

### **Comments from "Sheriff Auxiliary and GVFD Fire Corps Services" Seminar, Aug. 14, 2019**

#### **What I found most interesting (helpful) about this seminar is:**

Fire Corps volunteers are also SHIM volunteers  
Speakers knew their subjects very well.  
Handout for Fire Corps  
Several things that SAV does that I did not know  
The lock box info  
SAV Radio show. Did not know about it.  
Lock box keys are inventoried by FD each week  
LT's passion and compassion

#### **Other comments:**

Keep topics such as these scheduled in the future  
The program from the GVFD was great and the handout is very informative and useful.  
Good subjects

### **Comments from "Volunteering Is Good for Your Health" Seminar, July 10, 2019**

#### **What I found most interesting (helpful) about this seminar is:**

Contact info  
Explanation of the Volunteer Clearinghouse  
Volunteering good physiologically

#### **Other comments:**

Good presentation

### **Comments from "Savor Summer Safely (Monsoon Safety) Seminar, June 19, 2019**

#### **What I found most interesting (helpful) about this seminar is:**

All of it  
It was all pertinent - especially for new residents  
All and online info  
Monsoons  
All great information!  
Lot of good info especially for a newbie  
Micro-bursts  
All of it  
Lightning up from ground kills more than being struck directly  
First time here so all information was helpful!  
Good awareness of summer and monsoon problems  
All was informative  
Lightning comes from the ground

Always informative  
Lots of videos  
Glad to see newcomers in neighborhood attending

**Other comments:**

Good review and new info as well  
I feel very confident about the coming monsoon season  
Thank you  
Nice job!  
Great videos  
Thank you  
Miles has a great sense of humor. Both were good speakers!  
Videos were excellent  
Good presentation

**Comments from "\$enior \$avings \$ervices Seminar, May 2, 2019**

**What I found most interesting (helpful) about this seminar is:**

Range of topics covered - very broad for individuals who need help.  
Valley Assistance Services explained  
Info on local help programs  
Valley Assistance Programs and handouts  
Valley Assistance Info and SpotRx  
Resources for help and free things  
All info about SpotRx

**Other comments:**

Would be nice if each seminar was offered more than once due to conflicts. Know you're working on videos.  
Would have liked more suggestions for rank and file - not just low income.  
Maybe leave cc on PP or video presentations.  
How to save for typical GVR members.  
I've gotten helpful information from each seminar - great program!

**Comments from "Basic First Aid Seminar," April 4, 2019**

**What I found most interesting (helpful) about this seminar is:**

The breathing problem section  
Everything!  
Not to use a tourniquet inappropriately  
The simple things can make a change.  
How to use an epi-pen  
That it is offered to the community  
The many different situations discussed  
Use a credit card to remove bee's sting  
Amount of information presented  
Reminders and info that NOT to do as well as what to do

**Other comments:**

Great review  
Excellent slides  
We're snowbirds so can't volunteer now.  
Very informative  
Could have been longer  
Informative class, easy to understand, excellent speaker  
Very knowledgeable  
Could have been broken up into two or more sections  
Would like more detailed info - maybe a longer session  
Too much information too fast. Need more time and don't just read the handout.  
Many people could not see the demonstrations.  
Thank you very much - informative  
Tremendous amount of information given the limited amount of time  
Good overview of huge topic.

**Comments from "AZ Poisonous Creatures Seminar," March 7, 2019****What I found most interesting (helpful) about this seminar is:**

Basic knowledge  
Video  
Snake bite  
Treatment options and when to go to the ER  
Poison symptoms from bites  
All of it!  
Information on rattlesnakes  
All was good!  
When to seek medical help.  
Other sources of bites and when to treat  
Great seminar!  
Learning about the scope of poison control services  
Everything! Thank you!  
All of it!  
Extensive rattlesnake info  
Learned more than just about snakes  
Good, informative presentation  
Info about medical treatment  
Knowledge on what to do if bitten  
Various treatments  
What to do if bitten by a snake  
Information was excellent  
All interesting  
The care portion  
Do and do not's re: snake bites  
Very detailed  
Thorough - detailed

The explanations re: treatment and what to do  
What to look for and awareness  
Info about rattlesnakes and scorpions  
Scorpion portion  
How to handle different types of bites and dispelling myths  
Everything! Thank you!

**Other comments:**

Good seminar!  
Excellent presentation.  
Laura was very informative and knowledgeable  
A REALLY good speaker  
Speaker was a little rushed a bit to get all talk in, but did great at that.  
Very good information.  
Good presenter - Organized and spoke very well.  
Great seminar!  
Excellent presentation on variety of animals.  
Hope I don't have to apply, but learned a lot!  
Well done, I learned several things.  
Thank you!  
Great speaker. Enjoyed presentation.  
Thank you!  
Speaker's voice clear!  
Great job! Well prepared.  
Wonderful!  
Fantastic speaker  
Thank you!  
Very useful  
Laura was great!  
Thank you!  
Presenter did an outstanding job!

**Comments from "Fall Prevention Seminar," January 3, 2019**

**What I found most interesting (helpful) about this seminar is:**

All good.  
Everything  
Learning about Valley Assistance Services programs.  
Suggestions to use GVR services for Ti Chi balance and other classes.  
Better than I expected.  
Another perspective  
Need to be aware of situations that likely cause falls.  
The cost of falls in older adults  
The list of Valley Assistance Services, fall statistics.  
Smoke detector chirps if battery or entire unit needs replacement.  
Fall prevention in elderly (80s and 90s) can save lives.

**Other comments:**

Great lecture series!  
Excellent presentation. Easy to understand.  
Now I will check out Valley Assistance Services.  
Good presentation, but keep to one hour.  
Summary and/or handouts should be distributed to audience

### **Comments from "Fire Is Hot! Green Valley Fire District Services Seminar," December 6, 2018**

#### **What I found most interesting (helpful) about this seminar is:**

Info on DNR  
Explanation of 911  
Services of an 911 call  
911 system  
Explanation of how they dispatch and why send truck and ambulance  
Response times and equipment response  
Learning all the different services the GV Fire District offers  
Everything  
That the speaker was genuinely energetic re: his job and topic.  
Handouts

#### **Other comments:**

Excellent - Thank you!  
Excellent!!  
Great seminar. Sure wish more would have attended.  
Good reminder to check (and possibly replace) fire extinguisher.  
Too long.  
Was quite thorough.

### **Comments from "Active Shooter" training, November 1, 2018**

#### **What I found most interesting (helpful) about this seminar is:**

Awareness  
Plan in advance  
The videos  
Lots of good info  
Exit plan  
Run Hide Fight  
Video examples  
Planning is critical  
To fight if you can't run  
Always have a plan of where to go or how you might respond  
All of it  
The videos and knowledge of the presenter  
Getting knowledge  
Information only

Things I didn't think of  
Run Hide Fight  
Run Hide Fight  
The speaker  
Barricade  
Videos, resources, examples of past situations  
There are options to use  
Video examples  
Helpful  
#1 - Escape  
Throwing something at the shooter  
How serious and common active shooters have become  
All of it  
Interesting using the actual events: example - Virginia Tech  
Keep your hands up  
Barricade necessity. Think about what could use as weapons.  
Videos - Thank you!  
"The body cannot go where the mind has not been"  
Videos helped a lot to show actual situations.  
Videos - Carry pepper spray/Mace.  
Great info  
Run-Hide-Fight, good to know what to expect and what to do.  
Run-Hide-Fight  
The whole presentation  
Frightened me.  
Great presentation

**Other Comments:**

An excellent introduction  
Don't need to read every word to the audience.  
Well done and will take the info to our church. Hernandez was excellent.  
She could slow down a bit.  
Some handouts would be great.  
Marissa was knowledgeable. She talked too fast - hard to keep up with her.  
Appreciate sharing of the PowerPoint. We can share with others and review ourselves.  
I will check out every room where our group meets for exits, hiding and weapons.  
Well done.  
This is the first time I attended this series of presentations. Very informative. Thank you!  
Knowledgeable speaker. Sometimes talked too fast for the audience.  
No handouts! Resources went too fast.  
Speaker spoke very quickly.  
Speaker spoke too fast!  
Highly unlikely this will happen to me or anyone I know, but good to be aware.  
Very helpful.  
Thank you!  
Very pertinent to today's climate.  
Excellent presentation.

## **Comments from "Secrets to Long and Happy Living" Seminar, October 4, 2018**

### **What I found most interesting (helpful) about this seminar is:**

It was different than the handouts! Great!  
Demonstrational charts.  
Continuum of care giving.  
The PCOA reference guide.  
Made me aware that counseling available at LaPosada  
Re-awareness of long life factors.  
Availability of resources in Green Valley.  
Absolutely all of it.  
Referrals and suggestions.  
Statistics on aging.  
Attitude is probably the major piece in our life and determines how long and how well we may live.

### **Other Comments:**

I would like copies of slides in packets with charts.  
Good presentation and topic.  
Thank you.  
This was especially informative and very helpful.  
I thought this was supposed to be tips for living longer, but not many tips.

## **Comments from "GVR Safety" Seminar, September 6, 2018**

### **What I found most interesting (helpful) about this seminar is:**

List of custodian cell phone numbers  
Liability issues  
It was a good overview  
All the possible opportunities and help available  
Policies, safety equipment, pool safety, awareness  
The instructor was very good answering all the questions  
Refresher on policies and other things  
Put the cell phone on speaker when calling 911  
Great overview of safety, facilities, and staff  
Speaker always is courteous  
Tons of information. Some new. Some reminders.  
Safety first  
I like the different topics to be covered.  
Handouts  
Very comprehensive, informative and thorough  
When to complete accident/incident form.  
Can we initiate a work order to correct unsafe conditions?  
Encouraging more involvement - excellent presentation  
911 emergency procedures and AED and fire extinguisher locations  
The overall orientation of safety training  
Most fire alarms in centers only make noise - they don't notify the fire department.

**Other Comments:**

Maureen does an excellent job. Somethings I know from other classes, but I always pick-up something new. Thank you.

I am looking forward to future seminars and sharing info with others. I like the idea of a vest - in a color that is easily seen. Perhaps with reflective strips.

I am working on updating the emergency contact list for Desert Hills Water Aerobics. Good to have on hand so that if a person is transported, the paramedics can contact someone on behalf of the person. We keep this in an envelope in our "music locker."

User friendly presentation. Not dumbed down - not too overwhelming.

Very good orientation. Loads of info. Handouts very helpful.

Very good presentation.

I'd like a good demo in the pool by a fireman on water rescues - maybe for all water aerobics people and pool volunteers.