

GET PREPARED.



GET INVOLVED

Resolve to Prepare in the New Year



It is time to make those annual New Year's resolutions. Be sure to save space for emergency preparedness in 2011. Resolve to prepare a disaster plan for you and your loved ones. As a first step, decide on a household meeting place where everyone can reunite after a disaster.

For additional information on how to get prepared in 2011, visit [Resolve to be Ready](#) or [Ready New York](#).

Winter Preparedness

Martin Luther King, Jr Day of Service



On Monday, January 17, we will celebrate the 25th anniversary of the holiday recognizing one of America's most poignant figures, Dr. Martin Luther King, Jr. He once said, "Life's most persistent and urgent question is: 'What are you doing for others?'"

Join fellow Americans in answering King's call to service by volunteering on January 17. There are several Day of Service volunteer opportunities for New Yorkers to get involved in.

For volunteer projects hosted by **City Year**, in partnership with **NYC Service** in East New York, [click here](#).

For volunteer projects hosted by **New York Cares** in Harlem and Bushwick, [click here](#).

Hope Count 2011



With the recent start of the winter season, New York City has already experienced one historic winter storm. This was one of the worst snowstorms in New York City's history, dumping nearly two feet of snow and bringing blistering winds.

Additional snow and cold weather are inevitable for early 2011. Before picking up the next snowball, shoveling a snow-capped sidewalk, lacing up ice skates, or venturing out into the cold, follow some basic tips to stay warm this winter.

When enduring the cold winter weather, some suggestions to keep warm include:

- Wear a hat, hood, or scarf, as most heat is lost through the head.
- Wear layers, as they provide better insulation and warmth.
- Keep fingertips, earlobes, and noses covered when you go outside.
- Keep clothing dry; if a layer becomes wet, remove it.

Extended exposure to the cold can cause life-threatening health conditions, such as **frostbite** and **hypothermia**. Infants, seniors, and people with paralysis or neuropathy are at an increased risk.

Frostbite is the freezing of skin and damage to underlying blood vessels upon exposure to extreme cold, leads to gray, white, or yellow skin discoloration, numbness, and waxy feeling skin.

Hypothermia is caused when there is a drop in the body's core temperature and can lead to shivering, slurred speech, sluggishness, confusion, dizziness, shallow breathing, unusual behavior, and slow, irregular heartbeat.

If you suspect a person is suffering from hypothermia or frostbite, bring him or her to someplace warm and seek medical help immediately. If medical help is unavailable, re-warm the person, starting at the core of their body. Warming arms and legs first can increase circulation of cold blood to the heart, which can lead to heart failure. Use a blanket, or if necessary, your own body heat to warm the person. Do not give a person suffering frostbite or hypothermia alcohol or caffeine, as both can worsen the condition. Instead, give the individual a cup of warm broth.

For additional winter health and safety tips, visit www.NYC.gov/oem.



On Monday, January 31, the NYC Department of Homeless Services will conduct the annual Homeless Outreach Population Estimate (HOPE). Three thousand volunteers are needed to canvass parks, subways, and other public spaces to count the number of people living unsheltered in the city.

Just one night of your time will help collect vital information that is used by outreach teams to help homeless people leave the streets for a better life.

[Register to volunteer!](#)

Coming Soon

In 2010, through the support of our partners, the NYC Citizen Corps Council piloted the **Volunteer Development Program**. Through the course of the year, we provided NYC volunteers with [15 supplemental trainings](#). In an effort to strengthen resiliency, we educated volunteers, provided them an opportunity to network with volunteers from other organizations, and allowed NYC Citizen Corps Council partners to showcase their trainings.

This year, we are proud to announce the NYC Citizen Corps Council's **Volunteer Development Program** will continue to be a resource for NYC's disaster volunteer community, with a grand array of workshops throughout the year.

Stay tuned for the 2011 Volunteer Development Program schedule!

NYC Citizen Corps Council Resources

Immigrant Task Force Speaker Series

Is your organization ready to help meet your community's needs after a disaster? Experience has shown that immigrants and those with limited English ability can be at a greater risk during emergencies. Social and cultural isolation and reduced access to information on public safety and forms of assistance can lead to unnecessary distress.

The **NYC Citizen Corps Council's Immigrant Task Force Speaker Series** is a new educational opportunity for organizations who work with immigrants. Come learn valuable lessons from past emergencies and build resiliency for your clients and their communities. This series is especially for nonprofits whose missions is not focused on disasters, but are interested in preparing for the unexpected role they may play in disaster preparedness, response, and recovery.

The **NYC Citizen Corps Council's Immigrant Task Force Speaker Series** will provide valuable, interesting and engaging information for organizations that work with immigrants. This forum will enable organizations to stay connected, get involved, and contribute their expertise to expand New York City's immigrant disaster human services network.

January 24, 2011 (3:30 PM) - Working Together to Support Immigrants After a Disaster

The first Speaker Series event, *Working Together to Support Immigrants After a Disaster*, will feature Ken Curtin, Voluntary Agency Liaison for the Federal Emergency Management Agency (FEMA), Region II. Mr. Curtin, who has worked for FEMA since 1998, has more than 38 years of domestic and international experience in disaster and emergency human services. Mr. Curtin will speak about how organizations that support immigrants can work together to make a positive impact toward the care of their disaster-affected constituents.

The event will be held on Monday, January 24 from 3:30 - 5 PM at the NYC Office of Emergency Management (165 Cadman Plaza East, Brooklyn).

For additional information or to RSVP, contact Kristina Corvin at kcorvin@oem.nyc.gov or (718) 422-8941 or visit the NYC Citizen Corps Council website at www.NYC.gov/citizencorps.

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[2009 - 2010 Outreach Summary](#)

[Emergency Preparedness Event Planning](#)

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