Volunteers Needed to Help Deliver Emergency Food Boxes to Homebound Elderly

The Niagara County Home Delivered Meal Program is in need of volunteers to help deliver their Emergency Food boxes to their clients, also known as “Blizzard Boxes.” These boxes contain two shelf stable meals and two drinks. The purpose of the boxes is to provide their clients with a nutritious meal in the event they are unable to deliver meals due to weather or an emergency situation. This is a wonderful opportunity to promote emergency preparedness tips to the citizens of Niagara County. Border Community SERVICE will also be providing a Preparing Makes Sense brochure and a small first aid kit.

Distributing the Emergency Meal boxes is a huge undertaking for the program and they asked if our CERT members can help. We will coordinate a time for the boxes to be picked up (night or weekend most likely) and you will be provided with a route to deliver the boxes. If you are interested in helping, please contact me at 716-205-0076 or vhaseley@niagara.edu. Once the details are finalized, I will inform you of the specifics. Their goal is to have all the boxes delivered by the beginning of November.

The Niagara County Home Delivered Meal Program provides lunch, dinner, and weekend meals to the homebound elderly throughout Niagara County. Their clients are 60 years or older, fragile, lack the support of friends and family, and unable to drive. They currently serve approximately 450 people.
Hope everyone had a chance to “celebrate” National Preparedness Month by taking a few extra preparedness steps in their home and workplace. Border Community SERVICE certainly celebrated the month with some great events throughout the City of Buffalo.

We started out the month by distributing over 3700 “Preparing Makes Sense” brochures to City of Buffalo school children. Schools that were targeted in the distribution were International School, Harriet Ross Tubman, Bilingual Center, Houghton Academy, Hillery Park and Lorraine Elementary.

Border Community SERVICE had the opportunity to represent the City of Buffalo at the Erie County Local Emergency Planning Committee (LEPC) public forum. Our task was to offer a presentation on Understanding Shelter-in-Place. Attendees were rewarded with a drawing of a roadside assistance kit and a weather radio. And it was nice to see so many CERT members in attendance.

We had two big tabling events during September. BCS was invited to host a table at Roswell Park Cancer Institute. It was wonderful to get to speak to staff and patients about the importance of preparing. Next to us was a good partner to our office – the Amanda Hansen Foundation. It served as a good reminder to us all to check our CO detectors and have a furnace tune-up too! Late in September we were invited to participate in the Central Terminal MINI-Cooper Festival. We had beautiful weather and there is nothing like speaking to people in the shadows of grandeur. What a building!

We stopped at Pine Harbor Apartments to speak to staff and residents about formulating personal emergency plans. Pine Harbor has long corridors throughout the complex so we discussed the importance of counting doorways to exit areas from each person’s apartment and running practice drills for evacuation. Have you counted doorways to your exit areas in your own home? Have you practiced evacuation with your own family? If not, October is National Fire Safety Month so do it today!

Hard to believe there is only one month left in the Clean Sweeps! We had a productive September with visits to Box & French, LaSalle, Theodore & Block and Strauss & Reed. Lots of residents received information during this endeavor and we’re hopeful people start preparing their homes and neighborhoods with the information they have received.

The NYS Office of Information Technology Services’ Enterprise Information Security Office (NYS ITS/EISO) is hosting the “NYS K-12 Kids Safe Online Poster Contest” during the month of October in conjunction with “National Cyber Security Awareness Month” activities.

This is a great opportunity for teachers to talk to students about being safe while on the Internet and when using computers and mobile devices. This year the contest has four entry categories: Kindergarten-Grade 2, Grades 3-5, Grades 6-8 and Grades 9-12. New York State winners will be entered into the MS-ISAC National Computer Security Poster Contest which is held in the spring. National contest winning posters will be included in the 2015 Annual MS-ISAC calendar distributed in the fall of 2014.

The “NYS K-12 Kids Safe Online Poster Contest” information web page is www.dhses.ny.gov/ocs/awareness-training-events/events/2013/2013-14poster.cfm. Questions may be submitted to cyber.outreach@its.ny.gov. Don’t miss out! The Contest entry deadline is November 29, 2013.

The 2012-2013 NYS winners can be viewed at www.dhses.ny.gov/ocs/awareness-training-events/events/2013/2013-poster-winners.cfm. For further information on Cyber Security Awareness Month, please visit www.dhses.ny.gov/ocs/awareness-training-events/events/2013/.

Information provided by: Jessica Smith, Office of Information Technology Services, Albany, NY
Niagara County  Valerie Haseley  716-205-0076

In September, I presented to 22 clients that are served by Guildcare Adult Day Center. As a program that provides services to people with special needs, the presentation focused on tips they can do during an emergency situation. The group asked a lot of questions and found the information extremely helpful.

BCS participated in the Niagara Falls Housing Authority’s Family Fun Night at the Packard Court Community Center where about 150 families came out to have fun and to also participate in the resource fair where I encouraged the families to create an emergency plan.

The Hartland block club hosted a Safety and Crime Awareness night at the Hartland Fire Co. in mid-September. Thank you to Rob Stalker for volunteering at this event. Our program also participated in the first annual Niagara County Healthy Connections Information and Resource Fair at Cornell Cooperative Extension where more than 75 seniors attended and received valuable information on disaster planning.

A Skills Enhancement training took place by Al Hornung, Life Safety Educator with the Niagara Falls Police Department. The presentation was titled Home Fire Safety Education and 12 people attended. Mr. Hornung provided information to determine if you are at risk in your own home for a fire and to learn proper fire prevention safety. I know there were things I went home and did differently due to the presentation and I feel safer after doing them.

Lastly, BCS participated in the New York Power Authority’s annual Wildlife Festival the last weekend in September. The weekend was gorgeous and more than 10,000 people attend this event over the two days. We had an interactive game that people could play to win a prize after they answered a question right about emergency preparedness. Thank you to the following volunteers who helped at the booth and made it a success: Linda Bixler, Deb Clouser, Sophia Eddy, Mark Hersee, Frank Kendzierski, Mary Lostracco, Justin Printup, Peggy Slowinski, and Judy Swierczek.

Please contact me at 716.205.0076 or vhaseley@niagara.edu if you know of a group that would benefit from a presentation or an upcoming event that we should be involved in.

SMART Training/Meeting Calendar - October 2013

The following information has been provided by Pati Aine Guzinski and if you are interested in attending any of these upcoming sessions, please contact Pati Aine as listed below

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, October 2</td>
<td>6:00 pm - 8:30 pm</td>
<td>Orientation (NEW MEMBERS ONLY)</td>
</tr>
<tr>
<td>Thursday, October 10</td>
<td>7:00 pm - 9:00 pm</td>
<td>Winter SkyWarn Training</td>
</tr>
<tr>
<td>Wednesday, October 16</td>
<td>6:00 pm - 8:30 pm</td>
<td>SMART’s Role in a Mass Fatality</td>
</tr>
<tr>
<td>Saturday, October 19</td>
<td>9:00 am - 11:30 am</td>
<td>SMART’s Role in a Mass Fatality</td>
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</table>

Dates may change due to participation in community events / drills/ exercises. All classes will be held at the Erie County Fire Training Academy3359 Broadway, Cheektowaga, NY 14227. In an effort to facilitate an optimum training environment and experience, class size may be limited.

Pre-registration is required for all sessions. Every effort will be made to send out session specific information, including the pre-registration form, at least 2 weeks before each session.

Pati Aine Guzinski, Training Coordinator PH Emergency Preparedness for Erie County
Phone: (716) 858-7109  ~  PatiAine.Guzinski@erie.gov
The Buffalo Office of the National Weather Service will be conducting a winter spotter training seminar at the Erie County Fire Training Academy on Thursday October 10, 2013 at 7:00 PM.

SMART and CERT have been invited to attend this basic training session, which will provide a brief overview of the National Weather Service organization and their responsibilities, winter weather safety, and basic winter weather meteorology including how severe winter storms and lake effect snow form.

Please register at ECMRC@erie.gov, or by calling 858-7101 or 858-7109. Please be aware that this class may fill up fast, so please RSVP right away!
October is National Cyber Security Awareness Month and it is an opportunity to engage public and private sector stakeholders – especially the general public – to create a safe, secure, and resilient cyber environment. Everyone has to play a role in cyber-security. Constantly evolving cyber threats require the engagement of the entire nation — from government and law enforcement to the private sector and most importantly, the public.

Cyberspace is woven into the fabric of our daily lives and the world is more interconnected today than ever before. We enjoy the benefits and convenience that cyberspace provides as we shop from home online, bank using our smart phones, and interact with friends from around the world through social networks. The Department of Homeland Security is committed to raising cyber-security awareness across the nation and to working across all levels of government, the private sector, and internationally to protect against and respond to cyber incidents.

This year marks the tenth anniversary of National Cyber Security Awareness Month sponsored by the Department of Homeland Security in cooperation with the National Cyber Security Alliance and the Multi-State Information Sharing and Analysis Center.

Through a series of events and initiatives across the country, National Cyber Security Awareness Month engages public and private sector partners to raise awareness and educate Americans about cyber-security, and increase the resiliency of the Nation and its cyber infrastructure.

This 10th anniversary, National Cyber Security Awareness Month looks ahead at the cyber-security challenges for the next ten years, dedicating each week to a different cyber-security issue:

<table>
<thead>
<tr>
<th>Week One (October 1-4): Launch of 10th Annual National Cybersecurity Awareness Month. Cybersecurity is Our Shared Responsibility</th>
<th>The next ten years in cybersecurity are critical to ensure a safe, secure, resilient cyberspace where the American way of life can thrive. Given the stakes we must remain focused on meeting the challenges of the next ten years.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week Two (October 7-11): Being Mobile: Online Safety and Security</td>
<td>Emphasizes the importance of cybersecurity no matter where you are or what device you are using.</td>
</tr>
<tr>
<td>Week Three (October 15-18): Cyber Workforce and the Next Generation of Cyber Leaders</td>
<td>Highlights the importance of fostering the next generation cyber workforce through education and training.</td>
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<td>Week Four (October 21-25): Cyber Crime</td>
<td>Focuses on national and local efforts to prevent traditional crimes like theft, fraud, and abuse that can also take place online.</td>
</tr>
<tr>
<td>Week Five (October 28-31): Critical Infrastructure and Cybersecurity</td>
<td>Highlights the growing intersection between cyber and physical security when protecting the Nation’s critical infrastructure.</td>
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**Do Your Part**

While each week of National Cyber Security Awareness Month highlights a different element of cyber-security, the overarching theme is the same. Together, we can maintain a cyberspace that is safer and more resilient, and that remains a source of tremendous opportunity and growth for years to come. Get involved, by following @cyber, @DHSgov, and post cyber-security tips, news, and resources highlighting NCSAM on social media sites.

The public can follow simple steps to keep themselves, their personal assets, and private information safe online. For more tips all Internet users can do to practice cyber-security during the month and throughout the year visit Stop.Think.Connect.
The theme this year for Fire Prevention Week October 6-12, 2013 is Prevent Kitchen Fires. Take aim at the #1 cause of home fires and fire injuries! This information is provided by NFPA. For more safety information, visit FPW.org.

**Fire Prevention Week**

*Follow the Recipe for Fire Safety and Stop Kitchen Fires before they Start!*

More home fires start in the kitchen than anywhere else. In 2011, cooking was involved in an estimated 156,300 home fires that caused 470 deaths, 5,390 injuries and $1 billion in property damage.

These numbers could be greatly reduced if people paid more attention when they cooked and practiced simple fire safety behaviors.

**Make sure flammable objects aren’t near the stove**

- Keep anything that can burn a safe distance away from the stove.
- Clean up food and grease from burners and the stovetop.
- Wear short, tight-fitting, or tightly-rolled sleeves. If clothes catch fire, stop, drop, and roll over and over or back and forth to put the fire out. Seek medical help immediately.

**Stay alert to avoid stirring up trouble in the kitchen.**

- Don’t use the oven or stovetop if you are sleepy, have consumed alcohol, or are using drugs.

**Be ready to react fast to a cooking fire.**

- When in doubt, just get out!
- If you try to fight the fire with a fire extinguisher, be sure others are leaving the home, someone is calling the fire department, and you have a clear exit path.
- If a small grease fire starts, slide a lid over the pan, turn off the burner, and leave the pan covered until it is completely cool.
- For an oven or microwave fire,

**Unattended cooking is the leading cause of kitchen fires. Keep an eye on what you fry.**

- Stay in the kitchen when frying, grilling, or boiling food.
- When simmering, baking, roasting, or boiling food, stay in the home, check food regularly, and use a timer to remind you the stove/oven is on.
- If you must leave – even for a short time – turn off the stove/oven.

**Hot tips for preventing and treating scalds and burns.**

- Keep pot handles turned in.
- When you microwave food, open the container slowly to let steam escape and let food cool before eating.
- Cool a burn under cool water for 3 to 5 minutes and cover it with a clean dry cloth.
- If the burn is bigger than your fist, seek immediate medical assistance.
HOME FIRE SAFETY TIPS

Remember…More fires occur during the winter months than at any other time of year. However, most fires can be avoided just by taking a few simple precautions. Here are some tips to make sure your home is fire safe so you can have a warm, worry-free winter!

Smoke Detectors and Home Escape Plan

- **Working** smoke detectors give you early warning of a fire and more than double your chance of surviving a fire.
- In a fire, **seconds count**; they could mean the difference between life and death.
- **Install** smoke detectors in every home, on every level, outside each sleeping area and in each bedroom.
- **Test** your detectors each month to make sure they are working. **Keep** your smoke detectors dust free.
- **Change** your battering twice a year (during Daylight savings time is best).
- **Replace** your detectors with new ones after ten years.

- **Plan** your escape. Know **two ways out** of every room. An exit without opening a bedroom door is important.
- **Decide** on a meeting place outside and away from the house so all family members can gather and be accounted for.
- **Once out, stay out.** Never re-enter a burning building!
- **Have family fire drills** and least

- When the smoke detector alarm sounds, **get out fast!** Call the fire department from a neighbor’s house or other safe location.

Cooking Safety

- If you leave stovetop cooking unattended, you’re asking for a fire, especially when hot oil or frying is involved.
- If you have a stovetop grease fire, turn off the burner and cover the pan with a lid to cut off oxygen to the fire. Let the pan cool before removing the lid. Never try to take a burning pan to the sink and NEVER use water on a grease fire. Use a fire extinguisher only if you know how; if you stand too close, you’ll only spread the flaming grease all over the kitchen.
- For an oven fire, turn off the oven and keep the oven door closed until the fire is out and oven cools.

- Overloaded outlets with multiple outlets or extension cords cause fires.
- Buy UL listed extension cords. Make sure the cord is the proper length for the job and designed to handle the current or wattage of the products being used.
- Don’t cut or splice cords for any reason. A splice is a cord’s weakest point; using electrical tape doesn’t make a splice safe.
- Electrical cords should never be run under rugs or bundled up to take up excess. This can cause the cord to overheat.
- Properly cover unused outlets to prevent accidental shock.
Wood Stoves and Fireplaces

- Never leave a fire unattended.
- Have your chimney and fireplace cleaned and inspected yearly for creosote build-up, cracks, crumbling bricks or mortar and any obstructions. This is best done by a professional chimney sweep.
- Burn only dry, well seasoned hardwood to minimize creosote. Don’t burn trash.
- Place ashes outdoors in a covered metal container at least three feet away from anything that burns. Don’t set the container on a wood porch floor or any other combustible surface.
- Always use a fireplace screen made of sturdy metal or heat-tempered glass to prevent sparks from escaping. If you have children, use a child-guard screen as a barrier for your wood stove.
- Always be certain the fire is out before going to bed. It is extremely important to NEVER close your damper while there are hot ashes in the fireplace. A closed damper could cause the fire to flare up again.

Space Heaters Need Space

Furnace

- Leave furnace work to experts. Have a qualified technician check and clean your unit and controls every year. Have the technician check the wall and ceiling near the furnace and flue. If they are hot, you may need additional clearance or insulation.
- Be sure the emergency shut off and automatic controls are in good condition.
- Always keep trash, papers, paint, etc. away from the furnace area.

Cold Weather Fire Safety

- If your pipes freeze, do not try to thaw them with a blowtorch or other open flame. The pipe could conduct heat and a fire could be started. Try a hand held dryer, hot water or a UL labeled device for

Content provided by the New York State Academy of Fire Science Faculty Student Association in cooperation with the New York State Department of State Office of Fire Prevention and Control
Smoke Alarms – Your First Line of Defense

Smoke Alarms Help save lives, but only if they contain a working battery!

Did you Know:

- If every home had working smoke alarms, almost 900 lives could be saved each year.
- The presence and proper maintenance of smoke alarms increases your chances of surviving a fire by 50%.
- Most people die in the first 5 minutes of a fire. Smoke Alarms provide an early warning in the event of a fire – where seconds count!
- You can’t smell smoke when you’re sleeping. If anything, smoke will put you into a deeper sleep.
- In a fire, heat at the floor is 90°F, at head height the temperature is 600°F, and at the ceiling the temperature is 800°F. Heat at 150°F will render you unconscious and kill you.
- A fire burning in a house for 1 minute grows to 3 times its original size; 11 times by 4 minutes, and at 6 minutes, it reaches 50 times its original size.

How to Keep your smoke alarm working

- Test all smoke alarms once a month by briefly pressing the test button.
- Hard-wired smoke alarms with battery backup still need to be tested monthly.
- Never remove working smoke alarm batteries for ANY reason, such as a child’s toy, etc.
- Keep spare batteries on hand.
- If your smoke alarm starts to “chirp,” the batteries are low. Promptly replace the batteries and reset the alarm.
- Replace batteries in all your smoke alarms 1-2 times a year. A good rule of thumb is change your clock, change your smoke alarm batteries.

Don’t gamble with your life or the lives of your family.

- Install smoke alarms on every level of your home, including the basement, and in all sleeping areas.
- Most smoke alarms need to be replaced every 8-10 years, even those that are hard-wired with battery backup. You may want to note the purchase date on the inside of your alarms so you know when to replace them.
- If your smoke alarm goes off while you are cooking – DO NOT DISABLE IT! Some smoke alarms have “hush” button, but if yours does not, wave a towel near the alarm to clear the air.
- Make sure all household members know the sound of the smoke alarm. If children are not awakened by the sound, establish a plan for waking them in case of fire.