News from www.americanheart.org:
Hands-Only™ CPR

When an adult has a sudden cardiac arrest, his or her survival depends greatly on immediately getting CPR from someone nearby. But less than 1/3 of those people get that help. Most bystanders are worried they might do something wrong or make things worse. That’s why AHA (American Heart Association) has simplified things.

When an adult suddenly collapses, trained or untrained bystanders should:
1. Call 9-1-1
2. Push hard and fast in the center of the chest

Studies show these two steps, called Hands-Only CPR, can be as effective as conventional CPR. For more information, please visit www.handsonlycpr.org.

Special Note: Hands-Only CPR should not be used for infants and children, for adults whose cardiac arrest is from respiratory causes (like drug overdose or near drowning), or for an unwitnessed cardiac arrest. In those cases, the victim would benefit most from the combination of chest compressions and breaths in conventional CPR.

Become a “Force Multiplier”: Volunteer to Complete the Ready America/Map Your Neighborhood Training Course and teach Emergency Preparedness in Your Community

You are the best person to teach emergency preparedness to the people who are important to you. They may be in your neighborhood, your workplace, your clubs and service organizations, your sports teams, and in your places of worship. Please help to multiply our ability to share vital preparedness information by training to present “Ready America” and to facilitate “Map Your Neighborhood” training. Course times and locations will be announced soon.

Ready America (www.ready.gov) is a national campaign designed to educate and empower Americans to prepare for and respond to emergencies including natural and man-made disasters. The goal of the campaign is to get the public involved and ultimately to increase the level of basic preparedness across the nation. Citizen Corps volunteers, including USAonWatch (Block Club) and CERT members will be trained to assist with this effort and to facilitate the “Map Your Neighborhood” program. Map Your Neighborhood (www.emd.wa.gov/my/index.shtml) is a program designed to help neighborhoods prepare for disasters by learning the “9 Steps to Take Immediately Following a Disaster” to secure your home and to protect your neighborhood. Please contact Nancy Brennan Blundell at 716 286-8304 or nbb@niagara.edu if you’re interested in this training.
Spotlight on a Community Partner:

Meals on Wheels for Western New York’s
New Disaster-Ready Commissary
Serving the Nutritional Needs of the WNY Community

Meals on Wheels for Western New York, Inc., a nonprofit agency serving nearly 823,000 meals annually to homebound elderly and disabled individuals, unveiled its new state-of-the-art commissary, located on James E. Casey Drive, Buffalo, last September. The occasion marked an end to a 30-year history at the kitchen on East Ferry Street in Buffalo, leased by its food service provider Sodexo, Inc.

The October Storm of 2006 left Meals on Wheels for WNY unable to serve its recipients for eight days, after electric at the East Ferry kitchen was lost. The United States Army Corps of Engineers was unable to install a generator due to insufficient electrical wiring. The impact of the storm raked havoc on the Western New York community alike, leaving many agencies who provide nutrition services unable to serve disaster victims.

Soon after the storm, Meals on Wheels met with several contractors to develop a centralized disaster-ready food production facility that would meet the nutritional needs of the region. The result, a 27,000 square foot facility designed to incorporate an emergency generator in the event of a power outage, and $2 million of modern cooking equipment.

Categorized as one of the Northeast’s most efficient commissaries, Meals on Wheels’ facility utilizes cook-chill technology. This modern way of cooking allows for food to safely cook and then chill within a set time frame. The chilled inventory is tagged and then placed in freezers where it can be stored for up to 21 days.

“No one can ever judge when a disaster is going to occur, but preparing for the unexpected is something we can all do,” said Benjamin A. Gair, III, chief executive officer at Meals on Wheels for WNY.

In 2008, Meals on Wheels for WNY signed a Food Partnership Agreement with The American Red Cross Greater Buffalo Chapter, The Food Bank of WNY, Erie County Emergency Services and the City of Buffalo. Under the partnership, the agencies will collaboratively address the nutritional needs of all sectors of the community by providing food to warming centers, food shelters and mobile feeding sites.

Meals on Wheels for WNY has over 1,600 active volunteers. Its Volunteer Department is developing a list of 20 to 30 volunteers who would assist the agency at the commissary should the Food Partnership be enacted.

“The commissary has brought innovation to the Western New York community, and strengthened our ability to prepare and respond to the need for life sustaining food,” Gair said.

In 2009, Meals on Wheels for WNY delivered 823,000 meals to nearly 3,300 homebound elderly and disabled individuals in more than 20 communities throughout Erie County. For more information, visit www.mealsonwheelswny.org.
March is here and with March comes the promise of Spring...or at least the Spring Solstice. That gives some hope that warmer weather is just around the corner, right?

The City of Buffalo CERT course is in full swing now. We have great representation from D’Youville College, Medaille College, Erie Community College and the Father Belle Center. We also have community members from nearly every corner of the city. By March 27, City of Buffalo CERT will have over 40 newly certified members, including an opera singer and a fire-eater! Looks like CERT meetings will be a bit more interesting!

Thank you so much to Nancy Brennan Blundell and Christine Shiah who presented “Sign-Language in Emergency Situations” to City of Buffalo CERT. It was wonderful information and we all really enjoyed learning the foundations and history of sign. A great website for those interested in sign language is www.aslpro.com.

I’ve been invited to participate in a Preschool Parent Conference on March 20th at 909 East Ferry Street. This conference provides information and support to the many families of pre-school children in Erie County. In addition, I’ve been asked to speak at the homebuyer education class sponsored by West Side Neighborhood Housing Service in March. I attended their February class and learned a great deal in the short time I was there before giving my presentation to their group. If you’re considering a home purchase, I recommend that you check them out!

I am looking for faith-based organizations to sponsor trainings in the City of Buffalo. If you have a group that would benefit from a emergency preparedness presentation (and we all would!) please contact me at destrada@bpdny.org or at 851-4299. I look forward to hearing from you!

OPERATION REACT is a terrorism awareness and preparedness training course designed to educate the public about the possible threats of terrorism, increase their awareness and vigilance, and improve public preparedness.

Many thanks to Robert Lutz and Dionia Jennetti for teaching the AHA Adult/Child CPR/AED skills. This CERT Advanced Skills Training Class was fun and well attended. Participants learned how to perform CPR on adults, children and infants. Following a brief introduction for the AED, participants learned and practiced the skills that may prove valuable during an emergency.

The Town of Tonawanda CERT leadership group has scheduled a meeting at 7pm on Monday, March 1 in the Town of Tonawanda Police Department Conference Room. A separate notice will be sent soon with details of the March CERT skills enhancement training.
It’s been a quiet season for localized emergencies in the Buffalo-Erie-Niagara region. We all hope that the quiet period continues and that we are not adversely effected by the looming winter storm “of historic” proportions. Time will tell if this is another case of a “historic” storm turning into a “hysterical” storm.

You know, life need not be filled with one hysterical event after another. Planning and preparation make all the difference. An enhanced version of the Boy Scout motto “Be Prepared” is what the [www.Ready.gov](http://www.Ready.gov) website and Ready America program are all about. “Get A Kit, Make a Plan, Be Informed and Get Involved” is the 4-point message that people hear when we present at community groups as guest speakers. In February, the St. James Seniors and Niagara County Headstart program have all received the message along with the Lewiston Seniors lunch program.

Immediate and future opportunities are available to be prepared and informed. Introduction to Incident Command and Introduction to the National Incident Management System are being offered in the computer lab at St. Vincent’s Hall (Room 105) this Saturday, February 27, 2010 from 9:00am – 1:00pm. It’s a nice way to complete the training at your own speed, while at the same time, having a tutor, if needed. The class is open to all CERT trained volunteers, ARES, RACES and other persons who need the certificate for volunteer and employment purposes. Check our website [www.niagara.edu/border-community-service](http://www.niagara.edu/border-community-service)

Later in the day, Niagara County will host Skywarn training presented by the National Weather Service. The program runs from 7:00pm to 9:00pm at the Niagara County Public Safety Training Facility, 5574 Niagara Street Ext., Lockport

A CERT course will begin on the Niagara University Campus on Thursday evenings beginning March 4 and continues through April 29, 2010 (excluding April Fool’s Day). We’re almost full; so, if you are considering enrollment, please do it now at [http://www.niagara.edu/bcs-enrollment](http://www.niagara.edu/bcs-enrollment).

For those in emergency services, Niagara University, in cooperation with Erie County Emergency Services, will host SEMO trainers for the Homeland Security Exercise Evaluation Program (HSEEP). Class size is limited and enrollment is being handled by SEMO. Interested first responders should register by March 8, 2010 and can find more information at [http://www.semo.state.ny.us/programs/training/calendar.cfm](http://www.semo.state.ny.us/programs/training/calendar.cfm).

**Did you know?**

**March 15–19, 2010 is Flood Safety Awareness Week.**

Don’t be caught unprepared as winter’s snow becomes spring’s flood. Find safety tips at:


**Erie County’s Department of Emergency Services and the National Weather Service** will host

**SkyWARN Spotter Training**

at 7:00 pm on **Monday, May 10, 2010** starting at the **Erie County Fire Training Academy**.

Please contact JT Glass at glassj@erie.gov or (716) 858-6287 by May 5, 2010 if you plan to attend.
### CERT Volunteers Needed for Niagara County PODs

The following Niagara County H1N1/Seasonal Flu Clinics are scheduled in March:

- **Thursday, March 11, 2010** (10 am to 8 pm) Lewiston-Porter Community Resource Center, 4061 Creek Rd., 14174
- **Thursday, March 18, 2010** (10 am to 6 pm) Wilson High School, 374 - 380 Lake Street, Wilson

As always, volunteer assistance will be greatly appreciated at the above listed PODs. Please contact Jayne Ferguson at jayne.ferguson@niagaracounty.com or (716) 439-7439 as soon as possible if you can help with this important public health initiative.

### CERT Pop-up Shelter Available for Community Events

A 10’ x 10” CERT green pop-up shelter and a portable table with chairs are available for use by CERT groups at community events. Please call to reserve. FEMA preparedness pamphlets are also available for distribution through CERT.

### SMART Training in Erie County welcomes Buffalo-Erie-Niagara CERT Members

CERT members are welcome to attend the following SMART (Specialized Medical Assistance Response Team) trainings. The March, May, September and November trainings are for SMART members only. Please contact Pati Aine Guzinski at patiaine.guzinski@erie.gov or (716) 961-6898 if you wish to attend. All SMART classes will be held at the Erie County Fire Training Academy, 3359 Broadway, Cheektowaga, NY 14227.

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Wednesday, April 21</td>
<td>6:00p - 9:30p</td>
<td>ICS 100 &amp; IS 700</td>
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<tr>
<td>Saturday, April 24</td>
<td>9:00a - 12:30p</td>
<td>ICS 100 &amp; IS 700</td>
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<td>Wednesday, June 16</td>
<td>6:00p - 9:30p</td>
<td>Emergency Response to Terrorism</td>
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<td>Saturday, June 19</td>
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<td>Emergency Response to Terrorism</td>
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<tr>
<td>Wednesday, July 21</td>
<td>6:00p - 8:30p</td>
<td>CPR/Blood Borne Pathogens</td>
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<tr>
<td>Saturday, July 24</td>
<td>9:00a - 11:30a</td>
<td>CPR/Blood Borne Pathogens</td>
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<td>Wednesday, August 18</td>
<td>6:00p - 8:30p</td>
<td>Mass Fatalities - Erie County Medical Examiner</td>
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<td>Saturday, August 18</td>
<td>9:00a - 11:30a</td>
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<td>Animals in Disasters - Helen Robert</td>
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<td>Saturday, October 23</td>
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<td>Challenges of Special Populations</td>
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<td>Saturday, December 18</td>
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