Preparedness begins with you

Families can cope with disaster by preparing in advance and working together as a team. Create a family disaster plan including a disaster supply kit, a communication plan, and an evacuation plan. Knowing what to do is your best protection and your responsibility.

- Families should develop different methods for communicating during emergency situations and share their plans beforehand with all those who would be worried about their welfare. Ask an out-of-state friend (someone most likely not affected by the same disaster) to be your “family contact”. Remember, after a disaster, it’s often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know your contact’s phone number.

- Discuss what to do in an evacuation.

- Plan how to take care of your pets.

- Post emergency telephone numbers by phones (fire, police, ambulance).

- Teach children how and when to call 911 for emergency help.

- Show children the best escape routes from your home and two ways out of every room. Set up a place outside of your home where everyone will gather once out.

- Show each family member how and when to turn off the water, gas, and electricity at the main switches.

- Teach each family member how to use the fire extinguisher and show them where it’s kept.

- Test your smoke detectors monthly, and change the batteries at least once a year.
It feels like summer just began and is almost over all at the same time! And since it is summer, it’s time for visiting the Mayor’s Summer Youth sites around Buffalo. We visited kids at the Seneca-Babcock Community Center and we were also able to visit the Allen Hall site on UB’s South Campus twice. The first time was to give a basic emergency preparedness presentation. BCS then revisited Allen Hall to show the PBS documentary, “The Storm that Drowned a City.” This lead to a great discussion of the challenges the storm produced and the long road to recovery that New Orleans is experiencing.

We continued our new partnership with the Adult Education Department of the Buffalo Public Schools. BCS visited English as Second Language classes as well as GED classes held at the Adult Learning Center, the Jewish Community Center, the Buffalo Employment and Training Center and Bryant and Stratton.

And of course, the Clean Sweeps continue. This month we visited Phyllis, Domedien & Eller, Hirschburg & Shepherd and Hewitt, Dartmouth, Shirley and Stockbridge. Over 200 households received information this month and we look forward to continuing the sweeps all the way through October.

During the month of July, a presentation was conducted at Carolyn’s House for 12 of the residents. The attendees received valuable information on emergency preparedness planning.

July is a great month for community walks and BCS participated in the vendor fair at two events. The first is the N.E.E.L. Walk at the John Duke Center where 106 seniors participated and were able to receive our information. The Niagara Falls Memorial Medical Center held a Healthy Moms and Babies Walk at the Splash Pad at Hyde Park and 96 mothers participated in this event and received information for their families on emergency preparedness.

The month ended with Niagara Fall’s Annual Crime Night Out Event which took place at the park on Highland and Centre Streets. As always, this event is sponsored by the Niagara Falls Block Club Council and the more than 100 people in attendance received literature on FEMA’s Ready Campaign.

Please contact me at 716.205.0076 or vhaseley@niagara.edu if you know of a group that would benefit from a presentation or an upcoming event that we should be involved in.
Welcome to New Staff Member of the Rev. Joseph L. Levesque, C.M. Institute of Civic Engagement

Border Community SERVICE extends a warm welcome to the Institute’s new coordinator, Yvette Suarez. Yvette joined our Niagara University family on August 1st and she will be working closely with the Director of the Institute, Dave Taylor. The Rev. Joseph L. Levesque, C.M., Institute for Civic Engagement reinforces Niagara’s commitment to the region by strengthening and forming new town-grown relationships. The institute is also the primary resource for anyone in the community who is looking to partner with Niagara University’s students, faculty and staff, in turn building more partnerships within the community. These relationships will facilitate community service opportunities for Niagara University students and faculty.

Volunteers Needed for Summer Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Date(s)</th>
<th>Shift(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wheatfield Town Celebration</td>
<td>Fairmont Park Nash &amp; Steig Roads</td>
<td>Sunday, August 25</td>
<td>11:30 am - 2:30 pm; 2:00 - 5:00 pm</td>
</tr>
<tr>
<td>Safety &amp; Crime Awareness Day</td>
<td>Hartland Fire Hall 8945 Ridge Road, Gasport</td>
<td>Saturday, September 14</td>
<td>3:00 - 6:30 pm; 6:30 - 10:00 pm</td>
</tr>
<tr>
<td>NYPA Wildlife Festival</td>
<td>Niagara Project Power Vista, 5777 Lewiston Road (Rte 104) Lewiston</td>
<td>Saturday &amp; Sunday September 28 &amp; 29</td>
<td>10:00 am - 2 pm; 1:00 - 5:00 pm (both days)</td>
</tr>
</tbody>
</table>

Come out and enjoy some of Niagara County’s Summer Events and help Border Community SERVICE at the same time. We are participating in fairs and festivals throughout Niagara County and volunteers are needed for 3 to 4 hour shifts to promote FEMA’s Ready Campaign material and to inform about Border Community SERVICE programs.

Here is the list of where we will be. SIGN UP TODAY!

Just a reminder — there is no SMART training scheduled in August.

Enjoy the summer!!
Border Community SERVICE of Niagara University
Skills Enhancement Training

Presented by: Al Hornung, Life Safety Education/Fire Prevention, Niagara Falls Fire Department

Home Fire Safety Education

Date: Tuesday, September 17, 2013 6:30-8:00 p.m.

Location: Niagara University, St. Vincent’s Hall, Room 407

Description: Having to deal with a fire in your own home is a scary situation. With this presentation you will learn the theory of fire and determine if you are at risk in your own home for a fire. The presentation will provide you the opportunity to learn proper fire prevention safety that you can share with your family and neighbors, including tips on cooking fire safety and methods of escaping.

Register: Pre-registration is required by contacting Valerie Haseley, Niagara County Project Coordinator, at vhaseley@niagara.edu or 205.0076 by Friday, September 13.
Subject: Tips for Dealing with Extreme Heat

Extreme heat can be very dangerous, leading to heat stroke and death. Heat stroke occurs when your temperature rises quickly and your body cannot cool down. This condition is life-threatening, but it is preventable.

Tips for Preventing Heat-Related Illness

- Stay in air-conditioned space if possible. If your home is not air-conditioned, go to a public library, heat-relief shelter, or other cool location.
- Drink plenty of non-alcoholic fluids (check with your doctor if you are usually supposed to limit your fluids).
- Wear loose-fitting, lightweight clothing.
- Cut back on exercise.
- Closely watch those who are at high risk of heat-related illness, including older adults, young children, and individuals with physical and/or mental illnesses.

NEVER leave anyone in an enclosed, parked vehicle.

If you believe that you or someone else may be suffering from heat stroke or another heat-related illness, get help right away. It could be a life or death emergency.

If you have questions, contact us.