Keeping your cool during a hot summer

Summer is in full swing and temperatures are heating up across the nation. According to the National Weather Service (NWS), heat is one of the leading causes of weather-related deaths in the United States, resulting in hundreds of fatalities each year and even more heat-related illnesses, such as heat stroke, heat cramps, and heat exhaustion.

The best line of defense against these illnesses is prevention. The Ready Campaign offers the following tips to stay safe when the mercury rises:

- Stay indoors as much as possible and limit exposure to the sun;
- Stay on the lowest level of your home, out of the sun, if air conditioning is not available;
- Eat well-balanced, light and regular meals;
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible;
- Avoid doing strenuous work outside during the warmest part of the day.

When necessary, NWS issues heat-related alerts to help you prepare for extreme weather conditions. To learn more about these alerts, and how they impact you, visit: www.nws.noaa.gov/om/heat/ww.shtml.

Other ways to avoid the dangers of heat stress include:

- Drink liquids. Don’t wait until you are thirsty - stay hydrated!
- Avoid alcohol and caffeine.
- Take cool showers and let the air dry you.
- Wear a hat when out in the sun.
- Visit air conditioned buildings.
Border Community SERVICE

City of Buffalo

Dana Estrada 716-851-4299

Border Community SERVICE had a very busy and productive July! We began the month visiting the Mayor’s Summer Youth program located at Allen Hall on University at Buffalo’s South Campus. There we showed the NOVA movie, “Storm that Drowned a City” which explains the science of Hurricane Katrina by combining a chronological analysis of what went wrong in conjunction with eyewitness testimony. The students had many questions and insights about the movie and appreciated the discussion after.

BCS also attended to large scale Head Start Screening Days. The first, at their Maryland Avenue location, had approximately 100 families attend to receive health and wellness screenings (dental, speech, medical) along with information on a variety of topics. The second was located at the Northwest Community Center at 155 Lawn. Over 60 families joined us for that screening day.

We also visited two food pantries last month to provide emergency preparedness information to recipients. Sites were Matt Urban Hope Center on Broadway and Grace Lutheran Emergency Food Pantry on Cazenovia Street. People were happy to receive information and small first aid kits to start their home preparedness initiative!

On July 23rd, BCS attended our yearly Bisons game to hand out information and first aid kits to attendees. Just over 5500 people attended the game and heard our announcements, with over 300 taking home first aid kits and brochures! We even held a raffle of a great emergency preparedness gift basket which was well received by the crowd.

Clean Sweeps have continued on! Most recently we found ourselves in the University District on E. Amherst, Stockbridge, and Berkshire. Next sweep will find us in the Ellicott District.

Summer has been keeping us busy!

Volunteers Needed

Looking for something to do in September? Get to know our Niagara County Coordinators, Taylor and Terri, by volunteering some of your time at the New York State Power Authority Wildlife Festival to be held on Saturday and Sunday, September 26th and 27th, from 10:00 am till 5:00 pm, rain or shine.

If you would like to help out, please contact either Taylor at thake@niagara.edu or Terri at tmannarino@niagara.edu and tell us what day(s) and time(s) you’d be able to be there. We’ll probably be playing the “Plinko” game! Such fun!

SMART

No official meetings scheduled for this month. See you at the Erie County Fair!
The month of July found us busy getting our feet under us and then taking off running! We started the month attending the ABCD Newfane Health Fair where more than 25 individuals and families attended and received information on emergency preparedness and a first aid kit. We also attended the NEEL walk for seniors in Niagara Falls, handing out literature and almost one hundred first aid kits!

BCS participated in the Air Show on July 18th and 19th. We reached out to well over 2,000 individuals, running a very successful ‘Plinko’ game that allowed people to obtain one item that could be added to their emergency supply kit at home. We handed out an emergency preparedness brochure along with either a hand sanitizer, emergency wrap, or a first aid kit to the individuals who stopped to talk and play, with very positive feedback from the people attending about our mission. Thank you to Peggy Bartolomei, Wayne Baumgartner, Linda Hardy, Kathie Johnson, Mary Lostracco, Jim Maw, Marge Price, Bonnie Senf, Maria Tisby, Elaine Tober, and Kristie Werth for all their welcomed help in manning our table. We certainly had the longest line in Hangar 850 at times!

BCS also participated in Crime Night Out sponsored by the Niagara Falls Block Club Council. We reached over sixty individuals providing information about emergency preparedness for them, their family members, and their furry loved ones. Each family received a first aid kit that may be used in creating their own personal emergency kit.

To round off the month, we tabled at the Blackwinds Pet Supply on Military Road who sponsored a two-day event at their location to promote pet emergency preparedness. We handed out literature to help people plan for their ‘animal family’ in the event of a disaster, as well as an item to help them start their personal emergency kits as well.

BCS will be participating in the New York Power Authority Wildlife Festival on September 26th and 27th. If you would like to volunteer either day, please contact one of us thru email or phone with your availability. Thank you so much for your interest and commitment to our community!

If anyone has an organization or event that would benefit by our attendance, please contact us at (716) 205-0076, or Terri at tmannarino@niagara.edu and Taylor at taylorhake@niagara.edu.