National Preparedness Month: What You Can Do

If an emergency occurred tomorrow, would you be ready?

September is National Preparedness Month. Sponsored by FEMA, National Preparedness Month aims to educate and empower Americans to prepare for and respond to all types of emergencies, including natural disasters and potential terrorist attacks.

National Preparedness Month is a time to prepare yourself and those in your care for emergencies and disasters, both large scale and smaller local events. We know that emergencies can happen unexpectedly in communities just like yours, to people like you. We’ve seen tornado outbreaks, river floods and flash floods, historic earthquakes, tsunamis, and even water main breaks and power outages that impact communities for days at a time.

As commendable as they may be in their profession of assisting those in need, police, fire and rescue workers may not always be able to reach you quickly in an emergency or disaster. The most important step you can take in helping your local responders is being able to take care of yourself and those in your care for at least a short period of time following an incident. The more people who are prepared, the quicker the community will recover.

You are not helpless in the face of an emergency. With just a few simple steps, you can Be a Force of Nature by knowing your risk, taking action and being an example in your community.

Know your risk - Emergencies can happen anywhere, at any time. It is important to understand potential risks where you live. What you can do: Bookmark weather.gov to stay informed on severe weather. Learn about Wireless Emergency Alerts, messages that will be sent to your phone during an emergency. Get practical tips on preparing for disaster at ready.gov.

Take action - Make sure that you and your family are prepared for an emergency. Ensure that you can go for at least three days without electricity, water service, access to a supermarket, or other local services. What you can do: Prepare a disaster supply kit with at least three days of food and water. Create a Family Emergency Plan, so that your family knows how to communicate during an emergency. Obtain a NOAA Weather Radio.

Be an example - Be a positive influence on your community by sharing your preparedness story. Let your friends and family know that you’re prepared for an emergency - and that they should be prepared too. Research has shown that many people won’t prepare until they see others doing so. What you can do: Share your preparedness story on Facebook so that friends and family will know what you’ll do in case of disaster. Tell the world you’re prepared on Twitter using hashtag #NATLPREP. Train with a Community Emergency Response Team (CERT).

You don’t know when an emergency might occur. These simple steps will help you be prepared for the worst. FEMA’s Ready.gov website provides detailed information on what may be most important to you and your family. You can find information tailored to specific needs such as people with disabilities, seniors, assisting children, business readiness, and even information for your pets. For more information, see Ready.gov.

NOAA is working with FEMA and other agencies to help improve disaster readiness through campaigns such as National Preparedness Month. Through efforts such as the Weather-Ready Nation initiative, NOAA seeks to build community resilience in the face of increasing vulnerability to extreme weather events.

Information obtained from noaa.gov - National Oceanic and Atmospheric Administration
It’s hard to believe that it’s September! If you blinked, you may have missed another summer!

With September comes school, and I’ve been busy attending the “Ready Freddy” Kindergarten campaign at City of Buffalo public schools. The Ready Freddy program encourages families to recognize kindergarten as important and necessary in academic development and therefore set high attendance standards for the school year. With the Ready Freddy roll out, local organizations were invited to hand out information and speak to parents during kindergarten and pre-kindergarten orientation. What fun! I’ve visited the West Hertel Academy, Highgate Heights and the Charles Drew Magnet School. Through this initiative, hundreds of families received preparedness information.

BCS also spent time at three pantries during August. Our first was at Grace Lutheran Church on Cazenovia. The church offers a bustling food pantry and clothing pantry every week. We also visited St. Brigid’s on Fulton Street in the heart of Perry Choice. The center there is run by Catholic Charities and they hosted a summer festival for neighborhood residents. BCS also visited the Valley Community Center in an area known as “The Valley” - the only access to the one-square mile area prior to 1992 via 5 bridges. The center, on Leddy Street, has a large community center with both elder care and child care and a very busy pantry open to area residents.

BCS was able to also visit H.E.A.L. International, an organization started to assist refugees adapt to their new life. H.E.A.L offers various services to meet its mission including having programs in Women’s Empowerment, Education, Youth Programming, Community Service, Conflict Resolution and offers workshops on Cultural integration, health and leadership development. BCS was able to speak to nearly 40 students in their summer youth program.

We also visited the Cazenovia Resource Center to celebrate National Night Out in early August! It was a great turnout for the informational and fun fair night and we look forward to visiting again on September 22nd at 7pm to offer a presentation to area residents. If you’re interested in attending, please call the Cazenovia Resource Center to let them know you’ll be in attendance!

### SMART Training/Meeting Calendar - September 2014

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.

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<tr>
<th>Date</th>
<th>Time</th>
<th>Session</th>
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<tr>
<td>Saturday September 13</td>
<td>9:00 am - 3:00 pm</td>
<td>Geriatrics Best Practices Day</td>
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<tr>
<td>Monday September 15</td>
<td>6:00 pm - 8:00 pm</td>
<td>Orientation (NEW MEMBERS ONLY)</td>
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<tr>
<td>Wednesday September 17</td>
<td>6:00 pm - 8:30 pm</td>
<td>Health/Membership Processing (PPE/ID/Physicals/Fit Testing)</td>
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<tr>
<td>Saturday September 20</td>
<td>9:00 am - 11:30 am</td>
<td>Health/Membership Processing (PPE/ID/Physicals/Fit Testing)</td>
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Dates may change due to participation in community events / drills/ exercises. All classes will be held at the Erie County Fire Training Academy 3359 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 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
August proved to be another busy month. 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 six locations including Woodlands Senior Village, Spallino Towers, Niagara Tower, North Tonawanda Senior Center, LaSalle Site and Summit View Place. In total, 173 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, I was invited back to the Agri-Business Child Development (ABCD) Center in Newfane to present the Ready America presentation to parents and staff members, who were unable to attend the health fair in July. Again, it was a great group to speak with and I provide the materials in both English and Spanish.

September is already shaping up to an eventful month with presentations and outreach events including the Wildlife Festival, which I am still looking for volunteers to assist with (see below for details). I am looking forward to celebrating the 10th anniversary of National Preparedness Month with a tabling event at the Niagara Falls City Hall. If your place of business would be interested in having me come out and provide materials and an emergency preparedness item for NPM, please contact me and we can arrange something that will benefit your employees and encourage them to be disaster prepared.

As always, 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.

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’s 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 shift that you are interested in volunteering at. Your service is greatly appreciated!
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 again this year. 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 in early October.

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.

Students are back in school – please drive carefully!
Brochures available for your convenience:

If you are interested in receiving informational brochures as mentioned in the article on page one, individual copies of the following are available in our office. If you would like to a copy for yourself, please contact Gail at 205-0077 (or gstruzik@niagara.edu) and we’ll have them ready for you to pick up at your convenience:

Provided by FEMA:
- Emergency Financial First Aid Kit
- Emergency Supply List
- Every Business Should Have A Plan
- Helping Children Cope with Disaster
- Preparing for Emergencies Now: Information for Older Americans
- Preparing Makes Sense for People with Disabilities and Special Needs
- Preparing Makes Sense. Get Ready Now. (Also available in Spanish)
- Preparing Your Pets for Emergencies Makes Sense
- Ready Emergency Supply List

Other pamphlets available include:
- Emergency Information Handbook - provided by NYS Emergency Management Office (www.semo.state.ny.us)
- Safeguard New York “IF YOU SEE SOMETHING, SAY SOMETHING!” Maritime - provided by NYS Division of Homeland Security (www.dhse.ny.gov)

And while picking up the brochures, you might want to check with us to make sure we have your up-to-date information: your current address and phone number as well as your email address.

Do you know of someone else who might benefit from receiving our monthly newsletters? Send an email to Gail and provide their email address and we’ll include them on our distribution lists. And if you no longer wish to receive our information, contact Gail and she’ll remove your name from our list as requested.

If you know of a group or organization who would benefit from a preparedness presentation, please contact Dana at dle@niagara.edu (Buffalo) or Valerie at vhaseley@niagara.edu (Niagara County). May we suggest a presentation on “Map your Neighborhood” - Building and Strengthening Disaster Readiness Among Neighbors. Contact Dana or Valerie today!
Town of Tonawanda, Kenmore,  
City of Tonawanda - Register Now!

Emergencies can strike at any time. CERT training greatly enhances individual and community readiness during natural or manmade disasters and emergencies. CERT training includes academic and hands-on instruction followed by a disaster simulation training exercise.

Topics include:

**Disaster Preparedness:** Disasters & Disaster Workers, Community Preparedness

**Fire Safety:** Fire Chemistry, Fire Hazards, Fire Safety, & Fire Suppression

**Light Search and Rescue:** Search & Rescue Size-up and Operations

**Emergency Medical Operations I & II:** Triage & Treating Life Threatening Injuries

**Disaster Psychology:** Impact of Disaster on Rescuers & Victims and Its Mitigation

**Terrorism & CERT:** Terrorism & its Goals; CERT Protocols for Terrorism Incidents

**Disaster Simulation Training Exercise:** Course Review & Hands-on Exercise

**FEMA IS 100:** Incident Command System introduction

**Town of Tonawanda CERT Training** is anticipated to start Wednesday, October 22, 2014. Classes will meet on Wednesday evenings (6:00 PM - 9:00 PM) and one Saturday at the Town of Tonawanda Timothy Goff Public Safety Training Center, on Fire Tower Road off of Two Mile Creek Road.

Register NOW!! CERT training is FREE

Participants must be at least 18 years of age (16 with parent approval), attend all sessions.

**To Register - Send name, phone number and email to:**
**Email contact info to** - rlutz@tonawanda.ny.us
Or send to Robert Lutz
Emergency Services - CERT Coordinator
Town of Tonawanda Police Department
1835 Sheridan Drive, Buffalo, NY 14223
(716) 879-6685