

Getting in Touch, Staying in Touch

An RPG workshop series on building individual and community relationships

The Residents' Preparedness Group is an integral part of RVM's emergency preparation and response plan. With its system of Area and Floor Coordinators, it provides local contacts to inform residents when an emergency occurs or is expected, and it can provide assistance in



Many may remember **Cheerie Howse** from the neighborhood meetings she conducted in the early formative stages of RPG.

Cheerie has had a lifelong interest in health and welfare. She is a retired chiropractor, a CERT graduate, and has recently completed an extensive course in Functional Medicine, with an emphasis on Health and Wellness Coaching.

preparing to respond to earthquakes, fires and similar disasters.

To be most effective, coordinators need to be recognized and trusted, and to be familiar with resident needs and capabilities within their area of responsibility. Establishing such relationships can be challenging if residents are withdrawn, reluctant to share personal information about needs and concerns, or have communication problems for any reason.

RPG is organizing a series of Coordinator Workshops to help RPG volunteers share information and develop skills and a support network that will help them build community and individual relationships. Sessions will be

facilitated by Cheerie Howse and will have at least one senior coordinator or member of the RPG Leadership Team present as a resource. They will consist of six to twelve coordinators or other interested individuals, and will be scheduled for 90 minutes – but open-ended to permit participants to interact as long as they wish.

The purpose is NOT teaching about medical or counseling professional activities, but rather making it possible for people to share concerns and experiences, engage in group problem-solving, and develop connections that can be used for mutual support in the future. The diversity of backgrounds and experience at RVM is so abundant that we expect peer support to be extremely effective.

We will try to develop sessions around geographic areas in the cottages or towers, since those groupings will help provide common ground for both discussion and later cooperation. Starting in mid-October, we will contact coordinators with sign-up options, in hopes of accommodating those interested before the holiday season sets in.

If you have questions or suggestions, please send them to rpgrvm@gmail.com – and we hope to see you at one of the sessions.