
DISASTER RECOVERY CORNER

An image shared from St. Croix's island from a recent deployment
this past June 2018.

J U L Y 5 , 2 0 1 8

A MESSAGE FROM OUR CEO, ELIZABETH DISCO-SHEARER

As we enter the second month of hurricane season, and a usually hot 4th of July holiday week, please remember to check on the elderly and vulnerable in your local communities. Many vulnerable populations are isolated and do not have the luxury of air-conditioned homes. As a SVDP Conference or as a community volunteer, you can volunteer to provide box fans, water, and a daily health and welfare check on socially and geographically isolated communities. In parts of Puerto Rico families are still without power from the devastating 2017 hurricane season. Disaster Services Corporation Society of St. Vincent de Paul of the United States is working with Team Rubicon to identify families without roofs and to help repair and rebuild the roofs throughout Puerto Rico. Can you imagine what it be like if you were living in your home without a roof for over 9 months? Recovery in both Puerto Rico and the USVI has been slower than in Texas and Florida. NVOAD groups continue to provide several recovery efforts across all the impacted States and Territories, but it has been especially challenging to raise funds for the numerous and ongoing recovery initiatives. Wishing everyone a very Happy 4th of July and please reflect on the many blessings that we have as a nation. We come together in the most difficult of times to support our communities. I am so very grateful for the ongoing support of the mission of the Disaster Services Corporation SVDP-USA. Please follow us on twitter @svdpusadisaster.



D S C S P O T L I G H T

C A T H Y G A R C I A , D C M S U P E R V I S O R

Cathy Garcia joined the Society of St. Vincent de Paul back in 1999, after seeing a bulletin insert of a meeting for SVDP. She called Father Lawrence Matula and inquired of what was SVDP and this meeting. Father had explained the assistance of home visits and that is all Cathy had to hear. She wanted to join because her Grandparents Santiago and Catalina would take her when she was a little girl to home visits. Cathy has been a Conference President, VP, Secretary for St. Robert Bellarmine Conference. Her mentor was Edwin Petering, who invited her to be his proxy to a Mid Year meeting in Washington DC. He asked her to the Annual meeting and used the excuse that he couldn't sit for very long for the business meetings. Cathy was so honored to be of service and agreed.

Cathy has been attending Annual meeting since 2003. She didn't know that Edwin Petering was forming her in Servant Leadership. Cathy is currently the Council President of the Diocese of Victoria in Texas. Cathy has served on the National Level of SVDP USA as a National Council Member. She was appointed to the MCD Ad Hoc Committee and involved in the creation of the MCD Handbook under Past National President Joe Flanigan. She served as the National Chair of the Multi-Cultural Diversity Issues and Initiatives for 6 years under Past President Sheila Gilbert. She currently appointed by National President Ralph Middlecamp to serve on the National Extension Committee. Continued...



DSC SPOTLIGHT, CONTINUED ...

CATHY GARCIA, DCM SUPERVISOR

She was hired by DSC SVDP USA to work the Project Comeback Texas as a DCM Supervisor serving Wharton, Jackson, Victoria, Aransas and Nueces counties. Overseeing 12 DCMs. Cathy served in 2010 as a DCM supervisor after Hurricane Alex in the Diocese of Brownsville and in 2013 was hired on by SVDP Disaster to work the ODRP after the 2013 Tornados in Oklahoma. In addition also assisted with the Bastrop fires.

Cathy is married to Felix T for 27 years, they have three daughters, Felicia, Sky and Cynthia, Cathy has one daughter Lynda and in addition have two stepchildren Felix C and Misty. All together they have 13 grandchildren and 2 grandchildren on the way.

Cathy enjoys involvement in her parish and serves as a Catechist for the 9th grade, Extra Ordinary Eucharist Minister, is a member of the Guadalupanas, CDA member and is serving on the Pastoral Council.

Cathy was honored to be asked by Bishop Brendan Cahill to be serve on the Convocation Committee for the Diocese of Victoria. Cathy is also a member of the Hispanic Education Project, Elks, SPJST and serves on the El Campo City Wide Thanksgiving Dinner Committee as the home delivery coordinator for 13 years.

Cathy is so grateful for the knowledge and support of Liz Disco Shearer and Gail Bertrand who both took Cathy under their wings and brought Cathy where she is today. Ready and able to serve the Bishop and Diocese of Victoria with the support of DCS SVDP USA to help survivors recover from Hurricane Harvey.



ST. CROIX REFLECTIONS



The deployment to St. Croix was a very enlightening experience for me as it was the first of such a trip. The people that I met and worked with were wonderful and the camaraderie was immediate and we all gelled as if we'd known each other for years. Fr Andersen was a wonderful cook and made sure dinner was always on time each evening and full of delicious surprises. Terry did an excellent job with providing breakfast daily to get our day started. Everyone pitched in where and when needed to make the overall experience unforgettable as well as very productive.

Pairing each team for home visits with persons from the local community was an excellent idea as it aided in finding the homes we visited much easier and cut down on a lot of time that could have been wasted getting lost. Isabel, Terry and Fr Andersen did an excellent job in organizing the deployment which made what could have been a stressful experience smooth, productive, and unforgettable.

Anneta

ST. CROIX REFLECTIONS

It was truly a wonderful experience to be deployed to St Croix as a volunteer. The interaction at meal time, in a positive manner, and by doing so we were able to go out there and meet, greet and be ready to interact with the people of St. Croix, whose homes were damaged, some destroyed, by category five hurricane named Maria. Team members were on point to delivery. A special kudos to team leaders of SVDP USA For a job well done. It was truly a tremendous success and look forward to future engagements.

Thank you, good team work.

Hilda Celestine



EXTREME HEAT PREPAREDNESS



Extreme Heat often results in the highest number of annual deaths among all weather-related hazards. In most of the United States, extreme heat is defined as a long period (2 to 3 days) of high heat and humidity with temperatures above 90 degrees. In extreme heat, evaporation is slowed and the body must work extra hard to maintain a normal temperature. This can lead to death by overworking the human body.

Remember that:

Extreme heat can occur quickly and without warning. Older adults, children, and sick or overweight individuals are at greater risk from extreme heat. Humidity increases the feeling of heat as measured by a heat index.

EXTREME HEAT PREPAREDNESS

IF YOU ARE UNDER AN EXTREME HEAT WARNING:

- Find air conditioning.
- Avoid strenuous activities.
- Watch for heat illness.
 - Wear light clothing.
- Check on family members and neighbors.
 - Drink plenty of fluids.
- Watch for heat cramps, heat exhaustion, and heat stroke.
- Never leave people or pets in a closed car.



EXTREME HEAT PREPAREDNESS

HOW TO STAY SAFE WHEN EXTREME HEAT THREATENS

WHAT TO DO NOW: Prepare

- Find places in your community where you can go to get cool.
- Keep your home cool by doing the following:
 - Cover windows with drapes or shades.
 - Weather-strip doors and windows.
 - Use window reflectors, such as aluminum foil-covered cardboard, to reflect heat back outside.
 - Add insulation to keep the heat out.
 - Use attic fans to clear hot air.
 - Install window air conditioners and insulate around them.
- Learn to recognize the signs of heat-related illness.

WHAT TO DO DURING: Be Safe

- Never leave a child, adult, or animal alone inside a vehicle on a warm day.
- Find places with air conditioning. Libraries, shopping malls, and community centers can provide a cool place to take a break from the heat.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Wear loose, lightweight, light-colored clothing.
- Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor how best to accommodate it.
- Do not use electric fans when the temperature outside is more than 95 degrees, as this could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.
- Avoid high-energy activities.
- Check yourself, family members, and neighbors for signs of heat-related illness.

NO POWER?

Head to a local cooling center to #BeatTheHeat if you lose power during extreme heat.



EXTREME HEAT PREPAREDNESS



RECOGNIZE AND RESPOND

Know the signs of heat-related illness and the ways to respond to it:

HEAT CRAMPS

-Signs: Muscle pains or spasms in the stomach, arms, or legs

-Actions: Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

HEAT EXHAUSTION

-Signs: Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, or fainting

-Actions: Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

HEAT STROKE

-Signs: Extremely high body temperature (above 103 degrees) taken orally; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; or unconsciousness

W E M O V E D !



"Responding to Local Disasters Nationally"

The DSC DC Metro Office has Relocated to:
600 Caroline St., Suite D
Fredericksburg, Virginia
22401

DSC Headquarters:
320 Decker Drive; Suite 100
Irving, Texas
75062

FOR MORE INFORMATION



Please stop by our newly updated website: www.svdpcdisaster.org

An online store and training resources will soon be available exclusively for Vincentians active in disaster recovery.

Follow us on Twitter: [@svdpcusadisaster](https://twitter.com/svdpcusadisaster)

Follow us on Facebook: www.facebook.com/DisasterServicesCorp/

Follow us on LinkedIn: Disaster Services Corporation, SVDP-USA

Monique Brent, mbrent@svdpcdisaster.org
Manager, Volunteer Resources and Deployment

Please consider supporting our mission by donating your time, providing financial support, and/or becoming active in your local community on disaster preparedness and recovery as a Vincentian.

For those of you interested in volunteering, please stop by our website at www.svdpcdisaster.org and click on the volunteer button at the top right corner. It will take you to a webform to complete. This information will help us gain better insight on you and be able to better pair you with what we have open and available to volunteer with. We will set up a one on one phone call shortly after the form has been completed. As a reminder, we cannot continue all these great works without your help. Please consider donating to the general disaster fund at www.svdpcdisaster.org to keep our programs running so that we can in turn support those who have been impacted by disaster here in the United States.

