



# CNYMRC Times

Citizen Volunteers: Helping Our Communities, Ready to Respond

Volume 2, Issue 2

A Newsletter of the  
Central New York Medical Reserve Corps

Spring 2010

## *Floods—Be Prepared*

With melting snow and Spring showers, flowers may not be the only thing to arrive in Spring. Flooding is a very real, and very devastating, possibility. When we think of floods, we tend to think of large events like that of Hurricane Katrina in 2005. However, smaller floods are more prevalent and can be just as distressing to those affected.

Flooding is the most common type of natural disaster. Forty percent of all natural disasters world-wide are floods. It is also one of the most costly types of natural disasters. Yet very few people are prepared for one. Nearly 25% of all flood insurance claims come from areas at low risk of flooding.



Being prepared for a flood is much like being prepared for any disaster. Here is advice from the NYS Emergency Management Office web site with some additional tips from FEMA on how to prepare and recover from a flood:

### **Before a Flood**

Find out how many feet your property is above or below possible flood levels. When predicted flood levels are broadcast, you can determine if you may be flooded. (FEMA: Elevate furnace, water heater, and electric panel if susceptible to flooding. Seal the walls in your basement with waterproofing compounds to prevent

seepage.)

Learn the safest route from your home or business to high, safe ground should you have to leave in a hurry.

Develop and practice a 'family escape' plan and identify a meeting place if family members become separated. Plan what to do with your pets.

Make an itemized list of all valuables including furnishings, clothing and other personal property. Keep the list in a safe (and waterproof) place.

Stockpile emergency supplies of canned food, medicine and first aid supplies and drinking water. Store drinking water in clean, closed containers. Have a portable radio, flashlights, extra batteries and emergency cooking equipment available.

Keep your automobile fueled. If electric power is cut off, gasoline stations may not be able to pump fuel for several days. Have a small disaster supply kit in the trunk of your car.

Keep materials like sandbags, plywood, plastic sheeting and lumber handy for emergency waterproofing.

(FEMA: Consider purchasing flood insurance. Most homeowner and renter policies do not include damage due to floods.)

### **During a Flood**

Monitor the National Oceanic and Atmospheric Administration's (NOAA) Weather Radio or your local radio or TV station broadcasts for information.

If you must evacuate from your home, you should do the following:

If there is time—bring outdoor possessions inside the house or tie them down securely. This includes lawn furniture, garbage cans, and other movable objects. Move essential items and furniture to upper floors in the house. Disconnect electrical appliances that cannot be moved. **DO NOT** touch them if you are wet or standing in water.

If you are told to shut off water, gas, or electrical services before leaving, do so.

Secure your home. Lock all doors and windows.

(FEMA: **DO NOT** walk through moving water. Six inches of moving water can make you fall. If you have to walk in water, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.)

Follow recommended routes. **DO NOT** drive on flooded roadways. Turn around and go another way. (FEMA: Six inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling. A foot of water will float many vehicles.) If you are in your vehicle and water begins to rise rapidly around you, abandon the vehicle immediately and head to higher ground.

### **After a Flood**

Listen to the radio or TV for instructions from local officials. Wait until an area has been declared safe before entering it. Be careful driving, since roads may be damaged and power lines may be down.

Before entering a building, check for structural damage. Turn off any outside gas lines at the meter or tank.

## Floods (Continued from Page 1)

Let the building air out to remove foul odors or escaping gas.

Upon entering the building, use a battery-powered flashlight. **DO NOT** use an open flame as a source of light. Gas may be trapped inside (the building).

When inspecting the building, wear rubber boots and gloves. Watch for electrical shorts and live wires before making certain the main power switch is off.

**DO NOT** turn on electrical appliances until an electrician has checked the system and appliances.

Throw out any medicine or food that has had contact with flood waters.

Test drinking water for potability. Wells should be pumped out and water tested for drinking. If the public water system is declared 'unsafe' by health officials, water for drinking and cooking should be boiled

vigorously for 10 minutes.

Shovel out mud with special attention to cleaning (of) heating and plumbing systems.

Flooded basements should be drained and cleaned as soon as possible. Structural damage can occur if drained too quickly. When surrounding waters have subsided, begin draining the basement in stages, about 1/3 of the water volume each day.

The effects of a flood are devastating and costly. The loss of personal property is heartbreaking and the recovery for the homeowner and region can be long-term and expensive. The 2006 flood in the Binghamton region claimed more than \$100 million in damages. As with preparing for any disaster, what you do in advance of a flood can make recovering from a flood easier to manage.

Sources: [www.semo.state.ny.us](http://www.semo.state.ny.us)  
[www.fema.gov/hazard/flood](http://www.fema.gov/hazard/flood)

## From Your Coordinator...

One of my earliest memories is of the Great Flood of 1972. We lived in a small house, what many would call a camp, on the banks of the Seneca River in Cayuga County. I remember my mother quickly packing us in the family station wagon as people along the banks were warned to head to higher ground. I also remember riding in a canoe as we paddled our way to the house so my father could inspect the damage. As a child, I thought the flood was very exciting. I'm sure my parents would not say the same. We were lucky. The house was built up from the ground so the flooding never came inside the house. I know today that the "Great Flood" was caused by Hurricane Agnes. Agnes was a rare June hurricane, minor until it combined with a non-tropical low over the mid-Atlantic states delivering as much as 19 inches of rain in places. Twenty-four deaths were attributed to these floods in New York State.

Then, when I was nine, the Owasco outlet flowing through the village of Port Byron flooded in February. That's right, February! All because of an ice jam further downstream. It was so uncommon (and historic in a town that size) that they made up t-shirts

about it! Many businesses and homes along the outlet, which is usually shallow and high-banked, were flooded.

The point I'm trying to make is that flooding can happen anywhere and at anytime. It happens HERE. While some places are more prone to flooding than others—the Seneca River overflows its banks almost yearly in places—you never know when flooding might affect you.

One of the missions of the CNYMRC is personal preparedness. It's why there's an article on some type of preparedness in each issue. As you may have come to realize, preparing for one type of disaster is much like preparing for another type of disaster. This is an all-hazards approach to personal preparedness. I would like to, once again, encourage you to put a family action plan and disaster kit in place. **Prepare. Plan. Stay Informed.**

Enjoy your Spring!

*Bobbi Alcock*  
CNYMRC Coordinator



## Spring Birthdays

### April

Lori Anderson  
Carolyn Backes  
Dave Bregard  
Ray Caprin  
Alida de Jong  
Anna DeWitt  
Anthony DiGiovanna  
Mary Doss  
Gayanna Gilbraith  
Geri Hall  
Sharon Jasek  
Gracia Marquis  
Katherine McCarthy  
Charles Miller  
Patrick Poirier  
Janet Rasbeck  
Brian Richardson  
Diane Snyder  
Michele Wilson

### May

June Chamberlin  
William Hoff  
Frank Horvath  
Virginia Jones  
Sheila Kirby  
James Loehr  
Elaine Lostumbo  
Steven Magargle  
Patricia Maslak  
Peg Maxwell  
Barbara McNiff  
David O'Brien Jr.  
Daniel Pauls  
Roxanne Richardson  
Michael Shaw  
Arlethia Smith  
Jeffrey Sneider  
Leigh Wilson

### June

Donna Berthoff  
Tracy Brown  
Derek Cooney  
Christal Deline  
Wanda Fremont  
Joanne Hirsch  
Susan Kerns-Robinson  
Gerald Levy  
Janet Lottermoser  
Kathleen Meadows  
Colleen O'Leary  
Theresa Tighe  
Beverly Todd  
Dan Vick  
Bob Zysk



# Central New York Medical Reserve Corps Spring Training Conference

Saturday, April 17, 2010

9:00 a.m.-5:00 p.m.

Location: Public Safety Training Building, Room 120  
Coyne Hall, Onondaga Community College

(Directions included)

## Schedule of Courses

9:00-9:15	Check-In (unless attending later course)
9:15-10:00	CNYMRC Orientation
10:10-11:00	Personal Preparedness
11:10-12:00	Psychological First Aid
12:00-1:00	Lunch (on your own)
1:00-4:30	IS-700a and IS-100a
4:30-5:00	CNYMRC ID Badges

### Central New York Medical Reserve Corps

Central NY Medical Reserve Corps

Lead Agency:  
Onondaga County Health Department  
421 Montgomery Street  
Syracuse, NY 13202  
Phone: (315) 435-3648  
Fax: (315) 435-3613

Have you yet to complete your required courses? Would you like to achieve Active status in the CNYMRC? This one-day training option helps you to complete four of the five required courses to achieve Active status in the CNYMRC. If you do not need all the courses, come for the ones you do!

**COST: FREE!**

**RSVP: By Tuesday, April 13, 2010**

Training to Serve Our Communities

# Calendar of Events

**CNYMRC Training Conference:** Attend member orientation and complete four of the five required courses in one day while meeting other members of the unit. See page 3 for details. **Saturday April 17, 9:00 a.m.-5:00 p.m.** Register by April 13.

**CNYMRC Orientation:** “Meet” your coordinator and your fellow volunteers while getting an overview of the CNYMRC—what it is, your role in the MRC and the MRC’s role in the community. The orientation is required to begin your work with the CNYMRC, so attend a session as soon as possible. **Note:** The Spring orientation sessions will be conducted via web-conferencing, NOT in person. It is important to register in advance so that you will be sent the link to meet on-line and the phone number to call in to.

**Saturday May 22, 10:00-11:00 a.m.** Register by May 19.

**Tuesday June 15, 3:00-4:00 p.m.** Register by June 11.

**CNYMRC Work Groups:** Are you looking to be more involved in the CNYMRC? Would you like a hand in steering the future of the unit? If so, join one of the work groups being set up to advance the CNYMRC. The initial meeting of each work group is via web-conferencing. From there, each group will decide how to meet and communicate. If you are interested in joining one of the work groups but cannot attend the first meeting, let your interest be known! It is important to RSVP by the Friday before the meeting so that you will be sent the link to meet on-line and the phone number to call in to.

**Recruitment: Monday May 3, 6:00-7:00 p.m.** Recruitment goes beyond finding new members for the CNYMRC. It also means considering what types of occupations and assistance we may need in our response efforts and tapping into those resources.

**Training: Monday May 10, 6:00-7:00 p.m.** Training is so much more than the basic courses required to reach active status. There are many opportunities out there, including from our own members, that could improve the knowledge base of the unit as well as the types of activities we could respond to.

**Community Partnerships: Monday May 17, 6:00-7:00 p.m.** In developing Community Partnerships, the CNYMRC opens itself up to opportunities for involvement in community response efforts. As the CNYMRC seeks out partnerships and demonstrates how we can be of assistance, we create an atmosphere of comfort in considering us as an organization to call and count on during a disaster.

**Community Preparedness: Monday May 24, 6:00-7:00 p.m.** Community Preparedness in advance of any disaster allows for a more effective response to that disaster. The CNYMRC can assist with this effort by getting the word out.

**Communications Email Drill: Wednesday, April 28** To know what an activation would look like, the CNYMRC conducts a communications drill at least twice yearly. This drill will be via email only. How to respond to the “activation” is part of the email message.

**Basic Disaster Life Support (BDLS): Friday April 30, 7:30 a.m.-4:30 p.m.** Register by April 23 by calling Gayle Hyde at (315) 464-4251.

**Advance Disaster Life Support (ADLS): Tuesday May 11 and Wednesday May 12, 7:30 a.m.-4:30 p.m.** Register by May 4 by calling Gayle Hyde at (315) 464-4251.

**Update your profile @ ServNY:** Has your contact information changed since registering with the CNYMRC? Would you like to receive unit information by email but currently don’t? Have you acquired certifications or skills in the past year? If so, it is time to update your profile. You can do so by contacting the coordinator at [bobbialcock@ongov.net](mailto:bobbialcock@ongov.net) or (315) 435-3648. An up-to-date profile is important for easy communication as well as being utilized to the best of your abilities!

Do you want to know what meetings and trainings are occurring? Do so easily with the **CNYMRC on-line calendar**. Just go to [www.ongov.net/health/mrc](http://www.ongov.net/health/mrc) for up-to-date information.

## **Central NY Medical Reserve Corps**

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