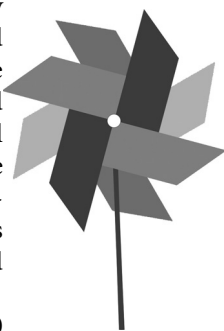


Child Abuse Prevention Month begins April 1

April is Child Abuse Prevention Month (CAPM). At this time, when many children and youth are restricted by COVID-19 and spending more time indoors and out of their usual routines, they are bound to experience stresses, as are parents and caregivers.

CAPM 2020 is reminding community members that it is important to protect children and youth. Research has shown that economic difficulties, substance use and abuse, domestic violence, illness and isolation increase the risk of abuse and neglect. Children and youth can become the targets for relief of adult frustrations.

The very best thing adults can do is manage themselves by recognizing when it is time to take a break, go for a walk with or without family, shift to a different activity or reach out for support.



Generally, younger children are less able to be self-directed. Much of their annoying behavior is their way of seeking attention as a result of their own stress levels.

Last year's CAPM activities included a public event, pinwheel gardens, blue ribbon campaigns and more. The COVID-19 limitations will significantly reduce CAPM activities.

The West Lane 90 by 30 Child Abuse Prevention team, under the direction of co-chairs Teresa LaNasa and Sheila Perletti, have been working on ways to celebrate children and youth of the community and remind community members to keep them safe.

The CAPM blue pinwheels are reminders for a safe and carefree childhood, and how everyone plays a part in making that happen.

Wellspring Clinic offers 'Health & Grace' virtual sessions

People can now invite Patricia Immel, licensed acupuncturist and herbalist, onto their computer and into their home.

During the month of April, Immel is offering 13 virtual sessions on "Health & Grace." Every Monday, Wednesday and Friday from 11 to 11:30 a.m., she will guide attendees through a relaxing meditation, acupressure massage, gentle stretches, health tips and more.

"When I asked, what can I do to help people right now? This is the inspiration I received," Immel said.

Meditation, deep breathing and gentle exercises can help people relax and focus on the positive. Acupressure can help ease fatigue, stress, pain and improve sleep. When people experience inner calm, their immune systems are optimized.

To sign up for the "Health & Grace" sessions, visit thewellspringclinic.com and click on virtual care.

"Let's focus on keeping you healthy at home," Immel said.

Email wellspring@bmi.net or call 541-902-8860 with questions.

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Setting the structure was intensive, according to Schick.

"A lot of people in the Western Lane EOC have never experienced this type of structure before," he said. "It's so new to them, with a lot of forms and terminology. But I think everybody is up and running. It's working out fantastic so far. We've been having conference calls at least twice a week. I've also been very impressed with everyone coming up to speed on how you run an emergency operations center — and how you work in an incident command structure."

Schick stated that the objective of the activation is threefold: minimize serious illness and death; limit sizeable disruptions; and limit economic impact.

Florence Project Manager Megan Messmer defines the purpose of an EOC as, "to support field operations by obtaining and providing resources, maintaining up-to-date information, coordinating activities, providing information to the public, and to bring chief decision makers together to coordinate their response to the incident. History has shown that effective, well-coordinated responses to disaster situations are conducted best when all decision makers and emergency service chiefs are located in one place."

Messmer added that it's the management process that allows organizations and agencies with jurisdictional or functional responsibility for the incident to jointly develop a common set of incident objectives and strategies.

"From the ambulance department, we're really focused on addressing serious illness and death," Schick said.

As far as actions that Siuslaw Valley and Western

Lane have implemented, the districts have locked doors to both spaces to the public and are performing health screenings for everyone who does enter the premises.

"We have to have a temperature check, and then a health questionnaire just to make sure they're feeling okay," Schick said.

There was one person that the districts sent home due to a high fever, but no other symptoms of COVID-19.

"At this time, I'm not thinking it's COVID, but we don't want to take any chances. The screening system is working, which is great," Schick said.

Starting April 1, SVFR is planning on switching career firefighters to a 24/7 schedule, supplemented with part time workers and volunteer firefighters.

"This allows us to prepare if we do lose 25 percent, 50 percent or 75 percent of our responders [to illness]," Schick said. "We'll still have at least a skeleton crew staff ready to go. ... I may have to get out to see patients or Matt [House] might have to get out to see patients. But we'll do our best to make sure that we're covering our citizens the best we can."

Building a line of succession in case command leaders get ill has also been a priority.

"If I get sick, Matt takes over," Schick said. "If he gets sick, it's the Western Lane captain that's on duty who would take over. If all three of them are out and they're not on duty specific days, then it would be an SVFR captain. So, we've gone quite a long ways down the chain of command to establish a line of succession."

All members of Western Lane EOC are required to designate a fully briefed deputy, and a backup EOC has been established through the City of Florence Public Works in the event that the

primary members of the EOC become ill.

"If we start seeing a lot of patients, the primary function is to support the hospital. They're the ones that are going to be overwhelmed very quickly," Schick said.

One of the ways the EOC is looking to help is collected donations of personal protective equipment (PPE) for PeaceHealth Peace Harbor Medical Center and first responders of SVFR and WLAD.

"You're all hearing problems with PPE. At this point in time, we have adequate supplies," Schick said. "Matt House has been working very diligently to make sure we take advantage of any opportunity to acquire PPE. You've heard of public members donating PPE across the country, and we're certainly going to take advantage of that here."

According to Messmer, WLEOG is "coordinating donations of PPE. New, unopened, approved PPE is deposited into the Lane County cache for COVID-19 response. Once the PPE is received it will be inspected, inventoried, and distributed throughout the County to be used for medical professionals working with COVID-19 patients. At this time, the State of Oregon is coordinating with all County Public Health Departments on response and needs statewide."

Locally, WLEOG has set up a way to receive donations of PPE and funds. Donations may be dropped off on weekdays beginning Monday, March 30, between 10 a.m. and 2 p.m. at the City of Florence Public Works Facility, 2675 Kingwood St.

People are asked to place items in the trunk/back hatch of your vehicle. Do not exit your vehicle. A designee from the EOC will greet you and remove the items and place them in our donation bins. Email donations@west-laneec.org with any ques-

tions.

Other agencies are looking to help Peace Harbor, such as the Siuslaw School District. The district will be asking for volunteers from their staff to help with the hospital's custodial staff if a surge in COVID-19 overwhelms the hospital.

While Peace Harbor staff will work on sanitizing critical portions of the hospital with the disease, volunteers from the school district will be focusing on cleaning non-critical areas of the hospital.

And local governments have been lobbying with the state to help stem to spread.

In a discussion regarding the recent social-distancing regulations by Oregon Gov. Kate Brown, Dunes City Administrator Jamie Mills said that the City of Florence was "instrumental" in speaking with the governor.

"The reason being is the hospital got overrun, the cops got overrun, the fire department got overrun when so many people were here last weekend," Mills said at a Dunes City Council meeting Wednesday evening.

She added that when Brown was first implementing guidelines for social distancing and limiting crowds, residents from Eugene "all jumped in their cars and came over here. And all of a sudden we had way more people than we can deal with. ... Honeyman was full. It took them a full day to get them out. And the phone call I got today was about all these RVs in town — There was no place in town, we had no place to put them."

Some Dunes City Councilors pointed out that many streets in Dunes City were empty, and they did not see much traffic. While there were multiple areas of the region, such as Historic Old Town Florence, that had

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Florence Antiques & Coast Jewelers
would like to thank all health care professionals for their dedication and service to our community in the past, present and uncertain future!

Dig Deep and Keep Smiling.... Thoughts and Prayers to all from Tom and Rich

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