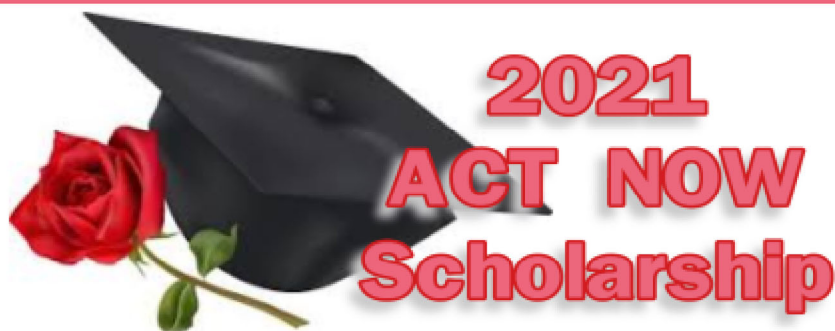


G.A.P.S. Newsletter

Gerrish Alternative Policing Strategies

"Community with Police...Caring & Sharing Together"

FEBRUARY 2021



2021 ACT NOW Scholarship

ACT NOW is currently accepting applications for their 2021 Scholarship Awards. Two \$1,000 scholarships will be given to Roscommon High School Seniors who plan on attending a college or university this fall. There is no criteria or specific field of study required and the scholarships will be awarded based on community service, GPA and need.

Applications must be submitted with an official High School transcript, two letters of recommendation from school staff, one letter of endorsement from a community member and an Essay on the "Value of Community Service." Deadline for submission is April 1, 2021. Copies of the ACT NOW Scholarship application packet can be picked up at RHS, the Gerrish Twp. Police Department or by visiting our website at:

www.gerrishpolice.org/act-now/act-now-scholarship/

ACT NOW Annual Reports

The 2020 ACT NOW Annual Report is now available and can be found at www.gerrishpolice.org under the **ACT NOW** tab - Fiscal Year Reports & Budget. 2020 was a bit different in regards to community events and fundraisers that had to be cancelled or modified due to COVID-19 restrictions, however we were still able to keep our heads above water and provide some community event such as our Shop-With-A-Cop Program, Drive-Thru Trunk or Treat, Glow Golf and a few other outdoor and/or virtual events. For the past 20 years, ACT NOW with the guidance of their Executive Board and wonderful volunteers, have donated over \$200,000 to our community through many programs and projects. You can also find a synopsis of these at our [website](http://www.gerrishpolice.org) under the **ACT NOW** tab - ACT NOW Programs & Projects.

These reports are also available at the Gerrish Township Police Department.



HEART MONTH *February*

February is Heart Disease Awareness Month

February isn't just for love...it is also American Heart Month reminding us to take care of our hearts and consider our risk factors. Heart disease can happen at any age and some of the risk factors are preventable. If you have any of the risk factors for cardiovascular disease such as obesity, physical inactivity, high blood pressure, cigarette smoking, high cholesterol or diabetes you may want to stay on top of your health to try to avoid heart disease.

High Blood Pressure - there are millions of people in the U.S. who have high blood pressure, make sure you work with your doctor to keep it under control.

High Cholesterol, Diabetes and Obesity - all conditions that can increase your risk for heart disease, work on eating healthy and getting some physical activity in a few times a week.

Smoking Cigarettes - over 35 million people in the U.S. are smokers, if you are a smoker do your best to quit or cut down.

Manage your conditions by working with your doctor, taking your medications as prescribed, make heart-healthy diet decisions, get some type of physical activity in at least 20 minutes for 4-5 days a week and don't smoke.

For more information about heart disease, risks, prevention and resources visit the CDC website www.cdc.gov/heartdisease/

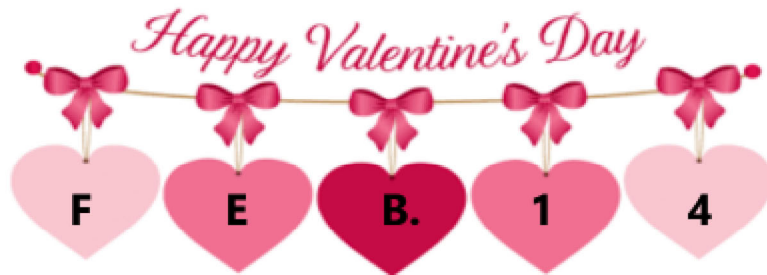
UPCOMING EVENTS/MEETINGS:

FEBRUARY 5th

ACT NOW Executive Board Meeting
10:00 a.m. @ Gerrish Twp. Police Dept.

FEBRUARY 27th

Food Truck Distribution @ Roscommon Area Schools
Bus Garage (10:00 a.m. until food is gone)

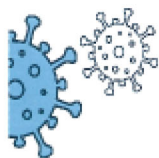


COVID-19 Vaccine Timeline

COVID-19 vaccines have begun to be administered. They began in December 2020 with frontline health care workers and long term care residents and staff. The Michigan Department of Health & Human Services has put out a preliminary vaccination timeline (see below). Currently the State is working on essential workers, those 65 and older, child care staff, school staff and congregate care facilities. If you have not already received your vaccine or have been contacted to sign up you can go to the health department's website at www.CMDHD.org and click on the survey button for the category you are in and complete the form online. If you do not have internet access or know of a family member or friend that has email and can sign you up, you can call the Prudenville Health Department office at (989) 366-9166. You will have to leave your name, phone number, County of residence and a brief message and they will return your call and sign you up as soon as possible. Please be patient with this process as the vaccines are in high demand and dates may change due to availability of the vaccine.

Preliminary COVID-19 Vaccination Timeline

Dates are estimated and expected to change based on vaccine availability.



Anyone age 16 or older

All remaining essential workers

Other essential frontline workers and people age 16-64 years with a health condition that puts them at high risk for serious COVID-19 complications

Michiganans age 65 and older, frontline essential workers, child care and pre-K through high school staff, and congregate care facilities

Health care workers and long term care residents and staff

Dec	January	February	March	April	May	June	July	August	September
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WINTER DRIVING Safety Tips

BE PREPARED:

- Winterize your car by having a mechanic check all fluid levels and make sure you have good windshield wipers and plenty of wiper fluid. Make sure your battery, lights, brakes, heater/defroster and ignition system is in good working order. A well-maintained car is a safer car.
- Make sure you have adequate tires on your vehicle. Most cars have all-season tires, if not you may want to have winter tires put on which will allow you to stop up to 50% faster on ice and snow.
- Test your tire wear by inserting a penny (Lincoln head down) into the tread of your tire. If you can see Abe's head there is not enough tread left to drive safely and your tires need to be replaced. Always make sure your tires are inflated to the vehicle manufacturer's recommendations.
- Always clear all windows, mirrors, lights and the roof of the car of ice and snow before you drive.
- Adjust radio stations and volume, mirror placement, seat position, heat and GPS units before you leave to prevent any distractions.
- Keep your gas tank at least half full to avoid fuel line freeze-up.
- Stock your car with winter supplies such as flashlights/batteries, cell phone cord and power bank, blanket, hand warmers, extra hats/gloves, shovel, sand/kitty litter, snacks, first aid kit and boots. (For a complete list refer to the Emergency Fact Sheet at the Michigan OHSP website below)
- Make sure all passengers are buckled up in correct safety restraints or car seats.
- Avoid distractions and slow down at intersections and crosswalks.
- If you find yourself stopped or stalled, don't panic. Call 911 or a roadside service depending on your emergency. Stay with your car and keep your seat belt on.
- If running your car for long periods to keep warm, make sure the exhaust pipe is clear of snow, ice or dirt and check it periodically.
- If you can't dial 911 due to lack of service, try a text to 911, this may go through.

For more information on Winter Driving Safety Tips and Preparedness visit the OHSP website www.michigan.gov/WinterDriving.