



Rossmoor EPO's February Zoom meeting:

“Helping Ourselves and our Neighbors Remain Emotionally Sound Following a Rossmoor Disaster.”

Time: Online Monday February 1, 2021 at 9:30 am

THE FEATURED ZOOM MEETING PANELISTS



Fran Gibson
(President, Rossmoor EPO)



Sharon Meckenstock
(EPO Board member for
Mental Health)



Dennis Bell (Rossmoor Public
Safety Manager)



Tom Cashion (Retired
Captain, Walnut Creek
Police Department)



Cindy Mataraso, Psy.D
(Disaster Mental Health,
Red Cross and Crestwood
Behavioral Health)



Briana Taylor (Chair, Red Cross
Bay Area Leadership Councils
and Board Member)



Colene Trinterud
(EPO past-President, and Red
Cross Blood Program Lead)



Christine Monsen (EPO Q&A
and Comment Moderator)



Harris Greenberg (EPO High
Tech Coordinator)

GROUND RULES FOR THIS ZOOM MEETING

- We expect to have a lot of people in this meeting, so to avoid pandemonium, all attendee microphones will be automatically muted.
- Only the microphones of the presenters will be unmuted.
- Please keep your videos turned off, so only the presenters will be visible.
- You can submit your questions and comments using the CHAT control in Zoom.
- Christine Monsen will be watching for CHAT questions and comments, and will summarize them and address them to the presenters.
- The meeting will be recorded, and a copy of the video (including Closed Captions in English and Subtitles in several languages) will be posted to the EPO website (rossmoorepo.org)

AGENDA

- **Fran Gibson**, (President, Rossmoor EPO), will provide and update on EPO activities and upcoming meetings.
- **Colene Trinterud** (EPO past-President, and Red Cross Blood Program Lead), - will provide and update on the EPO / Red Cross February 12, 2021 Blood Drive.
- **Dennis Bell** (Rossmoor Public Safety Manager), will report on actions related to COVID-19 and status update to status of vaccine clinics in Rossmoor.
- **Briana Taylor** (Chair, Red Cross Bay Area Leadership Councils and Board Member), and **Cindy Mataraso, Psy.D** (Disaster Mental Health, Red Cross and Crestwood Behavioral Health), will discuss how helpers are impacted by the physical and emotional trauma that always follows a disaster.
- **Christine Monsen** (Q&A and Comment Moderator), will summarize the questions and comments and will address them to the presenters.
- **Closing remarks by Fran Gibson**



EPO Sponsored Red Cross Blood Drives for the Rossmoor Community

Dates and How to Sign Up to Donate Life-Saving Blood

Future 2021 Dates: February 12, April 21, July 30 and October 8

To Donate Whole Blood:

- 1) Go to www.redcrossblood.org
- 2) In place of zip code, enter "Rossmoorca"
- 3) Choose your time and fill it in as instructed

To Donate "Power Red" Blood: Call Colene Trinterud to confirm
that you qualify [(925) 933-3016]
or email her at trint@att.net

NOTE: currently only February 12 and April 21 dates are showing on Red Cross's website. The Rossmoor News and EPO's web site will alert you when the July 30 and October 8 dates can take sign-ups. **Please call Colene Trinterud if you have any questions.**

THANK YOU FOR YOUR ATTENTION

Colene Trinterud (EPO past-President, and Red Cross Blood Program Lead) [trint@att.net]

Dennis Bell (Rossmoor Public Safety Manager) [dbell@rossmoor.com]

Cindy Mataraso (Director of Clinical and Behavioral Services for Crestwood Behavioral Health in Sacramento) [cindypsyd@gmail.com], website: crestwoodbehavioralhealth.com

Briana Taylor (Regional Disaster Chair, Northern California Coastal Region Red Cross),
The American Red Cross website: www.redcross.org

Penny Reed (Rossmoor Counseling Services Supervisor), Phone: (925) 988-7750.
[counseling@rossmoor.com]

Sharon Meckenstock (EPO Board member for Mental Health) [srstock03@gmail.com]

Rossmoor's Emergency Preparedness Organization (EPO) website: **www.rossmoorepo.org**

If you have any questions or comments, please email:

EPO President Fran Gibson: rossmoorepo@gmail.com