

Border Community SERVICE

Special Emergency Response Volunteer Initiative
for Community Empowerment
www.niagara.edu/bordercommunityservice

March 2009

Inside this issue:

Page Two

- Project Updates

Page Three

- Community Announcement
- Project Updates Con'd

Page Four

- New Tonawanda CERT class

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Does your Emergency Preparedness Kit contain recalled or expired items?

On **Sunday, March 8, 2009**, when you turn your clocks ahead an hour for daylight saving time, get prepared for spring by doing a few things that could save you time during a disaster or emergency situation, when every second counts.

The American Red Cross recommends that when you change your clocks, you do the following:

- Check the smoke alarms in your home and at work. Don't forget to check your carbon monoxide detectors as well. All smoke alarms should be tested once a month and their batteries replaced annually.
- Update the emergency contact information in your family communications plan. Choose an out-of-area emergency contact that each person in your family can call if he/she becomes separated during a disaster situation.
- Make sure that your disaster supplies kit still includes at least a three-day supply of non-perishable food items and water (one gallon per person per day), a flashlight, a battery-powered or crank radio, can opener, first aid kit, copies of important documents, and special items such as medications, diapers, and infant formula. Be sure to check your disaster supplies kit for expired food items and freshen staples such as water, food and batteries. If there have been changes in prescriptions or dietary needs, add new foods and medications as needed.

Currently the United States is in the midst of one of the largest food recalls in American history. As Americans dig through their cabinets and refrigerators to remove potentially contaminated food associated with the recent peanut recall, we would like to remind you to open and check their Emergency Preparedness Kits to remove any potentially harmful items from these also.

Because peanut products are often recommended as staples in Emergency Preparedness Kits due to their long shelf life and because they are a good source of protein, we encourage all kit owners to look at their kits to ensure food products are not on the peanut recall list. Please keep in mind that the peanut product recall extends beyond peanut-flavored products. The following are some examples of foods also included in the recall that may contain peanuts: granola, snack bars, crackers, cereal, trail mix, cookies, noodles and dog treats

A full list of recalled peanut products can be found on the Food and Drug Administration's Web site <http://www.accessdata.fda.gov/scripts/peanutbutterrecall/index.cfm> along with recommendations about what individuals should do with recalled items.

In addition to checking for peanut-related items, please be sure to check for other items in your kit that may have expired, including medications, food and pet food, water, and other recalled items. The U.S. government provides information on unsafe, hazardous, or defective products ranging from consumer products, food, medicine, and cosmetics at www.recalls.gov.

Ensuring family and neighbors are prepared is an essential step in helping communities during and after an emergency. Families should have an Emergency Preparedness Kit in all locations that are frequented often, including homes, offices, schools, cars and day care facilities. These kits should hold a variety of essential items that are needed during a disaster, such as a flashlight, radio, cash, clothing, protective equipment, medicines, and of course food and water. For a complete list of Emergency Preparedness Kit recommended items, please visit <http://www.fema.gov/plan/prepare/supplykit.shtm>.

Program Updates!

Niagara County

Nancy Brennan Blundell 716.286.8304

A CERT course hosted by the **Town of Wheatfield** and the Fire Board representing five volunteer fire companies began on February 23 and will conclude on Saturday, April 4 at Frontier VFC training facility on River Road. The class roster includes 30 enthusiastic participants

Niagara County CERT Volunteers are invited to attend the “Disaster Psychology” presentation by Bonita Frazer on Monday, March 30 (6:30-9:30PM) at St. Johnsbury VFC, 7165 Ward Road (14120).

Please consider attending Advanced CERT training:

Tuesday, March 10 (6 PM): “Risk Assessment & Threat Analysis for Local Communities”, Medaille College; Main Building, Room 101; 19 Agassiz Circle, Buffalo (RSVP Dana Estrada at 716 851-4299)

Tuesday, March 17 (6 PM): “Preparing to Care for Persons Who are Frail, Elderly or Who have Special Needs during Emergencies” Philip Sheridan Building, 3200 Elmwood Avenue, Town of Tonawanda (RSVP Regina Lyons 716 at 834-4153)

Monday, March 23 (7 PM): “Clandestine Drug Labs” Sheridan Parkside Building (Auditorium), 169 Sheridan Parkside Drive, Town of Tonawanda.(RSVP Heather Johnson at 716 879-6606)

Detailed information about these trainings is available at www.niagara.edu/bordercommunityservice.

Special Request: Your participation as a “victim” during the culmination training exercise of the Town of Wheatfield CERT course would be greatly appreciated. Please contact Nancy Brennan Blundell by phone at 286-8304 or email at nbb@niagara.edu.

City of Buffalo

Dana Estrada 716.851.4299

Well, it seems we’re almost out of the deep freeze. In only a couple of weeks we will start to see budding trees and tulip shoots - sure signs of spring!

February started with a presentation to the Dietitians of Western New York at a meeting held at Meals on Wheels. That day a representative from the American Dietetic Association also spoke to the group about nutrition during emergencies. It was an interesting exchange during which I learned a number of new things and thought how wonderful it is that even dietitians think Chef Boyardee’s canned ravioli are an acceptable source of calories during an emergency! I returned to Meals on Wheels later in the month to speak to their staff about emergency preparedness. As individuals who care for others on a daily basis by providing food and companionship, they understand the need to be prepared in their own homes so they can continue to serve those who depend on Meals on Wheels during an emergency. Special thanks to Ben Gair, Chief Executive Officer of Meals on Wheels, for recognizing the importance of home preparedness and inviting me into their wonderful organization.

I would also thank the Hazelwood Block Club, Timon Towers Senior Apartments, Trinity Towers Senior Apartments, and the children involved in the “Neighbors Helping Neighbors” program at MLK School for attending presentations this month.

I would also like to acknowledge and thank City of Buffalo CERT for their assistance while taping two of our programs at the University at Buffalo’s Digital Access Lab this month. On February 13th Border Community SERVICE had the opportunity to record our “Ready America” program, as well as an introduction to “Map Your Neighborhood.” Hopefully, these recordings will be available on our website shortly.

Finally, the next City of Buffalo CERT meeting will be held from 6PM to 8PM on Tuesday, March 10th in Room 101 of the Main Building of Medaille College (City) located at 18 Agassiz Circle. Our guest speaker, Gregg Blosat, will present on the topic of “Threat Analysis for Communities.” I encourage you to take advantage of this opportunity. Space may be limited so please call me at 851-4299 to RSVP for this event.

Congratulations to the graduates of the Town of Tonawanda winter CERT course who completed the course on Saturday, February 28! Many thanks to Bob Lutz for his outstanding work as CERT Instructor/Coordinator!

Town of Tonawanda CERT has planned two CERT Skills Enhancement Trainings. Please try to attend:

Tuesday, March 17 (6 PM): “Preparing to Care for Persons Who are Frail, Elderly or Who have Special Needs during Emergencies” (Presenter: John Moffat, Training Coordinator, Western New York Independent Living) at the Philip Sheridan Building, 3200 Elmwood Avenue, Town of Tonawanda (RSVP Regina Lyons 716 at 834-4153)

Monday, March 23 (7 PM): “Clandestine Drug Labs” (Presenter: P.O. Thomas Haynes) Sheridan Parkside Building (Auditorium), 169 Sheridan Parkside Drive, Town of Tonawanda.(RSVP Heather Johnson at 716 879-6606)

The next Town of Tonawanda CERT course will begin on Thursday, April 9, 2009. To register, please contact Heather Johnson at 716 879-6606 or complete a “Volunteer Enrollment Form” at www.niagara.edu/bordercommunityservice.

Community Announcements

KNOW THYSELF: The Power of Self-Understanding

Identify your unique gifts and better appreciate others in your life!

Saturday, March 14th, 2009 10:00am – 2:00pm

First Presbyterian Church, Youngstown, New York

The program will be led by International Facilitator, Shoshanna Cogan, M.S. Counseling. Long-time CERT members may recall that Ms. Cogan taught one of the first Skills Enhancement Trainings: “The Art of Effective Presentations” in 2005. She also completed the CERT course offered at the South Lockport VFD during the summer of 2006. More information on Ms. Cogan can be found at www.ShoshannaCogan.com.

Pre-registration and pre-payment required. A \$12.50 charge per participant will cover presenter costs and class materials (includes self-assessment and handout). The registration deadline is Monday, March 2, 2009. Please bring a sandwich to share for lunch.

For additional information or to register, contact Betty Salvatore at First Presbyterian Church, 716-745-7067.

Attention Those Needing Home Repair Assistance!

Reach Ministries International will be in Niagara Falls this summer. Reach is a Christian organization dedicated to helping those in need of minor home repairs at NO COST FOR LABOR OR MATERIALS. Repairs include but are not limited to:

- Painting (interior and exterior)
- Drywall
- Floors
- Handrails
- Ramps
- Gutters and downspouts
- Caulking/glazing
- Minor roof repair
- Porches and steps

Applications are available should be returned as soon as possible (by March 17, please) to:

Department of Community Development
Carnegie Building
1022 Main Street
Niagara Falls, NY 14302

If you have questions, please contact the Department of Community Development at 716 286-8812 or 286-8818. The point of contact for this initiative is MaryAnn Colangelo (maryann.colangelo@niagarafallsny.gov).



CERT Training Course in the Town of Tonawanda

CERT Training is a FREE Community Emergency Preparedness course that both includes academic and hands-on instruction. The eight (8) class course will be held Thursday evenings (6:30-9:30 PM) beginning **Thursday, April 9, 2009**. The course will conclude with a course review and simulated disaster training exercise on **Saturday, June 6, 2009** (9AM-1PM). The class will meet at the **Town of Tonawanda Fire Training Facility, 70 Fire Tower Drive**. *The course is free; there is no charge for this training. Participants should plan to attend all sessions.*

CERT Training prepares you to help yourself, your family, your neighbors and your associates in the event of a catastrophic disaster. Emergency personnel may not be able to help everyone immediately and you can make a difference by using CERT Training to save lives and protect property. CERT training 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:** Triage & Treating Life Threatening Injuries
- Emergency Medical Operations II** Public Health Considerations & Patient Treatment
- CERT Organization and Incident Command (ICS 100)**
- 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

CERT training is fun and FREE! Through personal education, training and volunteer service, each person can help make their community safer, stronger and better prepared for the hazards of weather, terrorism, crime, public health issues, and disasters of all kinds. **Preregistration is required. Register NOW!** All participants must be at least 16 years of age (with parental permission), should plan to attend all eight class sessions, and must register as a volunteer with Border Community SERVICE for insurance coverage.

Join The Team!

For more information or to enroll please contact:

**Nancy Brennan Blundell, Executive Director,
Border Community SERVICE of Niagara University
at 716 286-8304 or e-mail: nbb@niagara.edu**

or

**Heather Johnson, Town of Tonawanda CERT
at 716 879-6606 or hjohnson@tonawanda.ny.us**