Attention BCS Volunteers:
“CPR Anytime for Family & Friends”

“CPR Anytime for Family and Friends” a kit from the American Heart Association is coming soon.

The Corporation for National and Community Services grant that funds Border Community SERVICE will expire at the end of this year. When the grant ends, so will our ability to pay for annual renewal of American Red Cross CPR certifications. To maintain our volunteers’ CPR skills beyond the life of our grant, we’ve found an alternative training method only for volunteers who previously attended the ARC classes and earned certification.

We encourage you to register for re-certification training through the American Red Cross and will gladly pay for your CPR certification renewal. However, if you’re not required to maintain ARC certification, you may want to instead choose the alternative, an instruction kit from the American Heart Association “CPR Anytime for Family and Friends”. Border Community SERVICE will purchase and provide these kits only to volunteers who previously earned CPR certification.

The kit comes with a Mini-Anne, an air-filled version of the traditional CPR dummy, and a 22-minute DVD. The DVD instructor takes users step-by-step through key CPR skills from rescue breathing to chest compressions. Mini Anne also includes a pull-out tab marked “adult” and “child” that activates an internal clicker. Unless you press down the recommended depth on her chest you won’t hear the click, which quickly leads many people to the realization that they may have to push harder than they thought to properly perform CPR.

After the CPR basics, the viewer can opt to watch additional instruction on topics such as helping someone who is choking, or operating an automated external defibrillator (AED), a portable device that is used to shock a heart to help it resume a normal rhythm. We chose this kit because it will enable volunteers to practice and maintain skills for a long time to come. It also allows you to share this information with family members and others. To reserve your “CPR Anytime for Family and Friends” kit, please call 205-0070.

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Volunteer Opportunities

BCS is an organization of trained volunteers who agreed to provide an average of four hours of community service each month when they received their training. There are many opportunities to volunteer in the community to make it a stronger, safer place and to create familiaries.

Healthy Neighborhoods Healthy Neighborhoods is looking for volunteers to help during weekdays from 10 AM to 4 PM. Volunteers will accompany Healthy Neighborhoods staff members who visit homes to promote healthy choices. Volunteers provide emergency preparedness information acquired through their “Together We Prepare” training to households, assist with survey completion and distribute first aid kits. For more information, please contact Gail Root of Healthy Neighborhoods at (716) 278-8292.

Local Red Cross Chapter BCS provides training in partnership with three local chapters of the American Red Cross: the Niagara Falls Chapter, the Greater Buffalo, and the Eastern Niagara County Chapter in Lockport. Your local Chapter needs volunteers to assist with blood drives, provide office support, train to become a member of the local Disaster Assistance Program and support their work in many other ways. Please contact your local chapter if interested. If you are unsure of which Chapter is yours, please contact us. Please report hours of volunteer time with the ARC as Border Community SERVICE hours.

Project Linus Project Linus is a not-for-profit program that provides handmade blankets to children who are seriously ill, traumatized, or otherwise in need. Volunteers are needed to donate their time to create these blankets and to help gather financial support. To volunteer, contact the Western New York Chapter of Project Linus at (716) 627-3883 or by email plwny@adelphia.net

Niagara Medical Reserve Corps The NMRC is a group of medical personnel (doctors, dentist, pharmacists, and nurses) willing to augment available medical personnel in the event of an emergency. The NMRC meets monthly for training. Please call our office for more information.

United Way Day of Caring Join volunteers in Niagara County in kicking off the United Way’s 2006 Community Care Campaign. Volunteers are needed on Wednesday, August 16, 2006 from 8:30 AM - 1 PM to help host the children’s carnival at the Hyde Park Oasis Pavilion. See what a difference volunteering can make. Contact Phil Buffone at 285-8461.

Carly’s Crossing On Saturday, August 19th over 600 swimmers will take part in an open water swim at Small Boat Harbor from 7:00 AM to 4:00 PM. Volunteers are needed to assist with merchandise sales, swimmer registration, t-shirt & swim cap distribution and more. Visit www.carlyscrossing.org for more information on the event.

If you know of volunteer activities appropriate for BCS volunteers, please contact Nola at the office. Border Community SERVICE must report volunteer hours to our funding agency. Please maintain a personal log of your volunteer hours. Our office sends a monthly reminder to report hours accrued. Thank you very much for your cooperation!

CERT Members Needed!

Greater Niagara CERT members are needed during the week of August 21, 2006 through August 25, 2006 to assist with the Niagara Falls Weed & Seed Teen CERT training. The training will be a week long, camp-like experience with morning and afternoon sessions at the Hyde Park Elementary School. Weed & Seed is sponsoring this training as part of their Youth Mentoring Program and would like regular CERT members to guide and share information with the teen participants. Please consider helping and save these dates.
Basic Volunteer Trainings

No Basic Level Volunteer Trainings are scheduled at this time. Please watch your e-mail for new trainings or visit the “Upcoming Training” section of our website at www.niagara.edu/bordercommunityservice.

Advanced Level Trainings

CERT Trainings are planned in two local communities. Please share training information with family, friends and colleagues. Encourage them to enroll through our office (716 205-0070).

**Amherst:** The Town of Amherst has planned CERT Training on seven (7) consecutive Thursday evenings beginning August 17, 2006 and ending September 28, 2006. The disaster simulation training drill will be on Saturday, September 30, 2006. Training will take place at the Snyder Fire Department (4531 Main Street, Snyder) from 6:30 PM - 9:30 PM.

**Elma-Marilla:** The Elma-Marilla CERT Training will be held at Iroquois Senior High School, 2111 Girdle Rd, Elma, NY 14059. The class will meet from 7:00 to 10:00 PM on seven Wednesday evenings commencing September 13 and ending on October 25, 2006. CERT Training will conclude on Saturday, October 28 (9 AM - 3 PM) with a course review and disaster simulation training exercise at the Erie County Fire Academy.

Additional CERT trainings are being considered for the City of Buffalo (at Medaille College) and the City of North Tonawanda. For updated information including locations, dates, and times, please watch your email or check our website at www.niagara.edu/bordercommunityservice

Disaster Action Team Training at the American Red Cross - Niagara Falls Chapter

On Saturday, August 19, 2006, the American Red Cross - Niagara Falls Chapter will offer Disaster Action Team (DAT) training classes from 9 AM to 5 PM. Topics scheduled are Shelter Operations and Mass Care. Training will cover how to set up and maintain large scale shelters, including food, medication, and other special needs distribution, in addition to mobile care operations. This training counts toward your monthly volunteer hours and is free of charge. Please contact the BCS office if you wish to enroll.

Please plan to attend or participate in the Emergency Preparedness Resource Fair on Saturday, September 9, 2006 John Duke Senior Center 1201 Hyde Park Boulevard, Niagara Falls, NY

Border Community SERVICE, the American Red Cross, the City of Niagara Falls Police and Fire Departments, the Niagara County Medical Reserve Corps, Weed and Seed, and many other community agencies will offer information and demonstrations. It’ll be a great event. Please put it on your calendar now!!