

**Border Community SERVICE**  
Special Emergency Response Volunteer Initiative  
for Community Empowerment  
Web: [www.niagara.edu/bordercommunityservice](http://www.niagara.edu/bordercommunityservice)

Niagara University

September 2008

**September is National Preparedness Month:  
Resolve to Get Prepared!**

So many things compete for our attention that sometimes it's hard to make the things that are good for us a priority. Although it may seem overwhelming or unimportant to be prepared, we know from experience that taking steps to prepare ahead of time can help you stay safer and respond better during an emergency.

You and your family may suddenly need to know what to do when a critical incident, severe weather or natural disaster strikes. Planning how you would respond now will help you to remain calm, think clearly and react appropriately to any safety scenario.

Personal preparedness is crucial to reacting effectively to the effects of a disaster. By preparing yourself, your family, and your businesses, you support first responders when they must prioritize their efforts and aid.

National Preparedness Month, a nationwide effort held each September to encourage Americans to take simple steps to prepare for emergencies in their homes, businesses and schools, is sponsored by the U.S. Department of Homeland Security. The goal of the month is to increase public awareness about the importance of preparing for emergencies and to encourage individuals to take action. National Preparedness Month focuses on encouraging

citizens to take important preparedness steps:

- **Get a Kit:** When preparing for a possible emergency situation, it's critical to think first about the basics of survival: fresh water, food, clean air and warmth.
- **Make a Plan:** Make sure you have a family emergency plan. Your family may not be together when disaster strikes, so it is important to plan in advance: how you will contact one another; how you will get back together; and what you will do in different situations.
- **Be Informed:** Being informed about the different types of emergencies that could happen where you live and the appropriate ways to respond to them will impact the decisions you make and the actions you take.
- **Get Involved:** After preparing yourself and your family, take the next step and get involved in preparing your community.

Resolve now to get prepared this September. Think about what to do in the event of a major disaster. A good place to start is by downloading the "Are You Ready? An In-depth Guide to Citizen Preparedness" brochure at [www.fema.gov](http://www.fema.gov). More preparedness resources can be found at: [www.semo.state.ny.us](http://www.semo.state.ny.us); [www.ready.gov](http://www.ready.gov); and [www.redcross.org](http://www.redcross.org).

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**On September 11, 2001, America learned it had much more to do to become full prepared for a major disaster or emergency. Thank you very much for your contributions to that effort.**

**On the 7th anniversary of our national tragedy, please keep America's first responders in your thoughts as you remember those who died that terrible day and the loved ones left behind.**

## City of Buffalo

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## Niagara County

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As many of you know, September is National Preparedness Month. Nationally sponsored by the Department of Homeland Security's Ready America Campaign, events during National Preparedness Month encourage community members to follow the preparedness four step model: Get a Kit; Make a Plan; Be Informed; and Get Involved.

On September 5th at 10am Mayor Byron Brown of the City of Buffalo will be joined by Erie County Executive Chris Collins and Niagara County Legislature Chairperson, William Ross, when he signs a proclamation officially designating September as National Preparedness Month. The public is encouraged to come to the steps of City Hall to witness this important event. We also encourage you to support National Preparedness Month by educating and preparing your family for natural and man-made disasters. But remember - preparedness shouldn't stop in September!

City of Buffalo CERT members are invited to two trainings in the next couple of months. The Greater Buffalo Chapter of the **American Red Cross** will host a "Disaster Management Seminar" on **Saturday, September 27 from 10am to 5 pm at 786 Delaware Avenue**. CERT members will be introduced to the emergency services of the ARC and begin to prepare to qualify as ARC Disaster Action Team members. Sessions will include "Fulfilling Our Mission"; "Chapter Fire Response"; and an overview of "Mass Care/Shelter Operations".

The **Meals on Wheels** organization will host a training on **Wednesday, October 22nd at 6:30pm** for CERT members who wish to assist the organization during an emergency in the City of Buffalo.

Please come out and attend these important City of Buffalo CERT trainings! If you are CERT trained and a City of Buffalo resident, please contact me so I can include you in future mailings regarding future trainings and events.

As always, interested block clubs, community agencies/centers, religious organizations, schools, and businesses in the City of Buffalo, can contact me via email at [destrada@bpd.ci.buffalo.ny.us](mailto:destrada@bpd.ci.buffalo.ny.us) or by phone at 716 851-4299 to schedule free emergency preparedness training. Presentations can be modified based on the needs of the host organization and are typically 30 to 40 minutes long.

Several residential developments, block clubs, businesses, refugee organizations, churches and community centers have already taken advantage of these presentations. If you would like a listing of scheduled public presentations that you can attend, please let me know! One may already be scheduled in a neighborhood near you!

This month marks the anniversary of a national tragedy. As we take a moment on September 11 to reflect on the terrible events of that day and the lasting effects that are still felt today, please remember that One of the best ways we can contribute as individuals to our nation's security is by sharing information about emergency preparedness. The more people who are prepared for an emergency, the better off we will be at home and in our neighborhoods, communities and workplaces.

Requests for the educational outreach initiatives of Border Community SERVICE continue to grow. Border Community SERVICE volunteers can and should participate as community presenters. September's CERT skills enhancement training will be "Preparing the Presenter: a Guide for Community Presenters." The class will meet on Thursday, September 18, 2008 from 7:00pm to 9:00pm in Dunleavy Hall, Rm 205. Volunteers will gain the knowledge and skills to be a Community presenter. I hope that many of you will attend this wonderful training and help your community as a preparedness presenter.

I plan to announce the Skills Enhancement training schedule for the final quarter of the year in next month's newsletter. This will allow everyone to plan ahead to attend trainings in October, November and December. I am always open to your training suggestions, so feel free to contact me with them.

Thanks to everyone who participated in the "Moulage" skills enhancement training with Stephen Stouter. From all reports, was a very educational and enjoyable training for all attendees.

American Heart Association CPR card update: All paperwork has been submitted to the host sponsor. I am waiting to receive the cards and will get them to all the participants.

Planning for CERT training in Niagara County is heating up. We are very close to finalizing details for Fall CERT trainings at four sites. To complete the courses before the holidays, we hope to begin CERT training during late September or early October. Two trainings are expected in Western Niagara County, one will take place in the City of Lockport, and one will be held in Eastern Niagara County in Royalton.

We hope you'll tell your family, friends and co-workers about CERT training. For more information, please watch for email announcements or contact me by phone at 286-8023 or by email at [mtorrie@niagara.edu](mailto:mtorrie@niagara.edu). Updated training announcements and online registration is available at our website: [www.niagara.edu/bordercommunityservice](http://www.niagara.edu/bordercommunityservice).

Schools will open soon. Please drive safely and watch for children at bus stops and walking on the sides of the road.

## Community Announcements

### Do you have a Community Event scheduled?

Please contact Border Community SERVICE with event information (a brief event description, date, times, place/location and contact information). We'll be pleased to add it to the Community Announcement section in our newsletter!

It's easy and FREE publicity! Please send event information to Nancy Brennan Blundell at [nbb@niagara.edu](mailto:nbb@niagara.edu). Our newsletter is published the first week of every month. Plan ahead and send your submissions early to provide adequate announcement time.

### FREE Cancer Screening

The Healthy Living Partnership of Niagara County, a program of the Niagara County Department of Health, offers **FREE** breast, cervical, and colorectal cancer screenings to individuals who have limited or no health insurance.

Services include: free screening mammograms for women age 40 or older (and less than age 40 if at high risk for breast cancer); clinical breast exams, pap smears and pelvic exams for women 18 years and older; HPV vaccinations (Gardasil) for women 19–26 years of age; and colorectal cancer screenings, including free fecal occult blood test kits (F.O.B.T.) for men and women aged 50 or older and colonoscopies for men and women at increased /high risk for colorectal cancer. The Healthy Living Partnership of Niagara County covers further testing including biopsies and breast ultrasounds and provides case management and appropriate referrals.

For The Healthy Living Partnership eligibility requirements contact Darlene Muehlbauer at 215-0553.

### Need Health Insurance?

If you need health insurance but aren't sure where to find help, these facilitated enroller contacts may help.

Contact Felicia Johnson of **Fidelis Care New York** at 716-564-6136,

Sue Muscarella of the **Erie County Dept of Health** at 716-891-2005, Jeff Lewis of **Health Now** at 716-887-8720, or (for Eastern & Northern Niagara County) Becky Pleace at **Lake Plains Community Care Network** at 585-345-6110.

## Skills Enhancement Trainings!

**All Border Community SERVICE volunteers are welcome at all trainings. Please RSVP as indicated.**

### City of Buffalo

#### **Saturday, September 27 (10AM - 5PM)**

"Disaster Management Seminar" at the American Red Cross Greater Buffalo Chapter, 786 Delaware Ave.

#### **Wednesday, October 22nd, 6:30pm**

Learn about the Meals on Wheels emergency plan and receive training to potentially assist the organization during an emergency. Many Meals on Wheels volunteers are seniors who may themselves be greatly impacted by severe inclement weather. This training will be at the Meals on Wheels facility in Buffalo.

Please contact **Dana Estrada** at **851-4299** or [destrada@bpdny.org](mailto:destrada@bpdny.org) to register.

### Niagara County

#### **Thursday, September 18 (7PM-9PM)**

"Preparing the Presenter: a Guide for Community Presenters" in Dunleavy Hall, Room 205.

#### **Thursday, October 16 (6:30PM-9PM)**

"Local Maritime Security" will be presented at the US Coast Guard Station Niagara in Fort Niagara State Park in Youngstown, New York.

Please contact **Michael Torrie** at **286-8023** or [mtorrie@niagara.edu](mailto:mtorrie@niagara.edu) to register.