



Be a Giver of Hope.

Thanksgiving is almost here. And while we may be preoccupied with the hustle and bustle of the preparations of the approaching holidays, it is also time to take pause and give thanks for the multitude of the blessings life has given us.



One of my greatest blessings is the gift of leadership to Building Resilient Communities. I fervently believe God has entrusted me with His purposeful vision of BRC. Daily my heart is filled with gratitude for the opportunity to help communities in their most vulnerable times as our communities are spiritually, emotionally, physically, and economically hurting.

Although gratefulness and thankfulness are often interchanged when we are expressing gratitude, they are not actually the same. Being thankful is a conscious feeling of benefits received and the beginning of gratitude. You see it is not enough to express our thanks. Gratitude is the completion of thankfulness and shown in acts. **This Thanksgiving I implore you to open your heart to extend love and compassion to those around you who need support through action.**

The greatest gift you can give is to share your blessings with those less fortunate or in need. You can give of your time, attention, professional skill, resources, or instill hope for those that may be hurting or lost. It can also mean advocating for those who cannot speak for themselves and standing for justice. **Let us all be givers of hope this Thanksgiving with both our words and actions.**

*Wishing you and your family a safe, joy-filled Thanksgiving.
Debra*

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RESOURCES

- BRC Website
www.BRCUS.org
- SHAKEOUT CALIFORNIA
www.shakeout.org/california
- READY.GOV/Earthquakes
www.ready.gov/earthquakes

Building Resilient Communities

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Thanksgiving is almost here!

While the holiday seasons are filled with festive celebrations, holiday lights, and winter greens, they also present safety and fire risks that can quickly turn this festive time of year into a devastating one. BRC continues to educate the public about potential fire risks during the holidays, offering resources to help everyone enjoy a safe holiday season.

For more information on **Holiday Safety Preparedness:**

<https://www.Ready.gov>

<https://www.usfa.fema.gov/prevention/outreach/holiday.html>

There is no better time than the holiday season to get to know your neighbors. In a disaster, your neighbors and community can determine how well and fast your community will recover. The more connected the community is before a disaster hits, the stronger its ability to bounce back after disaster hits.



BRC practices “neighborly love” every day as part of its mission. BRC encourages you to reach out to your neighbors and share with them your emergency preparedness plans. Remember, YOU are the help until help arrives.

Bake a plate of your favorite holiday treats for your neighbors. And, while you are saying “hello” or introducing yourself, share with them ways to prepare for a disaster. BRC reminds us that it takes each of us, individually and collectively, to overcome adverse conditions and recover from disruptive experiences.

Mission

Our mission is to provide disaster preparedness training and education programs to families, youth, businesses, community and faith-based organizations across southern California.

Leadership

Debra J. Williams
Founder & Executive
Officer

Board of Directors

John Epps, President

Michele Myers-Heard ,
Vice President

Russell J. Williams,
Treasurer

Vincent McCoy, Secretary

Debra J. Williams

Thanksgiving SAFETY TIPS FOR PARENTS AND CHILDREN

For many families, Thanksgiving is full of turkey, travel, and gratitude. But, with the kids home from school, it can be easy to forget that hot ovens, boiling soup, and sharp cutlery are dangerous. Also, if you're heading out or staying in, don't forget to check the house for safety hazards.

Follow these Thanksgiving safety tips to ensure a festive and fun holiday:

Kitchen Safety

When cooking hot dishes, keep children at least **3 FEET AWAY**, as hot steam or liquids could cause burns.

Keep pot handles
TURNED INWARD
and out of the reach
of children.

MOVE DISHES (hot and cold) away from the edge of counters, so kids or dogs don't pull them down.

Never leave
CHILDREN UNATTENDED when there is food cooking in the kitchen.

Don't **FORGET** to turn off the oven and burners when you're finished cooking.

Have a **FIRE EXTINGUISHER** handy in case of a grease fire.

Stay Safe
THIS HOLIDAY SEASON



Winter Weather Safety: Are you ready for the next storm?

Here are some effortless ways to prepare and tips to keep in mind before the next big storm:

- Prepare an emergency kit with a flashlight, batteries, bottled water, non-perishable food, blankets, warm clothing, a first aid kit, and other items you might need for several days.
- Monitor local news and weather stations for updates.
- Pay attention to alerts and warnings from authorities.
- If you don't have to go out, stay home.
- Use extreme caution around downed trees and slow down for debris in the street.
- Treat all non-working traffic signal lights at intersections as stop signs.
- Avoid all downed power lines and objects touching them. Report downed lines to your local authorities.

BRC Reaches Out!

Building Resilient Communities (BRC) is a trusted voice in local communities and proud to be the recipient of a third grant from "Reach Out." This award is to support the Health Resources and Services Administration (HRSA) collaboration project.

The purpose of this collaborative project is to establish, expand, and sustain a public health workforce to prevent, prepare for and respond to COVID-19 in the Inland Empire region.

BRC is proud to be a member of a team that is working diligently on a public health awareness outreach campaign across the Inland Empire to share information about vaccines, building vaccine confidence, and addressing barriers to vaccination for individuals in underserved and vulnerable communities. Thank you to our organizational partnerships and to the Health Resources and Services Administration for their trust and support.



Holiday Shopping on Amazon?

Experience feel-good shopping and support BRC by using Amazon Smile!

When you shop at smile.amazon.com, you will find the exact same low prices, vast selection, and convenient shopping experience as Amazon.com with the added bonus that Amazon will donate a portion of the purchase price to BRC.

Meet BRC Volunteer Team Member - Crystal Caballero



Meet volunteer extraordinaire - Crystal Caballero. After her retirement, Crystal was looking for an opportunity to volunteer. She is sister to BRC team member Norma Spencer.

Watching the critical work being done by her sister, she knew that she could lend a helping hand.

Crystal believes that volunteering is not simply good for the community but also good for herself by providing a boost to her self-confidence and self-esteem. According to the Mayo Clinic's research volunteering among adults, age 60 and over, provided benefits to physical and mental health, and volunteers report better physical health than do non-volunteers.

Her volunteer work for BRC centers around preparation for and support of community outreach events. Meeting people in their own neighborhoods is key to being an effective outreach volunteer.

"We go into communities that may not have access to the information we provide," she states. Crystal is at the ready whether putting packets of lifesaving information together or attending community events to share valuable information about safety and emergency preparedness. Being able to help educate and inform attendees is a role Crystal enjoys.

One thing that many BRC readers may not know is emergency supplies are a click away on BRC's own online store. Crystal adds that supplies from the PPE packets she helps distribute can be found there as well.

Crystal, thank you for your support to BRC and the community. Your contributions are deeply appreciated.