For our CERT members

CERT class at Niagara University

If you are a current CERT member and interested in attending one of the CERT classes as a refresher, please email Gail at gstruzik@niagara.edu.

The schedule is as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Classroom</th>
<th>Topic</th>
<th>Trainer(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 10</td>
<td>DUN 127</td>
<td>Disaster Psychology</td>
<td>Bonita S. Frazer, Mental Health Emergency Planning Coordinator</td>
</tr>
<tr>
<td>Nov 17</td>
<td>DUN 127</td>
<td>Fire Safety and Light Search and Rescue</td>
<td>Howard Morgan, Cambria Fire Co.</td>
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<tr>
<td>Nov 24</td>
<td>DUN 127</td>
<td>Disaster Medical Operations I</td>
<td>Roger Schreader, Jr., Cambria Fire Co.</td>
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<tr>
<td>Dec 1</td>
<td>DEPL 126</td>
<td>Disaster Medical Operations II</td>
<td>Roger Schreader, Jr., Cambria Fire Co.</td>
</tr>
<tr>
<td>Dec 8</td>
<td>DUN 127</td>
<td>Terrorism &amp; CERT</td>
<td>Captain Gregg G. Blosat, Buffalo Police</td>
</tr>
</tbody>
</table>

Message regarding Niagara County: Beginning, November 1st, the Niagara County Project will be on hiatus. As such, we no longer will be scheduling presentations or events in Niagara County. The CERT class that began November 3rd WILL continue as scheduled.

The City of Buffalo project will continue scheduling presentations and events as normal.

Winter is just around the corner — are you ready?

We all know winter is approaching, but have we taken the time to ‘prepare’ ourselves and our families for what Mother Nature may throw our way. Tips provided by Ready.gov follow below and on page 4 of this newsletter. Don’t wait till tomorrow…winter won’t be waiting!

- If your home loses power or heat for more than a few hours or if you do not have adequate supplies to stay warm in your home overnight, you may want to go to a designated public shelter if you can get there safely. Text SHELTER + your ZIP code to 43362 (4FEMA) to find the nearest shelter in your area (e.g., SHELTER20472). Bring any personal items that you would need to spend the night (such as toiletries, medicines). Take precautions when traveling to the shelter. Dress warmly in layers, wear boots, mittens, and a hat.
- Continue to protect yourself from frostbite and hypothermia by wearing warm, loose-fitting, lightweight clothing in several layers. Stay indoors, if possible.

Learn From Every Storm

- Restock your emergency supplies to be ready in case another storm hits.
- Assess how well your supplies and family plan worked. What could you have done better?
- Take a few minutes to improve your family plan and supplies before the next storm hits.
- Talk to your neighbors about their experiences and share tips with each other.
In honor of October being “Fire Safety Month” we partnered with the City of Buffalo Fire Department to attend several of their open houses and present information on emergency preparedness to attendees. Border Community SERVICE was able to participate in the Engine 4 Quarters event at 939 Abbott Road; Engine 36/Ladder 13 Quarters at 860 Hertel Avenue; and Engine 37/Ladder4/4th Battalion at 500 Rhode Island Avenue. The events were great successes, with great attendance at all three locations. BCS was able to speak to over 300 families and provide emergency preparedness literature and a disaster survival wrap to each.

BCS also presented at several other locations during the month of October. We visited the Adult Learning Center for two different classroom presentations, at Stadinski Gardens on the City's East Side, and a Boy Scout Troop that meets at St. Teresa’s in South Buffalo. The presentations were all really well attended, fun, and lively!

We also finished up the Clean Sweeps in the City of Buffalo. We had a wonderful sweep season and hundreds of households were able to receive information that they may not have reached in other ways. BCS is delighted to partner with the Division of City Services with this endeavor and we look forward to starting them back up in April of 2015.

As always, if you would like BCS to present to your organization in the City of Buffalo, or would like us to attend your event, please call 851-4299. We welcome all opportunities to spread the preparedness message in the City of Buffalo.

SMART Training/Meeting Calendar - November 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:

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>11/12/14</td>
<td>Wednesday</td>
<td>6:00 pm - 8:30 pm</td>
<td>Communication with Persons with Special Needs</td>
</tr>
<tr>
<td>11/15/14</td>
<td>Saturday</td>
<td>9:00 am - 11:30 am</td>
<td>Communication with Persons with Special Needs</td>
</tr>
</tbody>
</table>

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
Pre-registration is required for all sessions.

Pati Aine Guzinski
Training Coordinator PH Emergency Preparedness for Erie County
Phone: (716) 858-7109
PatiAine.Guzinski@erie.gov
During the month of October, Border Community SERVICE presented at the final Niagara County Congregate Meal site located in Barker. This site had a large group of 63 individuals in attendance who learned important tips on personal emergency preparedness. In addition, the same presentation was conducted for the Wilson Golden Agers who had 45 people in attendance. Presentations were conducted at two Niagara County Head Start programs in Lockport and Newfane. Parents and grandparents of school-aged children attended the presentations and received valuable information on developing their family disaster plan.

Lastly, a presentation was conducted for Native American Community Services, which was held at the Family & Children Center’s Community Day Room. It was a pleasure to speak with the program participants who ranged in ages. All in attendance were thankful to receive the information to take back to their community.

CERT Members Helped Homebound Elderly this Holiday Season

Border Community SERVICE’s CERT members once again assisted the Niagara County’s Eat Well…Stay Well Home Delivered Meal Program by helping to deliver their emergency food boxes to their clients, also known as “Blizzard Boxes.” The purpose of the boxes is to provide their clients with three nutritious shelf stable meals in the event the program is unable to make deliveries due to weather conditions.

This year, 11 CERT members answered the call and volunteered their time to pick-up and deliver the Blizzard Boxes on a Thursday evening in October. The Niagara County Home Delivered Meal Program provided pizza and beverages to the volunteers. The CERT members were able to get an understanding of their program and how important getting the shelf stable meals to their clients are this time of year and our program was able to provide their volunteers with an overview and purpose of CERT members in our community.

In addition to the Blizzard Box, the 373 clients also received FEMA’s Preparing Makes Sense brochure and a 34 piece first aid kit provided by Border Community SERVICE.

I would personally like to thank the following CERT members for volunteering their time. Some even volunteered a friend or family member to help them with the deliveries. Thank you to them as well!

Ruth Camann  Michael Henderson  Tyrone Renouf
Deb Clouser  Barbara Jesz  Jill Stuart
Neil Haseley  Marsha Koerner  Kelly Tooley
Valerie Haseley  Tracy Lloyd

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. The program is always in need of volunteers to help deliver their meals on a regular basis. If this is something you are interested in doing, please contact Kara Donovon, Nutrition Services Coordinator, at (716) 438-4031.
Winter Storms & Extreme Cold

While the danger from winter weather varies across the country, nearly all Americans, regardless of where they live, are likely to face some type of severe winter weather at some point in their lives. Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain.

One of the primary concerns is the winter weather's ability to knock out heat, power and communications services to your home or office, sometimes for days at a time. Heavy snowfall and extreme cold can immobilize an entire region.

The National Weather Service refers to winter storms as the “Deceptive Killers” because most deaths are indirectly related to the storm. Instead, people die in traffic accidents on icy roads and of hypothermia from prolonged exposure to cold. It is important to be prepared for winter weather before it strikes.

Before Winter Storms and Extreme Cold

To prepare for a winter storm you should do the following:

☐ Before winter approaches, add the following supplies to your emergency kit:
  • Rock salt or more environmentally safe products to melt ice on walkways.
  • Sand to improve traction.
  • Snow shovels and other snow removal equipment.
  • Sufficient heating fuel. You may become isolated in your home and regular fuel sources may be cut off. Store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.
  • Adequate clothing and blankets to keep you warm.

☐ Make a Family Communications Plan. Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together and what you will do in case of an emergency.

☐ A NOAA Weather Radio broadcasts alerts and warnings directly from the NWS for all hazards. You may also sign up in advance to receive notifications from your local emergency services. Download FEMA’s Be Smart. Know Your Alerts and Warnings for a summary of notifications at: www.ready.gov/prepare. Free smart phone apps, such as those available from FEMA, provide information about finding shelters, providing first aid, and seeking assistance for recovery.

☐ Minimize travel. If travel is necessary, keep a disaster supplies kit in your vehicle.

☐ Bring pets/companion animals inside during winter weather. Move other animals or livestock to sheltered areas with non-frozen drinking water.

More information worth the read:

*Winter Storms...The Deceptive Killers.* Brochure packed with useful information including winter storm facts, how to detect frostbite and hypothermia, what to do in a winter storm and how to be prepared. Available online at: [http://www.nws.noaa.gov/om/brochures/wntrstm.htm](http://www.nws.noaa.gov/om/brochures/wntrstm.htm)

Centers for Disease Control and Prevention

*Extreme Cold: A Prevention Guide to Promote Your Personal Health and Safety.* An extensive document providing information about planning ahead for cold weather, safety both indoors and outdoors in cold weather and cold weather health conditions.

*Tips provided by Ready.gov/winter-weather*