Flu Vaccination Exercise Planned

Border Community SERVICE, in partnership with the Niagara County Department of Health, the Niagara Medical Reserve Corps, and the American Red Cross, will conduct an Influenza Vaccination Point of Distribution (POD) clinic at the Niagara University campus on Saturday, December 10, 2005 from 3:00 – 5:00 PM in Clet Hall’s “Commons on the Ridge” Dining Room.

The Niagara County Department of Health has secured 250 doses of Influenza Vaccine for free distribution on a first come, first served basis. Adults, aged 18 years or older, who have not yet received an Influenza Vaccination are invited to receive a FREE VACCINATION.

Persons eligible for vaccination include emergency responders and their family members who are 18 years of age or older, persons engaged in direct patient care, persons 50 years of age or older, and persons with chronic illnesses. The public is invited. Persons must be 18 years of age to be vaccinated; no children will be vaccinated.

For additional information or to confirm your participation, please contact the Border Community SERVICE office by phone at 205-0070 or 205-0074, or by e-mail at nch@niagara.edu.

URGENT! Volunteers Are Needed To Assist Healthy Neighborhoods

Healthy Neighborhoods is looking for volunteers to help them on Mondays, Tuesdays, Wednesdays, and Fridays from 10 AM to 4 PM on a regular basis. Volunteers will go door-to-door as neighborhood representatives hand out necessary household supplies. Volunteers will provide emergency preparedness information and assist with first aid kit distributions and survey completion. For more information, please contact Gail Root of Healthy Neighborhoods at (716) 278-8292.
Upcoming Training – Share the Dates!

**Volunteer Trainings**

For those who are still missing training components, we hope that you will be able to attend the missing components and complete your training. These dates are subject to change. All classes are open to new volunteers. Pre-registration is required as there are class size limits. Walk-ins cannot be accommodated.

**Eastern Niagara County Chapter**
637 Davison Road, Lockport

- **Saturday January 28, 9 AM to 5 PM:**
  - Adult CPR w/ AED Skills AND Infant & Child CPR
- **Saturday February 4, 9 AM to 4 PM:**
  - First Aid Basics AND Together We Prepare

**Greater Buffalo Chapter**

Location to be announced

- **Saturday January 21, 9 AM to 5 PM:**
  - Adult CPR w/ AED Skills AND Infant & Child CPR
- **Saturday January 28, 9 AM to 4 PM:**
  - First Aid Basics AND Together We Prepare

**Skills Enhancement Trainings**

The Border Community SERVICE office has two scheduled Skills Enhancement Trainings. We hope that many people will keep these dates open and attend this additional free training, which can be counted as volunteer time. Please reserve your spot by calling the office at 205-0070.

**On Thursday, December 15 from 6:30 PM to 9:30 PM,**
Mark Tartaro, a retired police officer, is a state certified master defensive tactics instructor. Barbara Wopperer, a nationally certified self-defense instructor, will present a basic defensive tactics course. This will focus on development of body mechanics, stance, balance, movement, take down techniques, and come along techniques. It will also include a basic overview of pressure points and escapes from chokes and body locks. This class will be in the front gym of the Kiernan Center. There is an absolute class limit of 40 participants and no walk-ins can be accommodated. Please RSVP as soon as possible.

**On Tuesday, January 10, 2006,**
Tim Riecker, the Training Officer and Staff Coordinator for the New York State Emergency Management Office, will present a workshop at the NU campus. More information will follow at a later date.

Volunteer Opportunities

As a reminder, Border Community SERVICE volunteers agreed to provide an average of 4 hours each month for community service. Here are several opportunities to volunteer your time in the local community and to fulfill that requirement.

**First Aid Kit Distributions**

During future months, BCS will be distributing emergency preparedness information and first aid kits to local families. Volunteers are needed on an ongoing basis to discuss the information and to conduct follow-up surveys with the families/households.

**Survey Analysis**

Approximately 4-6 volunteers are needed at the BCS office to help sort and analyze community emergency preparedness surveys. Volunteers will organize and group surveys according to grant objectives.

**Survey Follow-ups**

The Border Community SERVICE office needs help conducting one-month and six-month follow-up surveys regarding disaster preparation. The follow-up surveys will be conducted over the phone at the Border Community SERVICE office.

If you are interested in volunteering for any of these opportunities, please contact Nola at (716) 205-0070. Also, if you know of any volunteer activities that the Border Community SERVICE program may be interested in, please contact the office with that information.

Please maintain a personal log of all volunteer hours you complete. Our office will send a reminder to report any hours accrued. BCS is required to report volunteer hours and any help volunteers can give in the collection of those hours is greatly appreciated.

Your local American Red Cross Chapter is always in need of volunteers!
Volunteer Profile

Our featured volunteer this month is Judy Swierczek. Judy is an active volunteer, having completed both the basic and advanced levels. Judy has also attended Skills Enhancement classes and participated in a BCS focus group discussion for the Corporation for National and Community Service during our project evaluation.

Judy (front row, center) is pictured here with Donna Smith (front row, left) of the Corporation for National and Community Service and from BCS Nancy Blundell (front row, right), Dave Taylor, PhD (back row, right), and Linda Kroening (back row, left).

Family: Mathew (volunteer fireman & EMT, Dispatcher Niagara County Sheriff's Dept) and Scott (Meteorologist with WSI in Boston). I have one grandson Evan who is the light of my life and lives close enough for me to spoil on a regular basis.

Why did you join BCS?
I have seen all the good work that Mathew and his wife MaryPat have done in their volunteering. Working two jobs leaves me limited time for volunteering but there is still some left. I do what I can when I can to try and give something back to the community.

Ways I’ve been involved in the program:
Have taken and enjoyed many of the classes offered by BCS, I try to recruit others and volunteer as much as I my time allows. Was involved with the Disaster Simulation in August and look forward to the next one.

What has been your favorite part of the program so far?
All the training programs that are offered to me and the many new friends I have made from all walks of life.

How have you prepared your family for an emergency?
I have done the usual things like having the necessary items I would need to survive during an emergency and have talked with my neighbors about the program. Mathew and MaryPat have their own emergency plan and I have made sure that Scott also has the necessary items needed in case of an emergency in his area.

What would you save from your house in an emergency such as a fire or a flood? Although I would miss all of the many memories I have collected over the years, there is nothing more important than human life. You can always make more memories and all the worldly goods you collect can be replaced.

Words of Wisdom/Favorite Quote:
When my children were growing up and there was a one sort of disaster or another I always used to tell them “you may feel bad today but tomorrow is another day so all you can do is pull up your boot straps and keep on plugging.” And that’s what we always did. Whatever disaster it was never seemed as bad the next day and we always pulled through.