

Edward P. Mangano
County Executive

***CERT All-Member
Monthly Newsletter***

Craig J. Craft
Commissioner

MAY 2015

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**CERT IS
WHAT
YOU
MAKE IT**

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From the desk of the Director

James Kane

May is National Older Americans Month

The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared.

There are commonsense measures older Americans can take to start preparing for emergencies before they happen.

Create a network of neighbors, relatives, friends and co-workers to aid you in an emergency. Discuss your needs and make sure everyone knows how to operate necessary equipment. If appropriate, discuss your needs with your employer.

Seniors should keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, food for service animals and any other items you might need. Keep a list of the type and model numbers of the medical devices you require. Be sure to make provisions for medications that require refrigeration. Make arrangements for any assistance to get to a shelter.

For more information, read Ready.gov's [Preparing Makes Sense For Older Americans](#).

-Jim



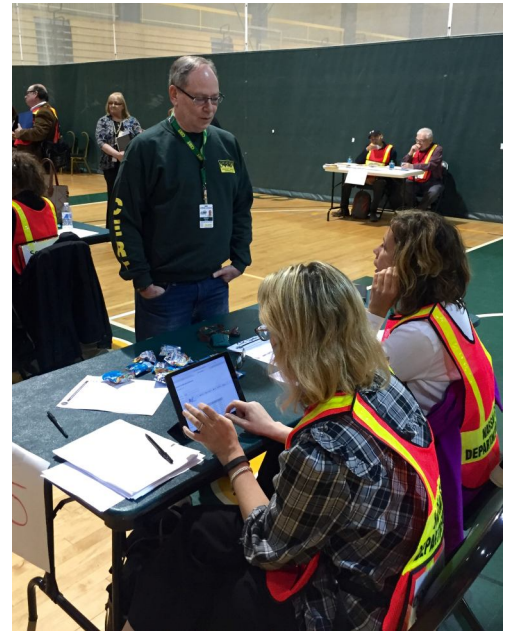
CERT BASIC CLASS

We started our new Basic Class in New Hyde Park on April 29th. This is the largest class yet at over 60 participants

CERT' News



CERTs recently participated in a recovery fair in East Rockaway



CERTs recently participated in the Department of Health's POD drill, pictured here are some of the CERTS who participated. Thank you to all!



May 2015 - Upcoming Events

May 2015						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2 LONG ISLAND MARATHON
3 LONG ISLAND MARATHON	4	5 	6 CERT BASIC #2 NHP	7 RACES Meeting 7PM	8	9
10 	11	12	13 CERT BASIC #3 NHP	14	15	16
17	18	19 CERT Out-reach training 7PM	20 CERT BASIC #4 NHP	21 Division Leaders Meeting 7PM	22	23 JONES BEACH AIRSHOW
24 Jones Beach Airshow	25 	26 ALL COUNTY CERT Meeting	27 CERT BASIC #5 NHP	28	29	30
31						

RACES/Comms Meeting - Thurs MAY 7th

OEM Lecture Hall
Time: 7:00 pm (1900)

Division Leaders Meeting - Thurs MAY 21st

OEM Lecture Hall
Time: 7:00 pm (1900)

Outreach training- Tuesday May 19th

OEM Lecture Hall
Time 7:00PM

CERT ALL COUNTY Meeting- Tues May 26

OEM Lecture Hall
Time: 7:30PM

CERT Basic Class Continues in Marcus Christ Community Center, Wednesdays

Marcus Christ Community Center,
New Hyde Park
Time: 7:00 pm (1900)

Long Island Marathon, Sat 5/2 & Sun 5/3

Eisenhower Park
Time: Morning (further details TBD)

Jones Beach Airshow, Sat 5/24 & Sun 5/25

Jones Beach
Time TBD



June 2015 - Upcoming Events

April 2015						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3. Division 1 Spring Meeting & CERT BASIC #6 NHP	4 RACES Meeting 7PM	5	6
7	8	9	10 CERT BASIC CLASS #7 NHP	11	12	13
	15	16	17	18 Division Leaders 7 PM	19	20
	22	23	24	25	26	27
28	29	30				

RACES/Comms Meeting - Thurs Jun. 4th

OEM Lecture Hall

Time: 7:00 pm

Division Leaders Meeting - Thurs June 18th

OEM Lecture Hall Time: 7:00 pm

Division #1- Spring Meeting- Wednesday June 3rd

OEM Lecture Hall Time 7:30PM

CERT Basic Class at the Marcus Christ Community Center, New Hyde Park, Wednesdays continues June 3rd & 10th

Marcus Christ Community Center

Time: 7:00 pm

PLEASE NOTE THE JUNE 3RD CLASS IS THE FIELD TRIP WHICH WILL TAKE PLACE IN BETHPAGE.



County Executive Mangano launches Operation Pothole to make Nassau's roads safer, but he needs YOUR help!



Nassau County Executive Edward P. Mangano, Hempstead Town Supervisor Kate Murray, Oyster Bay Town Supervisor John Venditto, North Hempstead Town Supervisor Judi Bosworth, Glen Cove Mayor Reginald Spinello, Long Beach City Manager Jack Schnirman and Westbury Village Mayor Peter Cavallaro, President of the Nassau County Village Officials Association (NCVOA) recently announced a joint response to Mother Nature's destruction of our roadways. Under a new aggressive Countywide Pothole Repair Plan, municipalities will share reported pothole complaints in "real-time" so that highway crews can be dispatched to address road conditions with urgency.

"The winters repeated freeze and thaw cycles have created a pothole crisis that has impacted everyone," said County Executive Mangano. "Our joint efforts to fill potholes will help to maintain the highest level of safety for vehicles and pedestrians on roadways. Nassau repairs potholes on County roadways within 24 hours of a report; however, I have launched a Saturday Pothole Repair Patrol to enhance our efforts and invite residents to report a pothole by calling **(516) 571-6900** or using the **Nassau Now application** on your smartphone or mobile device. The app will enable a photograph to be taken of the area and sent to the County with the GPS location."

"Working together, Nassau County and other local governments can respond quickly and efficiently in our efforts to repair potholes," said Hempstead Town Supervisor Kate Murray. "I want to thank County Executive Mangano for addressing this problem in a thoughtful and comprehensive manner."

Peter Cavallaro, Westbury Village Mayor and President of the Nassau County Village Officials Association, stated, "Nassau's villages are also plagued with potholes on village roadways, as well as on county and town roads in and around our villages. We are pleased that the county and towns are joining to make sure that potholes are addressed in an expedited fashion. The VOA will work with our member villages to make sure that village personnel report potholes on county and town roads as soon as they become aware of them."



Sunburn Prevention

As we do many outdoor activities this time of year from the Airshow, to the Drill to Outreach. Sunburns can be quite dangerous following these steps should prevent sunburns.

Use these methods to prevent sunburn, even on cool, cloudy or hazy days. And be extra careful around water, snow, ice and sand because they reflect the sun's rays. In addition, UV light is more intense at high altitudes.

- **Avoid sun exposure between 10 a.m. and 4 p.m.** The sun's rays are strongest during these hours, so try to schedule outdoor activities for other times. If you're unable to do that, limit the length of time you're in the sun. Seek shade when possible.
 - **Cover up.** Wear tightly woven clothing that covers you, including your arms and legs. Consider wearing clothing or outdoor gear specially designed to provide sun protection. Check the label for its ultraviolet protection factor (UPF), which indicates how effectively a fabric blocks damaging sunlight. The higher the number, the better. Dark colors offer more protection, as do fabrics treated with UV- absorbing chemicals.
 - Also wear a broad-brimmed hat, which protects you better than a baseball cap or golf visor does.
- **Use sunscreen frequently and generously.** No matter what your skin type is, use a broad-spectrum sunscreen with an SPF of 15 or greater. The American Academy of Dermatology recommends using a broad-spectrum sunscreen with an SPF of 30 or greater.
 - Apply sunscreen generously, and reapply it every two hours — or more often if you're swimming or perspiring. If you're also using insect repellent, apply the sunscreen first. The Centers for Disease Control and Prevention does not recommend products that combine an insect repellent with a sunscreen.
 - You may use sunscreen on toddlers and babies 6 months or older. But for younger babies, the American Academy of Pediatrics recommends using other forms of sun protection, such as shade or clothing.
- **Wear sunglasses when outdoors.** You offer your eyes the best protection outdoors by choosing the highest UV protection-rated sunglasses. Darker lenses are not necessarily better at blocking UV rays. Check the UV rating on the label when buying new glasses. It also helps to wear sunglasses that fit close to your face and have wraparound frames that block sunlight from all angles.

Don't expect a base tan to protect. Some people think getting a base tan prevents sunburn. The idea is that a few sessions of indoor tanning will protect them from burning in the sun. Research doesn't support this. A base tan is no substitute for good sun protection. Plus, the risks of long-term tanning outweigh the unproven benefits of a base tan.





BARBECUE SAFETY TIPS

DO:

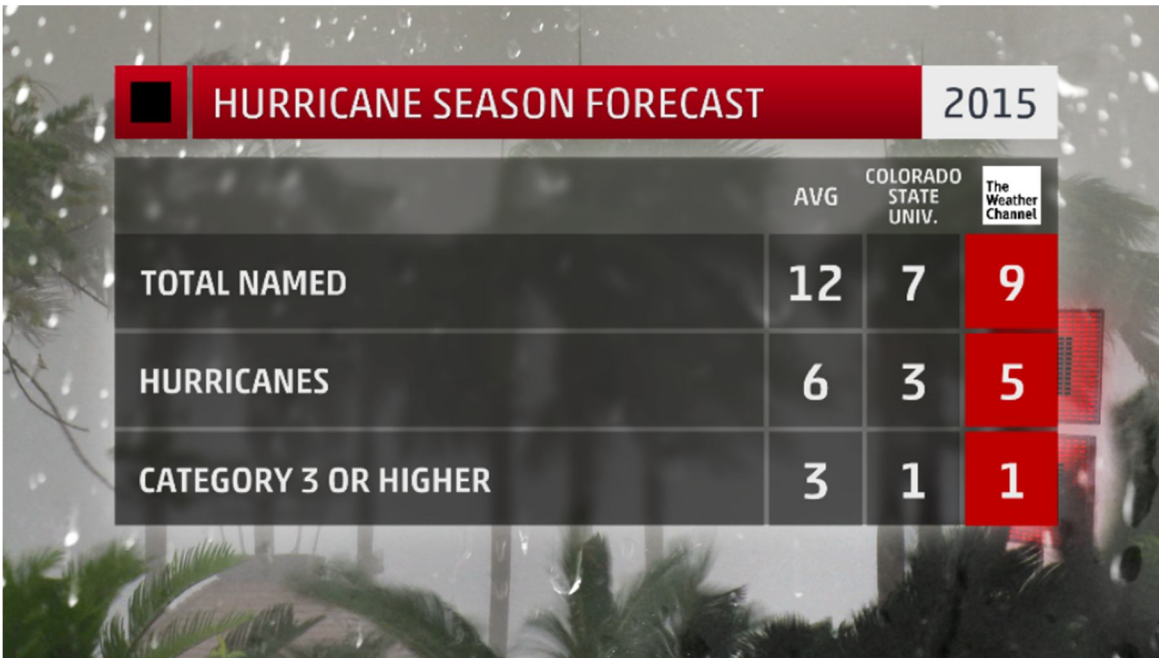
- 1. Keep your grill at least 10 feet away from your house.** Farther is even better. This includes portions attached to your house like carports, garages and porches. Grills should not be used underneath wooden overhangs either, as the fire could flare up into the structure above. This applies to both charcoal and gas grills.
- 2. Clean your grill regularly.** If you allow grease and fat to build up on your grill, they provide more fuel for a fire. Grease is a major source of flare ups.
- 3. Check for gas leaks.** You can make sure no gas is leaking from your gas grill by making a solution of half liquid dish soap and half water and rubbing it on the hoses and connections. Then, turn the gas on (with the grill lid open.) If the soap forms large bubbles, that's a sign that the hoses have tiny holes or that the connections are not tight enough.
- 4. Keep decorations away from your grill.** Decorations like hanging baskets, pillows and umbrellas look pretty AND provide fuel for a fire. To make matters worse, today's decor is mostly made of artificial fibers that burn fast and hot, making this tip even more important.
- 5. Keep a spray bottle of water handy.** That way, if you have a minor flare-up you can spray it with the water to instantly calm it. The bonus of this tip is that water won't harm your food, so dinner won't be ruined!
- 6. Keep a fire extinguisher within a couple steps of your grill.** And KNOW HOW TO USE IT. If you are unsure how to use the extinguisher, don't waste time fiddling with it before calling 911. Firefighters say many fire deaths occur when people try to fight a fire themselves instead of calling for expert help and letting the fire department do its job.

DON'T:

- 7. Turn on the gas while your grill lid is closed.** NEVER do this. It causes gas to build up inside your grill, and when you do light it and open it, a fireball can explode in your face. Click [here](#) to see our demonstration.
- 8. Leave a grill unattended.** Fires double in size every minute. Plan ahead so that all of your other food prep chores are done and you can focus on grilling.
- 9. Overload your grill with food.** This applies especially fatty meats. The basic reason for this tip is that if too much fat drips on the flames at once, it can cause a large flare-up that could light nearby things on fire.
- 10. Use a grill indoors.** People often think it will be safe to use a grill, especially a small one, indoors. NOT TRUE. In addition to the fire hazard, grills release carbon monoxide, the deadly colorless, odorless gas. That gas needs to vent in fresh air or it can kill you, your family and



Meteorologists from the Weather Channel are predicting below average Hurricane Season in the Atlantic

A graphic titled "HURRICANE SEASON FORECAST 2015" showing a comparison of hurricane season forecasts. The background is a blurred image of palm trees and a building. The table has three columns: "AVG", "COLORADO STATE UNIV.", and "The Weather Channel". The rows are "TOTAL NAMED", "HURRICANES", and "CATEGORY 3 OR HIGHER". The "The Weather Channel" column has red backgrounds for the forecast values.

	AVG	COLORADO STATE UNIV.	The Weather Channel
TOTAL NAMED	12	7	9
HURRICANES	6	3	5
CATEGORY 3 OR HIGHER	3	1	1

A new hurricane season forecast issued by The Weather Channel on Tuesday says we can expect the number of named storms and hurricanes in the 2015 Atlantic season to stay below historical averages.

A total of nine named storms, five hurricanes and one major hurricane are expected this season, according to the forecast prepared by The Weather Channel Professional Division. This is below the 30-year average of 12 named storms, six hurricanes and three major hurricanes. A major hurricane is one that is Category 3 or stronger on the [Saffir-Simpson Hurricane Wind Scale](#).

Meteorologist Dr. Todd Crawford of The Weather Channel Professional Division says, "Both the dynamical models and our proprietary statistical models suggest a relatively quiet tropical season this year."

The Weather Channel forecast for below-average activity during the 2015 Atlantic hurricane season is consistent with what Colorado State University (CSU) said in its forecast issued on April 9. [CSU's forecast called](#) for seven named storms, including three hurricanes, one of which is predicted to attain major hurricane status.

The CSU outlook, headed by Dr. Phil Klotzbach in consultation with long-time hurricane expert Dr. William Gray, is based on a combination of 29 years of statistical predictors, combined with analog seasons exhibiting similar features of sea-level pressure and sea-surface temperatures in the Atlantic and eastern Pacific Oceans.





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“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”

-Margaret Mead

**Deadline for submission of
articles, photos and news for
the next CERT Newsletter is :**

May 20th.

CERT Basic Course

The Next CERT Basic Course will take place on:

April 29, May 6, 13, 20, 27 June 3 & 10

Sign ups are ongoing—call the office with any questions.

oemcert@nassaucountyny.gov

(Current CERT Members may attend any class as a refresher)

