



Newsletter of the MPC Ready Organization Issue 7 – March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 MPFPD Board Committee meetings (time varies)	3	4	5	6 ADAPT Monthly Meeting (9 a.m.)
7	8	9	10	11	12	13 rEPAct Monthly Meeting (9 a.m.)
14 MPC Ready Committees Meeting (4:30 p.m.)	15	16 Joint Meeting with MP City Council & MPFPD Board (5 p.m.)	17	18 Get Ready Training: Preparing for Earthquakes & Floods (7-8 p.m.)	19	20
21	22	23	24	25	26	27 MPC Ready Monthly Community Meeting (9 a.m.)
28	29	30	31			

Please send calendar input to editor, lynne.e.bramlett@gmail.com.

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Message from MPC Ready



Lynne Bramlett, Lead

Dear MPC Ready Community,

The recent Texas winter storm reminds us that disasters can strike at any time. Millions were without power and even more millions had water issues. Mail and other deliveries were also on hold. Those who were prepared with emergency supplies of water, food, medicines and also a generator, fared better. What a timely reminder to us all about the importance of being prepared.

While I'm smiling in the photo, my heart goes out to Texas. I happened to be on a trip to Utah and Colorado and I only took my (double) mask off for the selfie.

Switching topics, I could not be more pleased with the new MPC Ready **Marketing, Membership** and **Organized Neighborhoods Committees**. The volunteers have been hard at work and we'll report progress in the April newsletter. We also welcome more to join us on March 18 @ 4:30 p.m. for our next sync up meeting. A parallel effort is our effort to build **regional partnerships** with **counterpart organizations** and **local government agencies** towards our shared goal of disaster preparedness and mitigation. More details coming in April.

One immediate update from the Marketing Committee is the new www.mpcready.org website! Thanks goes to **Susan Erhart**, webmaster, with an assist from **Chip Swan**, the leader of the neighboring WPV-Ready organization! We've adopted the Ready.gov yearly preparedness calendar for our marketing. February is Earthquake Awareness Month and March is Flood Ready month. (March is also the 10-year anniversary of the 2011 Magnitude 9.0 Japan earthquake.) Thus, the focus of our Feb 27th Community meeting and this newsletter.

Please join us this **Saturday, Feb 27th (9 a.m.)**. We will hear from two MPC Ready Block Coordinators with direct experience with two timely topics. One was present in Japan during the 2011 earthquake and the other is a pharmacist working as part of a COVID-19 vaccination team! The Zoom information is on page 6.

At our March 27 Community Meeting, we will hear from a speaker from FEMA, Region 9. Parents, please also see page 4 for the FEMA National Youth Preparedness Council opportunity.

Warmly, Lynne Bramlett at lynne.e.bramlett@gmail.com

Welcome New Volunteers



We welcome our newest volunteers:

- Elsa Schafer, Neighborhood Coordinator, (Area 27)
- Julie Shields, Block Coordinator (Area 20)
- Jenny Rutherford, Block Coordinator (Area 23)

Have we missed anyone? If so, please let lynne.e.bramlett@gmail.com know so we can include the name(s) in next month's newsletter!

The Block (Preparedness) Coordinator Role

The MPC Ready **Membership Committee** is working on training, resources and outreach that will be focused on recruiting, training, engagement, coordination, and supporting of volunteers. The **Organized Neighborhoods Committee** is working on a vision for prepared neighborhoods along with what needs to be in place to support Neighborhood and Block Coordinators, and residents, who seek a resilient neighborhood community. Meanwhile, we welcome new Block and Neighborhood Coordinators. Learn more at www.mpcready.org.

FEMA National Youth Preparedness Council

Parents – this is an exciting opportunity for your student(s) in grades 8-11! The FEMA Youth Preparedness Council brings teens together from across the country that are interested and engaged in community preparedness. Council members are selected based on their involvement in extracurricular activities, their leadership experience, and their interest in preparedness and emergency management.

During their two-year term, the youth leaders will complete both local and national-level projects and share their ideas regarding youth disaster preparedness with FEMA leadership and national organizations.

Youth interested in applying to the Council must submit a completed application form; provide two letters of recommendation, and academic records. New council members will be announced in May 2021.

DEADLINE: Apply by March 7, 2021, 11:59 p.m. PST to <https://community.fema.gov/PreparednessCommunity/s/apply-to-yipc>

Some Insights on the COVID-19 Vaccines

Now that COVID-19 vaccines are available, some residents want to learn more about the shots. MPC Ready member Sandy Bardas is happy to share her expertise on the subject. Bardas is a clinical pharmacist with a background in disaster preparedness and emergency response. She is part of a team that travels to long-term care facilities to vaccinate residents. She will provide an overview of the COVID-19 vaccines at the Feb 27th monthly MPC Ready community meeting. Here are a few key takeaways from her presentation.

What's in the vaccines made by Moderna and by Pfizer-BioNTech: Both vaccines contain messenger RNA, which teaches the body how to make a protein that triggers an immune response to the virus. The messenger RNA is enclosed in a lipid particle that contains a substance known as polyethylene glycol/polysorbate that is used in medications like PEG filgrastim and peginterferons.

Possible allergic reactions to the vaccines: Anyone with a known allergy to the injectable form of polyethylene glycol/polysorbate shouldn't be vaccinated. Also, anyone with a history of severe allergic reactions to vaccines should consult their allergist about whether to get vaccinated.

Whether the vaccines will be effective against emerging variants of the virus: Studies are ongoing to determine the effectiveness of the vaccines against the virus variants. The vaccines, as well as natural infection with the virus, produce a "polyclonal" response that targets several parts of the spike protein on the virus that allow it to pierce host cells and cause infection. The virus would likely need to acquire multiple mutations in the spike protein to evade immunity.

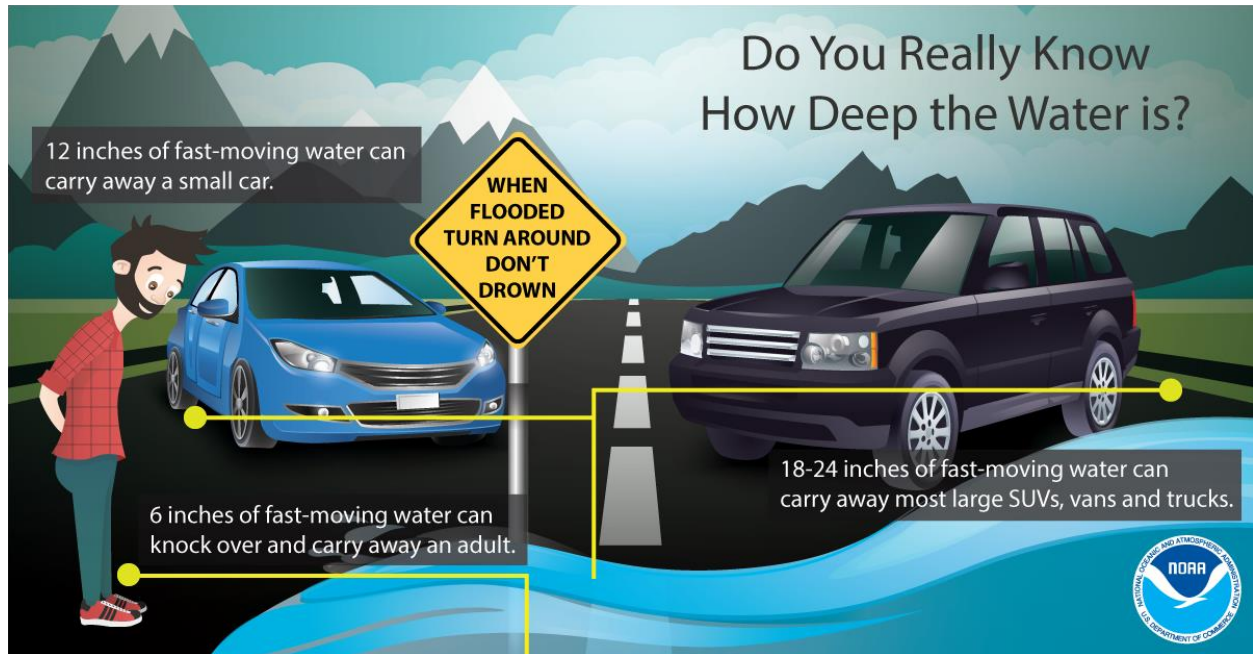
Continuing to wear masks in public after being vaccinated: The emerging variants seem to be highly efficient at spreading from person to person, so it's important for those who have been vaccinated to continue wearing a mask, maintaining physical distances from others and washing their hands.

How long immunity will last after vaccination: Experts don't yet know how long immunity lasts from either natural infection or the vaccines. It is possible that we may need booster injections for continued immunity.

If you want to learn more about the virus and the vaccines, Bardas recommends the trusted sources listed below and the websites of healthcare providers such as the Kaiser or Sutter Health. Be skeptical of information from social media and "Dr. Google" posts unless you can verify it with a trusted source, she adds.

- Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>.
- State of California vaccine website: <https://covid19.ca.gov/vaccines/>
- San Mateo County vaccine website: <https://www.smchealth.org/covid-19-vaccination>

Get Flood Ready



Floods are a common natural disaster in the United States. Failing to evacuate flooded areas or entering flood waters can lead to injury or death. Everyone lives in an area with some flood risk. Check to see if you live in a FEMA designated flood zone at <https://msc.fema.gov/portal>. You can also visit [floodsmart.gov](https://www.floodsmart.gov) to find out your National Flood Insurance Program options.

What you should know about Flood Safety

- Make a family emergency communication plan and include pets.
- Have emergency supplies in place at home, at work, and in the car.
- Sign up for SMC Alert and also the Red Cross Flood App so you can receive emergency alerts delivered to your phone.
- Know what to do before, during, and after a flood. **Learn more at [ready.gov/floods](https://www.ready.gov/floods).**
- Flood insurance takes 30 days to take effect, so purchase now to protect your family!
- Listen to local officials by radio, TV or social media.
- Evacuate when advised by authorities or if you are in a flood or flash flood prone area.
- If you are on high ground above flooded areas, being prepared to stay where you are may be the best protection.
- Never drive or walk-through flooded streets; Turn Around, Don't Drown! Do not go through flood waters.

Training and Events

Date	More Information
Tue, Mar 2 Time: TBD	Menlo Park Fire Protection District Committee Meetings. Learn more at https://www.menlofire.org/committees where you can also subscribe to receive meeting notices.
Sat, March 6 @ 9 a.m.	A.D.A.P.T. Monthly Community meeting. Learn more at https://www.getreadyatherton.org/meeting where you can also sign up to receive meeting notices.
Sat, March 13 @ 9 a.m.	rEPAct Monthly Meetings. Learn more at https://repact.org/ where you can also sign up to receive the Zoom link.
Sun, March 14 @ 4:30 p.m.	MPC Ready Committees Sync Up Meeting. Please join us to learn more and/or to participate. Join Zoom Meeting -- https://us02web.zoom.us/j/82553738142 Meeting ID: 825 5373 8142 or Dial +1 669 900 9128 US (San Jose)
Tue, March 16 @ 5 p.m.	Joint Special Meeting with the City of Menlo Park Council and the Menlo Park Fire Protection District Board. Agenda will be posted at least 72-hours before the meeting. Please visit https://www.menlopark.org/455/City-Council closer to the date for the agenda and how to join.
Thu, March 18 @ 7 pm.	Get Ready Training: Preparing for Earthquakes and Floods Join Zoom Meeting -- https://us02web.zoom.us/j/88498965776 Meeting ID: 884 9896 5776 or Dial +1 669 900 9128 US (San Jose)
Sat, March 27 @ 9 a.m.	MPC Ready Monthly Community Meeting. Our speaker will be from FEMA, Region 9, giving us an update on prepared communities and more! Join Zoom Meeting -- https://us02web.zoom.us/j/81862247745 Meeting ID: 818 6224 7745 or Dial +1 669 900 9128 US (San Jose)