



IN THIS ISSUE

Be prepared for unexpected power outages	2
Symptoms of a heart attack	2
Smoke detectors and safety	3
Smart911	3
Community engagement and safety education	4



Food & Personal Care Products Drive

June 1-June 15

We're collecting non-perishable, unexpired, unopened food and personal care items to benefit the Dublin Food Pantry. Items for which there is high demand include cans of condensed soup, ramen noodles, oatmeal packets, cans of beans and veggies, salad dressing, regular sized pancake mix, rice or pasta side dishes, laundry detergent, toothpaste & individual toothbrushes, deodorant, and razors/shaving items.

Drop your donations off at the Township Administration Building (6200 Eiterman Rd. Dublin) in the entryway marked Town Hall (please do not drop off donations at the Fire Stations). Thank you for your kindness and generosity!

Coping Through Adversity

The COVID 19 pandemic which began last year has upended all of our lives in a multitude of ways. Here at Washington Township we suspended in-person activities and limited access to our facilities to keep the community, and our first responders, safe. Many parents balanced working at home while providing educational support to their kids who were learning remotely. Others of us were unable to visit with loved ones who resided in assisted living facilities, or who lived alone completely isolated from friends, family and activities. The COVID 19 pandemic has had a major effect on our lives. These challenges are stressful, overwhelming, and cause strong emotions in adults and children. Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

Healthy Ways to Cope with Stress

Below are a few suggestions to help you manage your stress levels:

- Take breaks from watching, reading, or listening to news stories, including those on social media. It's good to be informed, but hearing negative news constantly can be upsetting. Try limiting news to just a couple times a day, and consider designated time away from smartphones, TV, and computer screens.
- Take care of your body. Try to eat healthy, well-balanced meals and exercise regularly. Get plenty of sleep and avoid excessive use of alcohol, tobacco or other substances.

Coping Through Adversity (cont.)

- Make time to unwind. Take a brisk walk around your neighborhood, or commit to regular meditation or yoga practices. Some research suggests that practicing regular meditation may reduce blood pressure, anxiety and depression.
- Connect with your friends, or community or faith-based organizations. A trusted friend can be a great sounding board when you feel overwhelmed. In the Dublin community, Syntero offers care, counsel and support services to the Washington Township/Dublin community. The Dublin area is home to a number of faith-based organizations always willing to provide a helping hand to those in need.

Helping Others Cope

Taking care of yourself can better equip you to take care of others. During times of social distancing, it is especially important to stay connected with your friends and family. Helping others cope with stress through phone calls or video chats can help you and your loved ones feel less lonely or isolated. If you have experienced moments of sadness or isolation personally, it's likely someone you care about has experienced the same feelings.

Mental Health and Support Services

If you are struggling to cope, there are many ways to get help. Call your healthcare provider if stress gets in the way of your daily activities for several days in a row. Syntero is a local community resource dedicated to offering the professional care the community needs to thrive (syntero.com). In times of crisis, contact the National Suicide Prevention Lifeline at 1-800-273-TALK. Suicide is preventable and help is available.

Symptoms of a heart attack? Call 9-1-1 immediately

If you experience signs of a heart attack or stroke, call 9-1-1 rather than driving yourself or being driven to the hospital or urgent care. With every passing minute without treatment, your chances of a full recovery diminish. Paramedics can treat you while you are in transport and will be able to take you to the hospital that is best equipped to address the seriousness of your condition. The closest hospital may not be the best choice.

For men, common symptoms of a heart attack include pain, pressure or discomfort in the chest, and difficulty breathing. For women, common symptoms of a heart attack are not as obvious and include weakness, shortness of breath, and nausea.



Symptoms of a stroke are similar for men and women and include paralysis or facial droop, headache, weakness in one side of the body, and numbness.

By the time these symptoms are evident, there is limited time for treatment before you could suffer permanent injury or deficit.

Be Prepared for Unexpected Power Outages

Spring is here and with it comes the increased risk of severe thunderstorms. Sometimes these storms can be damaging enough to interrupt power in our homes, and create a host of inconveniences. Does your family have a plan for such situation? It was only a few years ago when so many in Central Ohio were without power for several days.

Predicting when these severe storms will occur is impossible, but preparing for them isn't. Make an emergency supplies kit. Include a first aid kit, candles, matches, essential medications, canned/nonperishable foods, manual can opener, water (one gallon per person, per day for at least three days), protective clothing, radio and flashlight, and extra batteries. Radios and flashlights that can be charged manually are readily available now and especially good for emergencies because they don't ever need batteries.

Some of these radios even have a port from which you can charge a cell phone. Portable power packs are also useful for recharging cell phones.

For a complete list of supplies you might want to include in your supplies kit, check out our Emergency Preparedness Guide. Request one at 614-652-3920 or download it from our web site, wtwp.com. Additional citizen preparedness information is available through our partners at Franklin County Emergency Management and Homeland Security, fcmhs.org.



Smoke Detectors & Safety

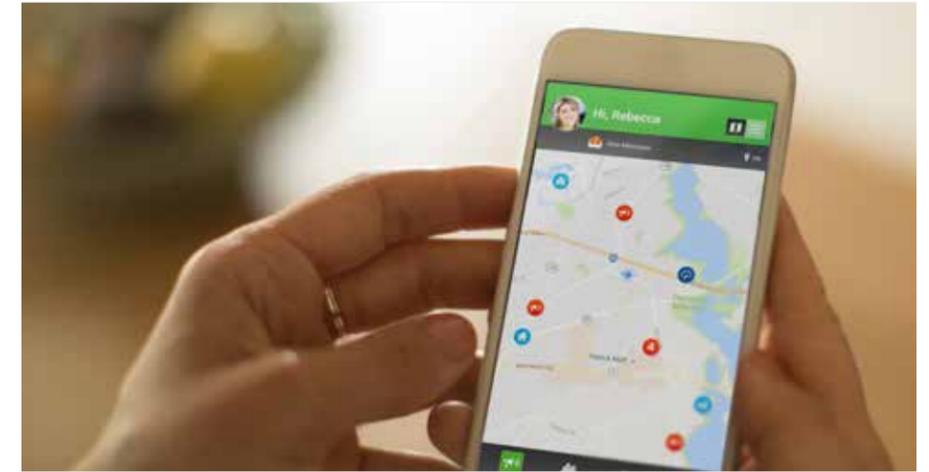
As we approach Spring and nicer weather, we cannot forget about some important tips to keep our families and homes safe. Residents are reminded to make sure they have smoke alarms throughout their home, and to test them regularly to insure they are working properly. Smoke alarms were present in three-quarters (74 percent) of reported home fires from 2014–2018. Almost three out of five home fire deaths were caused by fires in properties with no smoke alarms (41 percent), or smoke alarms that failed to operate (16 percent). Unless your smoke alarms have a ten-year battery, the batteries need to be replaced twice a year. Smoke alarms, much like other products, have expiration dates that can be found on the back or side of the detector. Smoke alarms older than 10 years should be replaced. There should be at least one smoke alarm on every floor of the house, outside of sleeping areas, and in every bedroom. All of your smoke alarms should be tested monthly. Many homes have hard-wired smoke alarms, but these also require batteries in case of a power outage.

If you have any questions related to smoke alarms or their installation, please contact the Washington Township fire prevention bureau at (614)652-3920.

More information can be found at the two websites below:

<https://www.nfpa.org/smokealarms>

https://www.usfa.fema.gov/prevention/outreach/smoke_alarms.html



Smart911

Washington Township/Dublin residents have the opportunity to sign up for an emergency communications tool, Smart911. The Smart 911 system allows users to create a Safety Profile that provides vital information to emergency dispatchers and first responders in the event of an emergency. Once created, your Safety Profile will automatically display to emergency communications technicians when a 911 call is placed from a phone number associated with a Smart911 profile.

How can you sign up?

You can sign up for Smart 911 at smart911.com or download the Smart911 App on the Apple Store or Google Play. Create a Safety Profile for your household to give 911 dispatchers valuable information about yourself, family members, your home, pets and even vehicles. It's private and secure and you control what information is in your profile. These details can save seconds or even minutes during an emergency.

Who should create a Safety Profile?

Anyone can create a Safety Profile. Those that are especially encouraged to sign up are people with medical or disability information. Wireless phone users are also encouraged, as wireless phone calls to 911 only provide a general location of the caller, not an exact address. Adding your home, school and work addresses (including apartment and room numbers) can help responders locate you more easily.

How can Smart911 help?

Smart911 can inform first responders about individuals who are affected by epilepsy, diabetes, Alzheimer's, allergies, mental health and other medical conditions. For seniors, a Safety Profile can provide peace of mind that in the event of an emergency 911 would have details on their home and medical needs. For those who have a physical disability or mobility restrictions, it is vital for responders to know about the person, their disability and what type of assistance or special equipment they may need to evacuate their home or receive transport. You can provide as much or as little information as you like and subscribe to only the alerts you'd like to receive and by which method – text, phone call, email or all three!

For more information visit smart911.com or dublinohiousa.gov/living/smart-911

Washington Township
6200 Eiterman Road
Dublin, Ohio 43016

Skills Checks for CPR, First Aid, and CPR for Healthcare Provider Certifications

Do you need a CPR or First Aid certification? Skills checks are being offered at the Township Administration Building. This is a two-step process: first complete the on-line course through the American Heart Association and then schedule your appointment by e-mailing Sara Hall, Community Safety Educator (syhall@wtwp.com). Links to the American Heart Association courses are on the Township website under classes and programs. There is an American Heart Association fee to take the class on-line and a Washington Township fee for the skills check. Masks must be worn and temperature checks will be done prior to entry.

Home Fire Safety

Wednesday, June 9 at 2pm

Have you ever wondered what type of fire extinguishers you need at home and when smoke detectors need replaced? Learn great ways to keep your home safe, develop fire escape plans, and keep your home be free from hazards. One of the Washington Township Fire Inspectors will cover these topics, with a questions and answer period to follow.

Ages: 18 & up

Register at dublinohiousa.gov/recreation-services/

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Fire Stations

Station 91
6255 Shier Rings Road

Station 92
4497 Hard Road

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Station 95
5750 Blazer Parkway

www.wtwp.com



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