Preparedness — Taking it one step further...

As you prepare, tailor your plans and supplies to your specific daily living needs and responsibilities. Most or all individuals have both specific personal needs as well as resources to assist others. You and your household and others you help or rely on for assistance should work together.

As part of tailoring your plans, consider working with others to create networks of neighbors, relatives, friends and co-workers who will assist each other in an emergency. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, pets, or specific needs like the operation of durable medical equipment. Create your own personal network for specific areas where you need assistance.

In planning for emergencies, all of these individual differences make it important for every household and each individual to consider what they need in their plans and their supplies. A few examples of considerations for tailoring your plans and supplies include:

- Households with children should understand the school’s plans and where the children will stay safe if adults in the household need to shelter in other locations until the immediate hazard is over.
- Individuals who are deaf or hard of hearing should make sure that they can receive emergency alerts and warnings in an accessible form.
- Individuals who require accessible transportation should work with their local para-transit and disability service providers to make an emergency plan.
- People who speak languages other than English may need to identify sources of alerts and warnings and information about community plans in other languages.
- People without vehicles should know local plans for public transportation and may need to make arrangements for transportation from local government, organizations or others.
- Households with infants should plan for food and supplies for infants and nursing mothers.
- People with dietary needs should have an adequate emergency food supply to meet their needs.
- People who take medications should maintain an adequate supply, and copies of their prescriptions.
- People with service animals should work with local emergency management to ensure that their service dog will be admitted to shelters with them during emergencies (as required by law) and should make sure their plan kit supplies include food and other items for their service animal.
- People who require power for medical or other assistive devices should consider how they will maintain the use of these devices if there is a loss of power. Keep extra batteries for small devices (hearing aids, cell phones for example) and consider obtaining and learning how to use a generator for home use and carrying a charger when away from home, especially when loss of power may jeopardize health or safety.

Tips provided by FEMA.gov
It’s been a very busy July for BCS in the City of Buffalo with an even busier August on the horizon.

We started out the month with a visit to the Mayor’s Summer Youth Program housed on UB’s South Campus. The kids were very receptive and we were invited back a couple weeks later to show the movie, “Hurricane Katrina: The Storm that Drowned a City.” It’s a great film that looks at all aspects of the storm – from scientific to social. We also visited the summer youth students at CAO on Dodge Street. Again, a great group of students who I will visit again in a couple weeks to show the same movie!

We’ve been busy working with a group of community organizations visiting local food pantries to provide information on various topics. So far this month we’ve visited the Matt Urban Hope Center; the TJ Dulski Center; Missionary Outreach Calvary; and Grace Lutheran in South Buffalo. Each person BCS spoke to received information on emergency preparedness as well as a small first aid kit.

As always, BCS has been hard at work at the City of Buffalo’s Clean Sweep. This month we’ve visited Shrek; Langmeyer and Kermit; Seventh and Busti; Congress and Herkimer; Clark, Sears and Playtar; and Shirley and Hewitt. If you look on a map of Buffalo, you’ll see we’ve crisscrossed the city and presented materials to a few hundred households in July alone.

We also had the opportunity to attend the Bisons’ game on July 24th to present emergency preparedness materials. Prior to the game, the Bisons’ organization agreed to air DHS PSA’s on the jumbotron and make preparedness announcements during the game. BCS provided literature, small first aid kits and a great raffle for baseball fans in attendance. A huge thank you to the Bisons for allowing us to participate in a great summer activity!

If you know of any future opportunities for presentations or tabling events, please let us know!

Border Community SERVICE is looking for volunteers to help promote emergency preparedness material at local fairs and festivals taking place this summer in Niagara County. If you are available for a shift, please consider volunteering your time. Here is the list of where we will be.

SIGN UP TODAY!

<table>
<thead>
<tr>
<th>Event:</th>
<th>Location:</th>
<th>Date:</th>
<th>Shift(s):</th>
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<tbody>
<tr>
<td>NYPA Wildlife Festival</td>
<td>Niagara Project Power Vista 5777 Lewiston Rd, Rte 104</td>
<td>Saturday, September 27</td>
<td>10am-2pm; 1-5pm</td>
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Please contact Valerie Haseley, Niagara County Project Coordinator, at 205.0076 or vhaseley@niagara.edu and provide the event, date and shift that you are interested in volunteering at. Your service is greatly appreciated!
During the month of July, presentations continued at the Congregate Meal Sites through Niagara County’s Office of the Aging Eat Well...Stay Well Dining Program. Presentations were conducted at nine locations including Pendleton United Methodist Church, Olcott Fire Hall, Lewiston Senior Center, Ransomville Fire Hall, Gasport Hartland Bible Church, the Tuscarora Site, Bishop Gibbons Apartments, St. John’s AME and the John Duke Center. In total, 261 individuals received information on emergency preparedness and a 34 piece first aid kit. All the seniors were extremely appreciative of the information and receiving something to include in their emergency supply kit.

In addition, a presentation was conducted for the Widows Support Group at the North Tonawanda YWCA. The 12 ladies present enjoyed receiving the information and added stories from their own personal experiences, especially how they managed through the 2006 October Storm.

Agri-Business Child Development (ABCD) Center in Newfane held a health fair for their families and I was asked to present the Ready America presentation. With the help of online videos and materials from www.ready.gov I was able to do the presentation in Spanish and English because the majority of those in attendance are Spanish-speaking. It was a unique way to provide the information, but I’m glad that we have materials in different languages so it can be provided to anyone who needs it.

July is a great month for community walks and BCS participated in the vendor fair at two events in Niagara Falls. The first is the N.E.E.L. Walk at the John Duke Center where 140 seniors participated and were able to receive our information. The Catholic Charities WIC of Niagara County held a Breastfeeding Walk & Healthy Baby Festival at the Splash Pad at Hyde Park and 75 mothers participated in this event and received information for their families on emergency preparedness.

During this month, the Niagara Fall’s Annual Crime Night Out Event took place at Liberty Park. As always, this event is sponsored by the Niagara Falls Block Club Council and the more than 100 people in attendance received literature on FEMA’s Ready Campaign.

The month ended with the annual Niagara County Fair at the Cornell Cooperative Extension in Lockport that took place July 30-August 3. This is the fourth year that Border Community SERVICE is participating under the Sherriff’s tent. Thousands of people stopped at our booth and received information on how to better prepare for emergencies and disasters. Participation in this event was made possible by the many CERT members who volunteered their time to man the booth. I want to recognize the following people who helped:

Eugene Berg, Linda Bixler
Michele Berg, Melissa Cleveland
Deb Clouser, Mary Lostracco
Linda Hardy, Bob Pecoraro
Lenny Hoffman, Rob Stalker
Bonnie Klein, Connie Terranova
Paul Leader

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.
GERIATRIC BEST PRACTICES DAY

Join us as we learn more about the unique needs of the elderly. Common geriatric problems and principles will be discussed.

Topics will include:
- Physiology of Aging
- Mental Health & Aging
- Pain Assessment in Geriatric Patients
- Memory Loss & Dementia
- Elder Abuse
- Aging & Disorders of Communication
- Commonly Prescribed Medications for the Elderly

9/13/2014, 8:30 AM-4:00 PM
(REGISTRATION OPENS AT 8:00 AM)

Erie County Fire Training Academy,
3359 Broadway, Cheektowaga, NY.

Class is **free** to all First Responders, EMS, Fire Departments, Medical Reserve Corp members, Hospital & LTC staff.

Register at: ECMRC@erie.gov, 858-7101 or 858-7109. Please leave your name, organizational affiliation, contact phone number & e-mail.
For more information, call 858-7101 or 858-7109.

*PLEASE REGISTER BY 9/05/14*
All thunderstorms are dangerous. Every thunderstorm produces lightning. While lightning fatalities have decreased over the past 30 years, lightning continues to be one of the top three storm-related killers in the United States. In 2010 there were 29 fatalities and 182 injuries from lightning. Although most lightning victims survive, people struck by lightning often report a variety of long-term, debilitating symptoms.

Other associated dangers of thunderstorms include tornadoes, strong winds, hail and flash flooding. Flash flooding is responsible for more fatalities – more than 140 annually – than any other thunderstorm-associated hazard. Dry thunderstorms that do not produce rain that reaches the ground are most prevalent in the western United States. Falling raindrops evaporate, but lightning can still reach the ground and can start wildfires.

**Before Thunderstorms and Lightning**

To prepare for a thunderstorm, you should do the following:

- To begin preparing, you should **build an emergency kit** and **make a family communications plan**.
- Remove dead or rotting trees and branches that could fall and cause injury or damage during a severe thunderstorm.
- Postpone outdoor activities.
- Remember the 30/30 Lightning Safety Rule: Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.
- Secure outdoor objects that could blow away or cause damage.
- Get inside a home, building, or hard top automobile (not a convertible). Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.
- Remember, rubber-soled shoes and rubber tires provide NO protection from lightning. However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal.
- Shutter windows and secure outside doors. If shutters are not available, close window blinds, shades or curtains.
- Unplug any electronic equipment well before the storm arrives.

**Lightning Safety When Outdoors**

<table>
<thead>
<tr>
<th>IF YOU ARE:</th>
<th>THEN:</th>
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<tbody>
<tr>
<td>In a forest</td>
<td>Seek shelter in a low area under a thick growth of small trees.</td>
</tr>
<tr>
<td>In an open area</td>
<td>Go to a low place such as a ravine or valley. Be alert for flash floods.</td>
</tr>
<tr>
<td>On open water</td>
<td>Get to land and find shelter immediately.</td>
</tr>
<tr>
<td>Anywhere you feel your hair</td>
<td>Squat low to the ground on the balls of your feet. Place your hands</td>
</tr>
<tr>
<td>stand on end (which</td>
<td>over your ears and your head between your knees. Make yourself the</td>
</tr>
<tr>
<td>indicates that lightning</td>
<td>smallest target possible and minimize your contact to the ground.</td>
</tr>
<tr>
<td>is about to strike)</td>
<td>DO NOT lie flat on the ground.</td>
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Facts about Thunderstorms
- They may occur singly, in clusters or in lines.
  - Some of the most severe occur when a single thunderstorm affects one location for an extended time.
  - Thunderstorms typically produce heavy rain for a brief period, anywhere from 30 minutes to an hour.
  - Warm, humid conditions are highly favorable for thunderstorm development.
  - About 10 percent of thunderstorms are classified as severe - one that produces hail at least an inch or larger in diameter, has winds of 58 miles per hour or higher or produces a tornado.

Facts about Lightning
- Lightning’s unpredictability increases the risk to individuals and property.
- Lightning often strikes outside of heavy rain and may occur as far as 10 miles away from any rainfall.
- “Heat lightning” is actually lightning from a thunderstorm too far away from thunder to be heard. However, the storm may be moving in your direction.
- Your chances of being struck by lightning are estimated to be 1 in 600,000 but could be reduced even further by following safety precautions.
- Lightning strike victims carry no electrical charge and should be attended to immediately.

Know the Terms
Familiarize yourself with these terms to help identify a thunderstorm hazard:
- **Severe Thunderstorm Watch** - Tells you when and where severe thunderstorms are likely to occur. Watch the sky and stay tuned to NOAA Weather Radio, commercial radio or television for information.
- **Severe Thunderstorm Warning** - Issued when severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property to those in the path of the storm.

During Thunderstorms and Lightning
If thunderstorm and lightning are occurring in your area, you should:
- Use your battery-operated NOAA Weather Radio for updates from local officials.
- Avoid contact with corded phones and devices including those plugged into electric for recharging. Cordless and wireless phones not connected to wall outlets are OK to use.
- Avoid contact with electrical equipment or cords. Unplug appliances and other electrical items such as computers and turn off air conditioners. Power surges from lightning can cause serious damage.
- Avoid contact with plumbing. Do not wash your hands, do not take a shower, do not wash dishes, and do not do laundry. Plumbing and bathroom fixtures can conduct electricity.
- Stay away from windows and doors, and stay off porches.
- Do not lie on concrete floors and do not lean against concrete walls.
- Avoid natural lightning rods such as a tall, isolated tree in an open area.
- Avoid hilltops, open fields, the beach or a boat on the water.
- Take shelter in a sturdy building. Avoid isolated sheds or other small structures in open areas.
- Avoid contact with anything metal - tractors, farm equipment, motorcycles, golf carts, golf clubs, and bicycles.
- If you are driving, try to safely exit the roadway and park. Stay in the vehicle and turn on the emergency flashers until the heavy rain ends. Avoid touching metal or other surfaces that conduct electricity in and outside the vehicle.
After a Thunderstorm or Lightning Strike

If lightning strikes you or someone you know, call 9-1-1 for medical assistance as soon as possible. The following are things you should check when you attempt to give aid to a victim of lightning:

- **Breathing** - if breathing has stopped, begin mouth-to-mouth resuscitation.
- **Heartbeat** - if the heart has stopped, administer CPR.
- **Pulse** - if the victim has a pulse and is breathing, look for other possible injuries. Check for burns where the lightning entered and left the body. Also be alert for nervous system damage, broken bones and loss of hearing and eyesight.

After the storm passes, remember to:
- Never drive through a flooded roadway. Turn around, don’t drown!
- Stay away from storm-damaged areas to keep from putting yourself at risk from the effects of severe thunderstorms.
- Continue to listen to a NOAA Weather Radio or to local radio and television stations for updated information or instructions, as access to roads or some parts of the community may be blocked.
- Help people who may require special assistance, such as infants, children and the elderly or those with access or functional needs.
- Stay away from downed power lines and report them immediately.
- Watch your animals closely. Keep them under your direct control.

*This information was provided by www.ready.gov/thunderstorms-lightning*