

# The GP Responder



## “Neighbors Helping Neighbors”

June 2025

<https://gp-cert.org>

Vol. 6, Issue 2

### Message from GP-CERT Administrative Lead, Gordon Holtby

I hope everyone enjoys this 20th edition of the GP Responder newsletter. This year GP is fortunate to have two meteorologists living here who will assist in providing detailed updates when there is a storm approaching our community. If you do not already receive these email updates and wish to receive them, please join GP's "Gran Paradiso Weather" Google group by following these steps:

1. In a BROWSER, not in the mobile app, type: [groups.google.com](https://groups.google.com)
2. In the search area change the first dialog box to "All groups and messages" and in the second box (the Search box) type "Gran Paradiso Weather"
3. You may need to highlight "Groups"
3. Click on the **bolded "Gran Paradiso Weather"**

4. Click on "**Join group**" and enter your 'display' name.

This newsletter edition will help you to identify the GP-CERT zone you live in and the CERT Leader responsible for your zone. The newsletter also includes the following articles: "Helping Older Adults Prepare for Emergencies", "Steps to Prepare your Pool for Hurricanes", and "The Trouble with Automotive Air Bags". We have also included a "Disaster Supply Checklist" prepared by the Florida Division of Emergency Management.

All residents are welcome to join the all-volunteer GP-CERT team. GP-CERT is about empowering our community – both educating our volunteers about disaster response, and communicating safety messages and information to our residents. If interested in learning more about GP-CERT, please reach out to any of the volunteers listed at the end of this newsletter for more information. Our next bi-monthly meeting is on Tuesday, July 8<sup>th</sup>, 2025 @ 6:30 pm in the craft room, so please feel free to join us at that time.

Sincerely,  
Gordon Holtby  
gordon.holtby@gmail.com / (847) 612-2571

## **Do You Know Your Gran Paradiso CERT Zone and Team Leaders?**

Zone 1: Campanile Ct, Caravaggio Ct, Vancanza Dr  
Team Leader Kristi Loret

Zone 2: Cristoforo Pl, Passigo Dr, Classico Ct  
Team Leader Open

Zone 3: Amerigo Ln, Gran Largo Dr, Grazie Pl, Famiglia  
Team Leader Steve Phillips

Zone 4: Trattoria Loop, Tesoro Dr, Benissimo Dr.  
Team Leader Jason Alvord

Zone 5: Amica Loop, Lagente Circle, Felice Dr, Ghiberti Circle  
Team Leader Salvatore Baglio

Zone 6: Cinqueterre Dr, Canavese Ln, Romagna Place  
Team Leader Ronald Donner

If you have any questions regarding volunteering for CERT feel free to reach out to your team leader or Gordon Holtby at [gordon.holtby@gmail.com](mailto:gordon.holtby@gmail.com).

## **Helping older adults prepare for emergencies: 5 key steps**

Helping older adults prepare for emergencies should involve the entire family so everyone knows what to expect. The best plans are personal, practical and proactive, but they will contain some common elements.

Here are five important steps:

### **1. Prepare an emergency folder with important documents.**

Disasters can leave older adults without essential information and supplies that they need, such as prescription lists, financial records, medical devices and – importantly – contact information to reach family, friends and neighbors who could help them.

Many older adults rely on pre programmed phone numbers. If their phone is lost or the battery dies, they may not know how to reach friends or loved ones, so it's useful to have a hard copy of phone numbers.

Consider encouraging the use of medical ID bracelets or cards for those with memory loss.

Critical documents like wills, home deeds, powers of attorney and insurance records are frequently kept in physical form and may be

forgotten or lost in a sudden evacuation. Use waterproof storage that's easy to carry, and share copies with trusted caregivers and family members in case those documents are lost.

## **2. Have backup medications and equipment.**

Think about that person's assistive devices and health needs. Having extra batteries on hand is important, as is remembering to bring chargers and personal mobility aids, such as walkers, canes, mobility scooters or wheelchairs. Do not forget that service animals support mobility, so having supplies of their food will be important during a hurricane or evacuation.

Ask doctors to provide an emergency set of medications in case supplies run low in a disaster.

If the person is staying in their home, prepare for at least 72 hours of self-sufficiency in case the power goes out. That means having enough bottled water, extra pet food and human food that doesn't need refrigeration or cooking.

## **3. Map evacuation routes and shelter options.**

Identify nearby shelters that will likely be able to support older adults' mobility and cognitive challenges. If the person has pets, make a plan for them, too – many areas will have at least one pet-friendly shelter, but not all shelters will take pets.

Figure out how the person will get to a shelter, and have a backup plan in case their usual transportation isn't an option. And decide where they will go and how they will get there if they can't return home after a storm.

If your loved one lives in a care facility, ask to see that facility's hurricane plan.

## **4. Create a multi person check-in system.**

Don't rely on just one caregiver or family member to check on older adults. Involve neighbors, faith communities or local services such as home-delivered meals, transportation assistance, support groups and senior centers. Redundancy is crucial when systems break down.

## **5. Practice the plan.**

Go through evacuation steps in advance so everyone knows what to do. Executing the plan should be second nature, not a scramble during a disaster or crisis.

### **Planning with, not just for, older adults**

Emergency planning isn't something done for older adults – it's something done with them.

Elders bring not only vulnerability but also wisdom. Their preferences and autonomy will have to guide decisions for the plan to be successful in a crisis.

That means listening to their needs, honoring their independence and making sure caregivers have realistic plans in place. It's an important shift from just reacting to a storm to preparing with purpose.

*This article was written by [Lee Ann Rawlins Williams](#), Clinical Assistant Professor of Education, Health and Behavior Studies, University of North Dakota and first published in *The Conversation*.*

## **Is Your Pool Ready for Hurricane Season**

### **Pool Maintenance Prior to a Hurricane?**

**by Trent DePersia**

Preparing your pool or spa/hot tub prior to a Tropical Storm or Hurricane is necessary to ensure they provide continued enjoyment after the storm has passed. According to the Florida Swimming Pool Association ([www.floridapoolpro.com](http://www.floridapoolpro.com)), there are some basic things you should do to your pool/spa before and after the storm.

**Before the storm:** Do not drain your pool! Maintaining proper water levels will ensure the weight of the water keeps the sides and bottoms in place during a storm, especially where water tables may rise during heavy rains.

Turn off power at the circuit breakers to the pool equipment. You may also want to cover pumps and other electrical equipment to reduce exposure to wet weather.

Shock your pool (super chlorinate it). If you lose power for an extended period of time, this will help to maintain the pool chemistry. Consult your pool maintenance professional for details.

Clear unsecured objects from poolside – chairs, tables, pool equipment, etc. – that may become flying projectiles in high winds. If you can't store items inside, then gently and carefully place them in the pool to keep them from being affected by the wind. Remember, place items in the pool rather than toss them – you don't want to damage the side and bottom of the pool. Also, pool chemicals may damage some items, so be careful.

**After storm:** Before turning the pool pumps back on, clear debris from the pool with a net, uncover equipment covered prior to the storm, and check electrical connections/wiring. Consult a professional if anything appears to be damaged. You may want to shock the pool again to balance the chemicals in the pool. Consult your pool professional.

More details regarding pool maintenance and safety prior to and after storms can be found at

<https://www.floridapoolpro.com/hurricane-pool-safety>.

## **The Trouble with Automotive Air Bags**

*This article was written by Ron Donner, career Firefighter for over 35 years, rising to the rank of Captain.*

We have all heard about different issues with airbags in vehicles. Some inflate on their own, some always seem to be in the process of being recalled, and consumers constantly complain about burns or injuries from inflated airbags. There is one danger that I bet you've never heard of that is totally preventable.

How many times whilst driving have you seen a passenger (or even the driver) with their feet on the dashboard of their vehicle? How often do you see people with pets on their laps – thank God we cannot hold our children anymore due to the car seat requirement.

An airbag activates within 1/20th of a second, reaching speeds of 200 mph, with a force of up to 2,600 psi. Imagine what that could do to your legs – bending them backwards or breaking them. I don't need to tell you what that could do to the pet on your lap.

There is indisputable evidence that airbags save lives. Going through a motor vehicle accident with airbag deployment is traumatic enough – let's try to prevent it from being any worse than be. Please stay safe out there!

## **Volunteers Needed!**

GP-CERT is a neighborhood volunteer organization that deploys in the aftermath of disasters in Gran Paradiso. There is a continued and urgent need for volunteers to assist in areas such as damage assessment, access control, communications, and triage (basic first aid). Volunteers will be assigned to tasks based upon their desires, skills and experience. No experience is required and training is available to those interested. The GP-CERT training and preparation will allow GP neighbors to respond and assist each other in those hours or days between the incident and the return of our property management staff. For more information or to volunteer, please go to the GP-CERT website at <https://gp-cert.org> or contact Gordon Holtby at [gordon.holtby@gmail.com](mailto:gordon.holtby@gmail.com)





# DISASTER SUPPLY KIT CHECKLIST



## General

- Two week minimum supply of medication, regularly used medical supplies, and a list of allergies
- A list of the style, serial number, and manufacturer information of required medical devices
- Batteries
- Flashlights  
*Do not use candles*
- NOAA Weather Radio  
*Battery operated or hand cranked*
- Cash  
*Banks and ATMs may not be available after a storm*
- Cell phone chargers
- Books, games, puzzles or other activities for children

## Phone Numbers

- Maintain a list of important phone numbers including:  
*County emergency management office, evacuation sites, doctors, banks, schools, veterinarian, a number for out of town contacts, friends and family*

## Clothing

- Rain gear such as jackets, hats, umbrellas and rain boots
- Sturdy shoes or boots and work gloves

## Special Needs Items

- Specialty items for infants, small children, the elderly, and family members with disabilities

## First Aid

- First Aid Manual
- Sterile adhesive bandages of different sizes
- Sterile gauze pads
- Hypoallergenic adhesive tape
- Triangular bandages
- Scissors
- Tweezers
- Sewing needle
- Moistened towelettes
- Antiseptic
- Disinfectant wipes
- Hand sanitizer
- Thermometer
- Tube of petroleum jelly
- Safety pins
- Soap
- Latex gloves
- Sunscreen
- Aspirin or other pain reliever
- Anti-diarrheal medicine
- Antacid
- Laxative
- Cotton balls
- Q-tips

## Food and Water

- Food  
*Nonperishable packaged or canned food and beverages, snack foods, juices, baby food, and any special dietary items to last at least 7 days*
- Water  
*1 gallon per person per day*
- Non-electric can opener
- Paper plates
- Napkins
- Plastic cups
- Utensils

## Important Documents

- Insurance cards
- Medical records
- Banking information
- Credit card numbers
- Copies of social security cards
- Copies of birth and/or marriage certificates
- Other personal documents
- Set of car, house, and office keys
- Service animal I.D., veterinary records, and proof of ownership
- Information about where you receive medication, the name of the drug, and dosage
- Copy of Will

*\*Items should be kept in a water proof container*

## Vehicle

- Keep your motor vehicle tanks filled with gasoline

## Pet Care Items

- Pet food and water to last at least 7 days
- Proper identification
- Medical records/microchip information
- A carrier or cage
- Muzzle and leash
- Water and food bowls
- Medications
- Supplies for your service animal

Find more disaster preparedness tips at [FloridaDisaster.org](http://FloridaDisaster.org)

**The GP Responder is a publication of the Gran Paradiso—  
Community Emergency Response Team. Our plan is to publish it**

***every third month throughout the year. The GP Responder is forwarded to all residents by Castle, our management company, and it is also available for viewing on the GP-CERT website at <https://gp-cert.org>***