

NEW YORK CITY EMERGENCY MANAGEMENT COMMUNITY EMERGENCY RESPONSE TEAM

EMERGENCY OPERATION CENTER (EOC) IS ACTIVATED SUPPORTING THE RECOVERY FROM TROPICAL STORM IDA.

HEALTH AND SAFETY: WHEN INTERACTING WITH THE PUBLIC, NYC CERT MEMBERS MUST WEAR FACE MASKS AT ALL TIMES REGARDLESS OF VACCINATION STATUS.

This weekly newsletter should provide you with helpful information that you can share and discuss with your community members.

If you're having difficulty viewing the newsletter [click here to view as a webpage.](#)

Daylight saving time ends at 2 a.m. Sunday, Nov. 7, when clocks go back one hour.

This is a great time to update the contents of your Go-Bags!

5 Safety Tips for your Go-Bag

1. CHANGE THE BATTERIES IN YOUR SMOKE ALARM
2. CHANGE THE BATTERIES IN YOUR RADIO UNITS.
3. CHECK YOUR FIRE EXTINGUISHERS AND REPLACE IF THEY HAVE LOST PRESSURE.
4. REFRESH YOUR FIRST AID KITS
5. CLEAN OUT COILS AND FILTERS TO PREVENT FIRE.



Visit [NYC.gov/ReadyNY](#) for more Preparedness Tips!



Healthy Workforce. Healthy City.



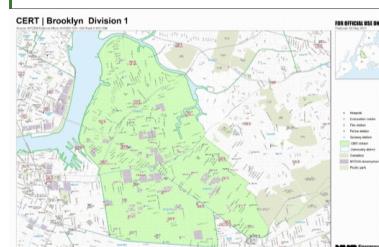
MONDAY RADIO ROLL CALL

Borough Channel: MN

Scenario: What is the most recent drill your Division has conducted?

11/8 - Responding Borough: Bronx

Documents to Review:
[Citywide Radio Drill Refresher](#)
[Call signs per Radio](#)



NYC CERT Division maps are available (pdf format) to support recruitment and preparedness planning in your community.

The mission of Work Well NYC is to create workplaces that engage and empower employees to live healthy, active lifestyles, and to provide health and well-being services, programs, and resources. Anyone can take advantage of the information and techniques below to create a healthier lifestyle.



November is Diabetes Awareness Month.

More than 1 in 3 U.S. adults have prediabetes, but the majority of people don't know they have it. The good news is that preventing diabetes is within your reach by making **small healthy lifestyle changes** - including eating more fresh fruits and vegetables, drinking water instead of sugary drinks, and moving more.



"HACKING THE HOLIDAY" MENU WEBINAR: NOVEMBER 17 | 12PM

Knowing what to eat during the holidays can be a bit overwhelming when trying to improve your eating habits. In recognition of **Diabetes Awareness Month**, join [WorkWell NYC](#) for a live Q&A featuring nutrition and mental health specialists. Learn how to put a healthy spin on your favorite holiday meals and ways to improve eating habits all year long.

Register Now

For more information, visit [Work Well NYC's wellness homepage](#).



STRESS....LESS

Have you taken a moment for self-care today? With so much going on personally and professionally, stress can build up. Taking even a few minutes to pause and meditate can help you manage stress. Use our [body scan meditation video](#) to jump-start your meditation practice. For even more support, contact the NYC EAP for assistance coping with stress, anxiety, and other mental health concerns at eap@olr.nyc.gov or call 212-306-7660.

[Brooklyn](#) - [Bronx](#) - [Manhattan](#) -
[Queens](#) - [Staten Island](#)



View the [NYC CERT Event Calendar](#) to see upcoming training, meetings, and planned deployments.

After you participate, be sure to [Submit Your Volunteer Hours!](#)

READY NEW YORK

If your division is hosting or participating in an upcoming event, please complete the [Event Request form](#) to have your opportunity published through Eventbrite.com for members to register.

Your NYC CERT
Ready New York
Liaison can submit
a [Ready New York Material Request](#) for upcoming events.



Get Notified with New York City's official source for information about emergency alerts and important city services. Download the free [Notify NYC](#) mobile app, available for [iOS](#) and [Android](#).

VOLUNTEER OPPORTUNITIES



Veterans Day Parade

The United War Veterans council will host a virtual orientation prior to the event to provide assignment details.

Thursday, November 11, 2021, 8:00 AM – 3:30 PM

All registered participants will be provided the date of the orientation when available.

Bay Ridge 5th Avenue

Open Street

Volunteers will support traffic management.

Fridays, 4:00 PM - 7:00 PM

NYC CERT EVENT CALENDAR

Are you interested in becoming a mentor to new NYC CERT members?



All Volunteer leadership should be encouraging active members to serve in a mentor role in order to support both their growth as leaders and provide new opportunities for newer members to become more engaged.

1. Complete the [NYC CERT Mentor Program form](#) to let us know if you'd like to be a mentor or mentee.
2. Complete the [Matching Questionnaire](#) to help pair the mentor to a mentee. Both forms must be filled out to participate in the program.

VOLUNTEER ACTIVITY

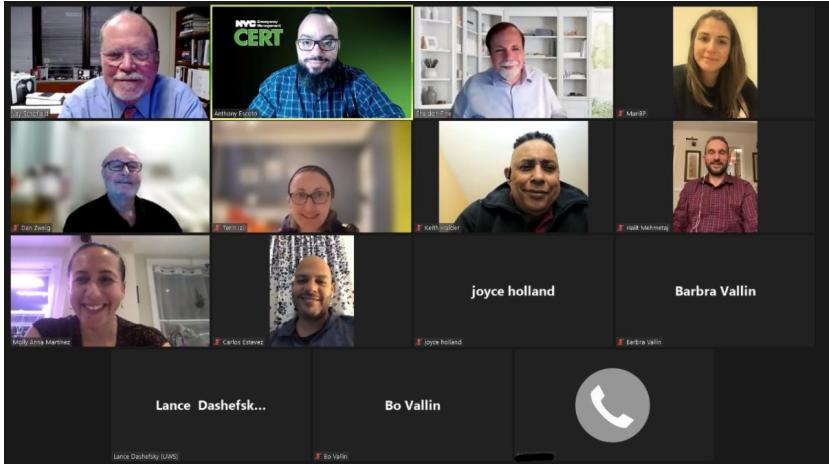
Members of the **NYC CERT Radio Committee** is on-location at NYCEM headquarters at this very moment providing an in-person **Point-to-Point Radio training** for membership.





New York-Presbyterian Emergency Management Department delivered an Active Shooter awareness presentation. The presentation was very up to date with recent events and lessons learned from previous incidents.

Manhattan Division 2 held their monthly meeting earlier this week. The meeting was conducted by the district leader in support of the Borough Coordinators. There was a great discussion with CERT program staff about training and exercises that will be available in the future.



Bronx Division 4 Division Chief hosted this month's meeting. Upcoming communication drills for the Division were announced with the plan for district leaders to conduct and lead other drills and local activities.

Brooklyn Division 7 recapped several local events happening within the past month during their monthly meeting. Members also took some time to celebrate several birthdays within the Division. Happy Birthday!



[Download NYC CERT Background](#) for use during CERT meetings and training in a virtual environment (e.g. Microsoft Teams, Zoom, etc.)

TRAINING OPPORTUNITIES

CERT Radio Training

November Radio Training is Full!

The CERT Radio Committee has added another in-person **Point-to-Point Radio** training at NYC Emergency Management headquarters in Brooklyn. This training is open to all members interested.

At the same time, members already citywide radio trained will have the opportunity to train towards becoming a **Network Control Operator (NCO)** and will support the point-to-point exercise portion of the class.

Sunday, December 12, 2021

9:00 AM - 2:00 PM

Register Here

You must register for one of the three options: Student registration, Radio Committee Member Only, or NCO training (for Citywide trained volunteers)

Pre-requisite for members participating in the Point-to-Point training:

IS-242.b Effective Communications

Please send verification of completion to CERTTraining@oem.nyc.gov prior to the training date.

NYC CERT online platform

includes online courses to support volunteer growth.

Schedule a free Fire Safety

training for your Division at [**FDNY Smart Fire Safety.**](#)

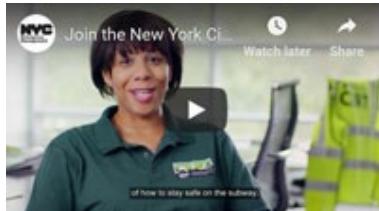
FEMA Region 2 (R2) Webinar

[**Catalog**](#) includes all recorded webinars from Jan-June of 2021.

COVID-19 Community Conversations: Mental Health, Equity and Resilience

DOHMH is offering free virtual training to community groups. There are two options, a [**1-hour informational virtual presentation**](#) and a [**3-hour interactive training**](#) (available in English, Spanish, Cantonese, and Mandarin).

THINGS TO KNOW



[**NYCEM's YouTube page**](#)

[**NYC CERT recruitment video**](#)

[**2021 National Volunteer Week video**](#)



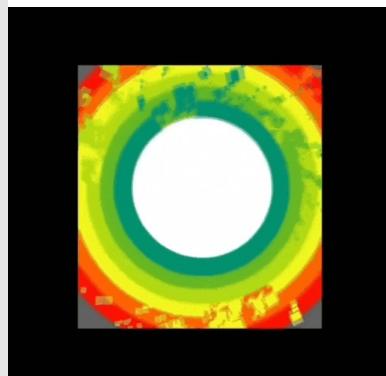
[**Resolve to Be Ready Calendar**](#)

Regular reminders in simple steps that can help you work preparedness into your busy schedule.



Listen to the **NEW** episodes of

NYCEM's two podcasts, *Prep Talk* ([**SoundCloud**](#), [**iTunes**](#) & [**Spreaker**](#)) and *iPrepárate!* on [**SoundCloud**](#).



[**KNOW YOUR ZONE**](#) is your destination for everything you need to know about hurricanes in New York City.

You'll find information about the city's hurricane evacuation zones, the hazards you may face from a hurricane, and what to do to prepare.



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NYC Emergency Management | NYC.gov/emergencymanagement

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