

Vendor Bulletin

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Be Prepared For The Unexpected

by having a backup power or relocation plan in place

Wildfires in the San Diego region are becoming more common. To help prepare for the fire season, SDG&E has implemented a Community Fire Safety Program to increase service reliability and safety, while reducing the likelihood of power lines being involved in wildfires during extreme weather conditions. Under this program, SDG&E has taken a number of steps to protect power lines from the risk of fires, including:

- Strengthening overhead power lines by replacing wood poles with sturdy steel poles.
- Expanding inspections, both on the ground and in the air, of power lines.
- Disabling automatic switches that would normally restore power after an outage during dry and windy weather. Power would only be restored after visual safety inspections of the lines are completed.
- Enhancing tree trimming and brush maintenance.
- Staging work crews for quicker response.
- Shutting off power at times of extremely high fire risk, in high-risk fire areas when necessary.

For those who depend on life support equipment or have other critical needs for energy, a plan for backup power or relocation is essential. SDG&E is concerned about residents with special energy needs, which could include health-related heating or air conditioning requirements, refrigerated medication and/or life support equipment or other electrically operated medical or communications equipment. If you have any health or safety-related concerns or any of the special energy needs listed above, please call 211, SDG&E's Community Fire Safety Program liaison, at your earliest opportunity.

To learn more about the Community Fire Safety Program, visit sdge.com/firesafety or call SDG&E at 1-800-411-SDGE (7343). Materials in large print and audio formats are available upon request.

Helping customers prepare for emergencies at home and work is part of SDG&E's commitment to providing safe and reliable energy. To find out if your home is in an area where power may be shut off or to learn more about emergency preparedness and other energy safety issues, visit sdge.com/safety.

Fire Drill Awareness

When visiting homes and programs, licensing agencies and Regional Center may be asking vendors to demonstrate a typical fire drill. In 2008, we experienced some of the most devastating fires in our history, and as summer progresses, it is vital that we are prepared for fires.

Ninety-four percent of fires in our state are caused by humans, and by encouraging education and action among our residents, we can prevent many of them. One important step is to have a fire escape plan for your building or residence. However, a fire escape plan is only effective if people know the plan and practice the plan.

Fire drills are not only required by regulation, but are necessary to familiarize consumers with escape routes and procedures. Drills should be conducted monthly at various times and recorded in your log.

Drill Records "Irregular" In New York Group Home Blaze

Associated Press — June 13, 2009 1:05 PM ET — Albany, N.Y.

Authorities say workers may have falsified fire drill records at the state-run group home in the Adirondacks where a blaze killed four people in March. The Office of Mental Retardation and Developmental Disabilities says some staff members at the Riverview home in Wells have been suspended.

The home's staff had been required to practice evacuating the facility's nine disabled residents. Logs indicated drills had taken place showing the home could be emptied in eight minutes or less. But on the night of the blaze, no one made it out in that amount of time. Internal investigators later concluded that the drill records contained "irregularities." The log problems were described in a state report released by the New York Civil Liberties Union.

How to Practice a Home Fire Escape Plan

Practice makes perfect and this includes practicing how to escape your home during a fire. Very few people have developed a home fire escape plan and fewer still have ever practiced this escape plan. A house fire can become deadly in a matter of minutes. By running your own fire drills, each family member has a better chance of survival. Practicing a home fire escape plan teaches families to react quickly and exit safely and reinforces vital information every family needs to know before a potentially deadly fire occurs.

Step 1 Draw up an escape plan. Involve everyone in the family while making the escape plan. Simply draw a diagram of each room in the house and clearly mark all windows, doors and stairs, which are possible escape routes. Then, physically go through each room with the diagram in hand and with all family members present.

Step 2 Mark the primary and secondary routes of escape from each individual room clearly on the diagram and physically point them out. Each room should have two escape routes in case the primary route is blocked by smoke or fire. The primary route should be a door and the second can either be another door or a window. If the room is on the second floor, then any windows marked as secondary escape routes should be equipped with an escape ladder. These ladders should be tested and children should practice setting them up and safely climbing down them.

Step 3 Install smoke detectors, if you have not already done so. Install one on each floor and outside each of the bedrooms. Test them on a regular basis to ensure the batteries have not gone dead and the detector is working properly.

Step 4 Start your home fire escape drill with each household member tucked into bed in their individual bedrooms. Since many fires start in the middle of the night when everyone is sleeping, this is the obvious choice to begin practicing your escape plan. You should sleep with your bedroom door closed to slow the spread of smoke and flames, so each door should be closed during practice runs.

Step 5 Press the “test” button on the smoke detector to indicate there is a fire in the house. Once the alarm sounds, everyone should immediately drop to the floor where the air will be fresher during an actual fire. Teach young children to crawl along the floor to avoid the toxic air that rises towards the ceiling and make their way to their primary route of escape.

Step 6 Teach all household members how to test a door for heat by placing the back of the hand on it to feel if it is hot. Emphasize that if the door is hot to not open the door. A hot door is a good indication that the fire is right outside the door and could engulf the room in flames if it is opened. Explain that if the door is hot to move on to the second escape plan.

Step 7 Practice escaping through the window. Make sure everyone can easily open the windows that should be used and that they can go through the opening quickly and safely. You should practice using the window as an escape option, especially if it involves using a ladder, to ensure they can do it under normal circumstances.

Step 8 Meet in a designated safe spot when making your escape plan. Each person should go to this spot and wait for everyone else to arrive. If you have a cell phone with you, call the fire department. Otherwise, wait for two household members to arrive and one of them go to a neighbor’s house to call.

Step 9 Practice your home fire escape plan several times using different scenarios to ensure everyone knows both escape routes from every room. It is a good idea to practice at night, so you are used to escaping in the dark. Once everyone knows all the routes, then practice them at least twice each year.

Tips & Warnings

It is vital to have two routes of escape from every room in the house, and practice using all of these routes.

Never go back into a burning building if someone does not show up at the meeting spot. Wait for help to arrive.

California Budget

As of the printing of this article, the legislature and Governor have not agreed on how to deal with California’s \$26 billion dollar projected deficit. The budget situation is fluid and changing daily. We are keeping people informed by updating information on the San Diego Regional Center website, which you can view at www.sdrc.org.

Carlos Flores, Executive Director, for the San Diego Regional Center is also sending e-mails to the Vendor Advisory Committee, the Developmental Disabilities Provider Network and other interested persons. If you are a provider and are interested in receiving updates, please send an e-mail to budgetinfo@sdrc.org with your name, agency and e-mail address. You will then receive regular updates on the budget crisis.

Heat Wave

San Diego Regional Center Encourages Preventive Action

High temperatures and humidity can lead to serious health problems. That is why prevention is the best defense against heat-related illness. To help your body cope with high temperatures, take steps to stay cool, increase your fluid intake, decrease your activities and wear appropriate clothing.

Normally, the body cools itself by sweating. However, if temperatures and humidity are extremely high, sweating is not effective in maintaining the body's normal temperature. If the body does not cool properly or does not cool enough, a person may suffer a heat-related illness. Heat-related illnesses can become serious or even deadly if unattended.

You should follow these prevention tips to beat the heat and related illness:

- Drink more fluids regardless of your activity level. Do not wait until you are thirsty to drink. Make an extra effort to drink a minimum of six to eight ounce glasses of cool fluids daily. During heavy exercise in a hot environment, drink two to four glasses of cool fluids each hour. Parents should be sure young children get sufficient fluids. If you are on a special fluid-restricted diet or if you take diuretics, ask your physician about fluid intake during hot weather.
 - Avoid liquids that contain caffeine, alcohol or large amounts of sugar—they cause you to lose more body fluid. Also, avoid very cold drinks because they can cause stomach cramps.
 - Take cool showers, baths or sponge baths, which can reduce body temperature. In addition, wet clothing has a cooling effect.
 - Protect your body. Wear lightweight, light-colored, loose-fitting clothing. When spending time outdoors, avoid direct sunlight, wear a hat and use a sunscreen with a sun protection factor (SPF) greater than 15 to protect yourself against sunburn.
- Never leave anyone, including pets, alone in a closed, parked vehicle. The air temperature inside a car rises rapidly during hot weather and can lead to brain damage or death.
 - Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to a public place that does have air conditioning.
 - Seek out the nearest facility that is air conditioned, such as a cooling shelter, a senior citizen center, a church, a mall, the local YMCA or a center designated by your community. Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Fans alone will not effectively cool an overheated person when air temperatures are above 90 degrees Fahrenheit.

If you must go outside:

- Slow down and avoid strenuous activity. If you must do strenuous activity, do it during the early morning or late evening hours when it is cooler.
- Take regular breaks when engaged in physical activity on warm days. Try to rest often in shady or cool areas. If you recognize that you, or someone else, are showing signs of a heat-related illness, stop activity and find a cool place.

Anyone can suffer from heat-related illness, but some people are at greater risk. Check regularly on:

- Infants and young children
- People aged 65 or older
- People who have mental illness
- Those who are physically ill, especially with heart disease or high blood pressure

First Aid for Heat-Induced Illnesses

Extreme heat brings with it the possibility of heat-induced illnesses.
The following table lists these illnesses, their symptoms, and the first aid treatment.

<u>Condition</u>	<u>Symptoms</u>	<u>First Aid</u>
Sunburn	Skin redness and pain, possible swelling, blisters, fever, headaches	<ul style="list-style-type: none"> • Take a shower using soap to remove oils that may block pores, preventing the body from cooling naturally. • Apply dry, sterile dressings to any blisters, and get medical attention.
Heat Cramps	Painful spasms, usually in leg and abdominal muscles; heavy sweating	<ul style="list-style-type: none"> • Get the victim to a cooler location. • Lightly stretch and gently massage affected muscles to relieve spasms. • Give sips of up to a half glass of cool water every 15 minutes. (No liquids with caffeine or alcohol.) • Discontinue liquids, if victim is nauseated.
Heat Exhaustion	Heavy sweating but skin may be cool, pale, or flushed. Weak pulse. Normal body temperature is possible, but temperature will likely rise. Fainting or dizziness, nausea, vomiting, exhaustion, and headaches are possible.	<ul style="list-style-type: none"> • Get the victim to lie down in a cool place. • Loosen or remove clothing. • Apply cool, wet cloths. • Fan or move victim to air-conditioned place. • Give sips of water if victim is conscious. • Be sure water is consumed slowly. • Give half glass of cool water every 15 minutes. • Discontinue water if victim is nauseated. • Seek immediate medical attention if vomiting occurs.
Heat Stroke (a severe medical emergency)	High body temperature (105+); hot, red, dry skin; rapid, weak pulse; and rapid shallow breathing. Victim will probably not sweat unless victim was sweating from recent strenuous activity. Possible unconsciousness.	<ul style="list-style-type: none"> • Call 9-1-1 or emergency medical services, or get the victim to a hospital immediately. Delay can be fatal. • Move victim to a cooler environment. • Removing clothing, try a cool bath, sponging, or wet sheet to reduce body temperature. • Watch for breathing problems. • Use extreme caution. • Use fans and air conditioners.

Community Services Is Pleased To Announce Recently Added Videos To Our Video Library.

Handwashing Close Up—2006; 25 min (DVD) Approved for CE credit for residential care providers.

Discover the ups and downs, ins and outs of responsible hand ownership in this comprehensive look at hand hygiene.

Enhancing Mealtime Experience—2008; 20 min (DVD) Approved for CE credit for residential care providers.

Mealtime matters to almost everyone. Just thinking about a favorite food can make us eager to eat. Part of the enjoyment of mealtime is the aroma of the food cooking and seeing it on your plate. Mealtime can have a positive effect, so it is important that you do not look at mealtime as a time to rush people or a time just to get people fed. It should be an experience that will enhance a person's quality of life, not only for its nutritional value, but for the interaction it promotes.

Note: The SDRC video library is offered as a free service to the community. Often, the videos are not returned or are returned in an unsalvagable condition. These videos are very expensive to replace, so we may have to begin charging a fee for video checkout. Please let's keep our library as a free service.

TRAININGS

The Residential Living-Small Committee is sponsoring the following training sessions during the third quarter of 2009. 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.

**“Supporting People with Challenging Behaviors”
(Part I)**

Presenters:
Lori Blair & Mary Heed
SDRC Behavior Specialists

Date: Tues., August 25, 2009
Time: 9:30 am—12:30 pm
Place: SDRC—Board Room
4355 Ruffin Rd., Ste. 100—101
San Diego, CA 92123
Fee: \$5

**“Supporting People with Challenging Behaviors”
(Part II)**

Presenters:
Lori Blair & Mary Heed
SDRC Behavior Specialists

Date: Wed., August 26, 2009
Time: 9:30 am—12:30 pm
Place: SDRC—Board Room
4355 Ruffin Rd., Ste. 100—101
San Diego, CA 92123
Fee: \$5

“Fall Prevention”

Presenter:
Jo Ann Price
Response LINK of S.D. Co.


Date: Tue., September 29, 2009
Time: 9:30 am—11:30 pm
Place: SDRC—San Marcos Offices
1370 W. San Marcos Blvd.,
Ste. 100
San Marcos, CA 92078
Fee: \$5

**“Supporting People with Challenging Behaviors”
(Parts I & II)**

Presenters:
Lori Blair & Mary Heed
SDRC Behavior Specialists

Date: Thurs., October 8, 2009
Time: 9:30 am—12:00 pm &
1:00 pm — 3:00 pm
Place: SDRC—**Imperial County**
512 West Aten Rd.
Imperial, CA 92251
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.**

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Name: _____ Agency: _____ Phone: _____

- \$5 “Supporting People with Challenging Behaviors” (Part I) (08/25/09)
- \$5 “Supporting People with Challenging Behaviors” (Part II) (08/26/09)
- \$5 “Fall Prevention” (09/29/09)
- \$5 “Supporting People with Challenging Behaviors” (Parts I & II) (10/08/09)—presented in Imperial Co.

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

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Save the Date

The Senior/Elder Committee of San Diego Regional Center will be hosting a Resource Fair on Thursday, November 5, 2009, 8:30 a.m.—12:00 p.m. at the San Diego Regional Center, 4355 Ruffin Road, San Diego, CA 92123