach all staff how and when to turn off gas, electricity and water.

continued on page 2

7.2 *QUAKE* continued from page 1

4. **Have Disaster Supplies on Hand**

- Flashlight and extra batteries
- Portable battery-operated radio and extra batteries
- First aid kit and manual
- Emergency food and water
- Non-electric can opener
- Essential medicines
- Cash and credit cards
- Sturdy shoes

5. **Develop an Emergency Communication Plan**

- In case consumers and staff are separated from one another during an earthquake, develop a plan for reuniting after the disaster.

Update: Community Placement Plan

It's that time again! San Diego Regional Center will be releasing Requests for Proposals (RFP's) for Fiscal Year 2010—2011. In an effort to be green, we will post the RFP's and all applicable attachments on our website www.sdrc.org. Vendors will receive notification in the mail when the RFP's will be available on our website.

If there are any requests to receive a hard copy, please contact Trisha Glasgow, Community Services, (858) 576-2966.

Community Services

has recently added three new DVD's to the Video Library

(approved by SDRC Residential Quality Assurance Committee for CE credit for residential care providers)



Before the Threat—2009; 23 min

Produced to address the San Diego region about fire hazards and steps residents can take to mitigate risks on their properties. Subtitled in Spanish.

Epilepsy 101—2009; 12 min

Provides basic information for people who have been diagnosed with epilepsy (recurring seizures). The video describes the four major treatment options and through interviews with patients and physicians offers tips on how to limit epilepsy's effects on people's lives.

Understanding Seizures and Epilepsy —2009; 11 min

Provides an explanation of seizure disorders in everyday language. Seizures are brief physical events caused by sudden, temporary changes in the electrical functioning of the brain. Uses footage of real seizures, and explores what happens when someone has a seizure. Examples are given to show how others can recognize what is happening and know what to do—and what NOT to do. In addition, people with epilepsy talk about how they would like friends, family and the public to treat them just like everyone else.

Recovery Specialist Training

We are happy to announce a Recovery Specialist Training offered by the Recovery Task Force. This is a four- week training, three hours each session, designed to prepare Independent Living and Supported Living staff to work with consumers with substance abuse problems. It will include an overview of alcohol and other drugs, special issues of people with disabilities, intervention and treatment. Attendees will learn the signs and symptoms of substance abuse and become comfortable with discussing these issues with their consumers, and learn how to make effective interventions and referrals to resources. Sessions are forming for September 2010 and February 2011. Contacts for more information are Merri Robison (858) 503-2993 and Mary Perez (858) 576-2993.

TRAININGS

The Residential Living-Small Committee is sponsoring the following training sessions during the third quarter of 2010. Remember to keep written documentation of all training hours (workshops, videos, etc.) on file. The target audience is residential administrators and staff; however, others may attend as space allows. All of these classes are approved by Community Care Licensing for credit towards administrator recertification.

“Medication”

Presenter:
Jay Shirreffs
Community Medical Pharmacy

Date: Tue., August 17, 2010
Time: 9:30 am—11:30 pm
Place: SDRC—Board Room
4355 Ruffin Rd., Ste. 100—101
San Diego, CA 92123
Fee: \$5

**“Addressing End of Life Issues
In Your Facility”**

Presented by:
Jatana Williams, RCFE Administrator
Silverado Hospice / Hospice Educator
Brian McNutt, Director Family & Support Services

Date: Fri., September 17, 2010
Time: 9:30 am—11:30 am
Place: SDRC—Board Room
4355 Ruffin Rd., Ste. 100—101
San Diego, CA 92123
Fee: \$5

**“Supporting Persons with
Challenging Behaviors”
- BASIC -**

Presenters:
Lori Blair & Mary Heed
SDRC Behavior Specialists

Date: Mon., October 18, 2010
Time: 9:30 am—12:30 pm
Place: SDRC—Board Room
4355 Ruffin Rd., Ste. 100—101
San Diego, CA 92123
Fee: \$5

**“Supporting Persons with
Challenging Behaviors”
- ADVANCED -**

Presenters:
Lori Blair & Mary Heed
SDRC Behavior Specialists

Date: Mon., October 27, 2010
Time: 9:30 am—12:30 pm
Place: SDRC—Board Room
4355 Ruffin Rd., Ste. 100—101
San Diego, CA 92123
Fee: \$5

**To register, please complete the form below and make check payable to SDICDSI.
Please submit checks no later than two weeks prior to the date scheduled for each training.**

Name: _____ Agency: _____ Phone: _____

- \$5 “Medication” (08/17/10)
- \$5 “End of Life Issues” (09/17/10)
- \$5 “Supporting Persons with Challenging Behaviors” (Basic) (10/18/10)
- \$5 “Supporting Persons with Challenging Behaviors” (Advanced) (10/27/10)

Mail to: SDRC - Community Services - Attn: Kathy Hill, 4355 Ruffin Road, #104, San Diego, CA 92123



San Diego Regional Center

San Diego-Imperial Counties Developmental Services, Inc.

4355 Ruffin Road, Suite 200, San Diego, CA 92123

Phone: (858) 576-2996

www.sdrc.org

NON-PROFIT ORG
U.S. POSTAGE PAID
San Diego, CA
Permit No. 270



To make communication faster and easier, we are asking that all Residential Care Providers submit your e-mail address. Building and maintaining an e-mail file will also reduce mailing costs and the overuse of paper. Please send to wbardwell@sdrc.org or khill@sdrc.org

Residential Title 17 Monitoring

Recent trailer bill language has essentially eliminated the requirement for Regional Centers to conduct tri-annual Quality Assurance Reviews for community care licensed residential facilities. However, the annual Title 17 monitoring visit is still required and will be completed by your facility liaison.

In addition, Jessica Mitchell, Evaluation Specialist in the Community Services Department, will be contacting Level 4 providers to review staffing hours.