

ACTIVATION STATUS: NYC EMERGENCY MANAGEMENT EMERGENCY OPERATIONS CENTER IS ACTIVATED.
PLEASE NOTE: Program staff will respond to inquiries and requests as soon as possible. We appreciate your patience and support.

February Is American Heart Health Month



With a healthy heart, you can do more of what you love — but it’s not always easy to break old habits or make healthy changes. The “Heart-Healthy Steps” campaign encourages adults, particularly those age 55 and older, to get on track with small steps—like scheduling their medical appointments, getting active, and eating healthy—so that they can improve their heart health. We are happy to join with the CDC Foundation, the Million Hearts® initiative, and organizations across the nation in sharing these important messages.

Learn more at [HeartHealthySteps.org](https://www.hearthealthysteps.org)

Hone Your Preparedness and Response Skills



MONDAY RADIO ROLL CALL

BOROUGH CHANNEL

Manhattan

2/26/2024

Manhattan

Call Scenario:

Is your team's 700 MHz radio being rotated?

Documents to Review:

[Citywide Radio Drill Refresher](#)

[Call signs per Radio](#)



The [NYC CERT Standard Operating Procedures \(SOPs\)](#) provides guidance and outlines policies and procedures for you and your team to follow.



Are you ready to take on the elements and emerge victorious? Look no further than [Disaster Mind!](#) Created by FEMA Region 8 and iThrive Games, this thrilling simulation game is perfect for anyone looking to hone their preparedness and response skills. With three natural disasters to overcome, including blizzards, wildfires, and floods, you'll need to think fast and act even faster to save lives and protect your community. But beware - this quest is full of surprises and unexpected twists, guided by a mysterious figure who will challenge you every step of the way. So what are you waiting for?

[Disaster Mind](#) today and prepare to conquer the elements like never before!



[View and Download the Complete NYC CERT Basic Training Student Manual](#)

QUIZ



Each week we will propose a quiz question that relates back to lessons learned during NYC CERT training or from your experience as an active member. The answer will be revealed in the following week's newsletter.

Last week's question:

As NYC CERT, you are asked: what is NYCEM is doing about local flooding?

You should tell them:

You don't feel supported by your leadership but want to follow the communication structure. You



#WINTERREADY



Ready

Stay Warm Safely! Resolve to Be Ready!

Heat your home safely.

Keep anything that can burn 3 feet away from a fireplace, wood stove or space heater.

3 feet

FEMA U.S. Fire Administration #WINTERREADY

ARE YOU PREPARED FOR A POWER OUTAGE?

FLASHLIGHT

BATTERY/SOLAR POWERED PHONE CHARGER

FIRST AID

BATTERY/HAND-CRANK POWERED RADIO

SPARE BATTERIES

AT LEAST 3 DAY WATER SUPPLY AND FOOD SUPPLY

Ready

Be prepared by having an emergency supply kit already stored.

[Make your kit today.](#) #ResolveToBeReady

A) tell your leadership member exactly how you feel, in no uncertain terms

B) book an appointment with a CERT Staff member to discuss the issue and ask for their support

C) Tell your Communicatio



Pets need an emergency supply kit too.

View what items should go in it: [#PetPreparedness](#).

Credentials Are In!



Leadership: Division 1 members' credentials are ready for pick-up! Also, if you have any members that graduated in July 2023 (cycle 44), please remember to schedule a pick-up, or permit them to schedule a pick-up for their permanent ID using this link: <https://on.nyc.gov/CERTpickup>

If the pick-up options do not work with your schedule, please reach out to: desposito@oem.nyc.gov.

REGISTRATION IS NOW OPEN! Attend Our 12th Annual Community Preparedness Symposium on March 6, 2024

Register for the Path to Preparedness: Empowering Community Action!

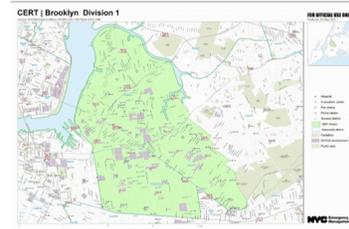
ns Liaison
D) Call 411 to report



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

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

For more questions on how to submit your service hours you can view the [Hours Submission FAQs](#).



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

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

**READY
NEW YORK**

If your division is hosting or participating in an upcoming event, please complete



JOIN US AT THE



12th Annual Community Preparedness Symposium Path to Preparedness: Empowering Community Action

Baruch College, New York, NY
Wednesday, March 6th, 2024 9:00 AM - 3:00 PM
<https://bit.ly/2024CPSymposium>

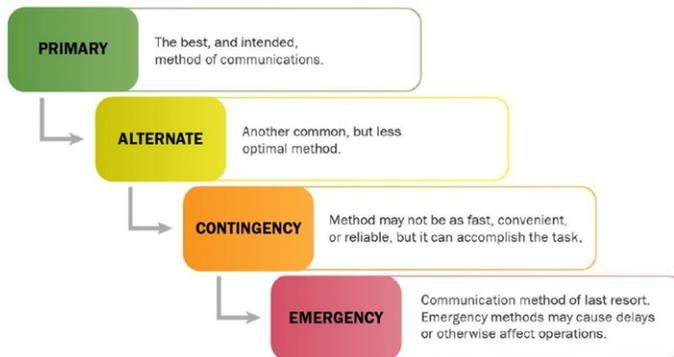
For help registering or requests regarding accessibility
Email: communityprep@oem.nyc.gov
or Call: (718) 422-4654 by February 21st



Scan here to RSVP

[Registration | Wed, March 6, 2024 9AM - 3PM](#)

Dose your family and network have a Emergency Communication Plan?



CYBERSECURITY & INFRASTRUCTURE SECURITY AGENCY



The National Council of Statewide Interoperability Coordinators (NCSWIC) Planning, Training, and Exercise

(PTE) Committee developed Leveraging the PACE Plan into the Emergency Communications Emergency Communications Ecosystem to serve as a guide on using the Primary, Alternate, Contingency, Emergency (PACE) communication plan to prepare critical communications for out-of-the-ordinary situations. Developing and practicing your PACE will help improve your organization’s resiliency and preparations for the next disaster.

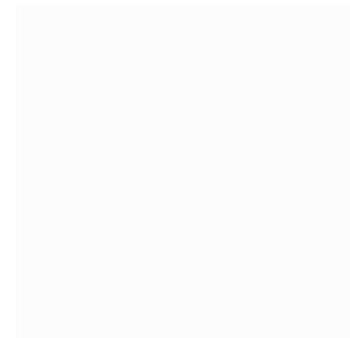
Leveraging the PACE Plan into the Emergency Communications Emergency Communications Ecosystem was developed by a collaboration of Statewide Interoperability Coordinators (SWICs) and Emergency Communications Coordinators (ECCs) to help emergency managers and communications teams to produce strategies and

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](#).



redundancies that maintain communications despite disrupted communications networks.

Read the full plan here:

https://www.cisa.gov/sites/default/files/2023-05/23_0426_ncswic_PACE-Plan_508.pdf

Don't forget to fill out your My Plan here:

https://www.nyc.gov/assets/em/downloads/pdf/myemergencypplan_english.pdf

MAKE A PLAN **CREATE AN EMERGENCY SUPPORT NETWORK**

Don't go through an emergency alone. Ask at least two people to be in your emergency support network – family members, friends, neighbors, caregivers, coworkers, or members of community groups. Remember, you can help and provide comfort to each other in emergencies.

Your network should:

- Stay in contact during an emergency.
- Know where to find your emergency supplies.
- Know how to operate your medical equipment or help move you to safety in an emergency.

Emergency support network contacts:

Name/Relationship:	
Phone (home/work/cell):	
Email:	
Name/Relationship:	
Phone (home/work/cell):	
Email:	

Pick an out-of-area friend or relative who family or friends can call during a disaster. If local phone lines are busy, long-distance calls may be easier to make. This out-of-area contact can help you communicate with those in your network.

Out-of-area contact:

Name/Relationship:	
Phone (home/work/cell):	
Email:	

4

Send Us Your Photos!



Please continue to share an and all photos and videos from your NYC CERT events at on.nyc.gov/CERTupload

Please note **Date (including year), Borough, Division (or team), Event, members included (if available).**

If you have any questions, please contact us at cert@oem.nyc.gov. Thank you!

VOLUNTEER OPPORTUNITIES



Winter Clothing Packing at NYCEM Warehouse

NYC CERT will package kits containing winter weather items such as scarves, hats, gloves, socks, and shawls to be later distributed to on-site Asylum Seeker clients.

[Registration | Tue, Feb 27, 2024 12:30PM](#)

CERT Basic Training Disaster Simulation

Support - Live Victim

CERT volunteers will be playing victims in the disaster simulation, which may include sitting or laying on the ground and acting in distress.

[Registration | Mon, March 18, 2024 6:30PM](#)

[Registration | Tues, March 19, 2024 6:30PM](#)



Bay Ridge St. Patrick's Day Parade

CERT volunteers will assist the NYPD 68th precinct community affairs Office with pedestrian and vehicle traffic control.

[Registration | Sun, March 24, 2024 12PM](#)

FEMA Region 2 Webinar Series

CERT Volunteers and the EOC

Please join the Region 2 National Preparedness Division for a webinar on Until Help Arrives.

[Registration | Wed, Feb 28, 2024 1PM](#)



FEMA Region 2 Webinar Series

How to Keep CERT Training Fun & Engaging

Please join the Region 2 and Region 8 National Preparedness Division for a webinar on how to Keep CERT Training Fun & Engaging.

[Registration | Wed, March 13, 2024 1PM](#)

NYC CERT CALENDAR



Buddy Check

As we close out a long year of volunteering to support your community and head into a new year with new challenges, please take some time to support one another. The best way to do that is by performing buddy checks.

What is a buddy check?

Taking the time to check on family and friends, especially those unable to leave their home for any reason. You might be surprised by the impact you'll have on those who you connect with.

[Report your Volunteer Hours](#)

Search for *Buddy Check* Event



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.

Complete the [NYC CERT Mentor Program form](#) to let us know if you'd like to be a mentor or mentee.

Complete the [Matching Questionnaire](#) to help pair the mentor to a mentee. Both forms must be filled out to participate in the program.

[NYC CERT online platform](#) includes online courses to support volunteer growth.

Schedule free training for your Division here : [FDNY Smart Fire Safety](#).

[FEMA Region 2 \(R2\) Webinar Catalogue](#) includes all recorded webinars.

ADVANCED TRAINING

Bronx Point to Point Radio Training

Training Details

Student Pre-Requisite

All members interested must complete and send their certificate of completion by Tuesday, Feb 27th, for IS-242.b Effective Communications to cerctraining@oem.nyc.gov.

Learning Objectives

- Local Point to Point Network
- UHF Radios 450 MHZ
- Radio Terminology
- Call Protocol and Proper Communication Procedures
- Network Control Operator (Citywide trained only)

Exercise

As part of the Point to Point radio training, there's a mandatory exercise to be done outdoors.



[Registration | Sat, March 2, 2024 9AM](#)

NYC CERT VOLUNTEER ACTIVITY

Winter Clothing Packing at NYCEM Warehouse



This past Wednesday, NYC CERT packaged kits containing winter weather items such as scarves, hats, gloves, socks, and shawls at the ESC warehouse. The kits were assembled in order for them to be distributed at multiple respite sites to on-site Asylum Seeker clients early next week. A total of 855 kits were assembled!

Ready NY Table at Brooklyn Public Library - New Utrecht Branch

NYC CERT was invited to staff a Ready New York table at the Brooklyn Public Libraries branch in New Utrecht this past Thursday.

CERT's set up the Ready NY table with preparedness



materials and actively handed out the materials to library visitors while explaining the importance of emergency preparedness!

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



THINGS TO KNOW



How To Request NYC CERT

If approached to support an event in your community, the following steps must be taken:

- Event organizer submits an official request using the [NYC CERT External Request Form](#).
- NYC CERT Leadership *should not* submit form on behalf of the event organizer.
- For events lead by a NYC CERT Division, volunteer leadership (Ready New York Liaison, if a preparedness event) should submit this [Event Request form](#)

NYC CERT program staff will review all requests. If approved, program staff will add the volunteer opportunity to the [NYC CERT Event Calendar](#)

with a registration link. If more details are required for approval, program staff will use the contact information provided in the request form to connect with the organizer.

NYC CERT External Request Form: <https://on.nyc.gov/CERTrequest>

Find the NYC CERT Protocols here: [NYC CERT SOPs](#)

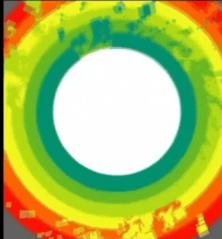
Schedule a meeting with NYCEM staff: [NYC CERT Volunteer Support](#)



[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 all episodes of NYCEM's two podcasts, Prep Talk ([SoundCloud](#), [iTunes](#) & [Spreaker](#)) and ¡Prepárate! 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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AMY JOY ROBATEAU
 AmeriCorps
 Member

JAZMIN THOMAS
 Specialist
 CERT Training



Schedule a meeting with NYC CERT Staff:
<https://on.nyc.gov/bookCERT>

- Choose a Topic:*
- [CERT Pick-up \(In-Person\)](#)
 - [NYC CERT Operations](#)
 - [Advanced Training](#)
 - [Exercises & Tabletops](#)
 - [General Questions](#)
 - [CERT ID Questions](#)
 - [Leadership Interest](#)
 - [Borough Discussion](#)
 - [Division Discussion](#)



NYC Emergency Management Communications Network | 165 Cadman Plaza East, Brooklyn, NY
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[Constant Contact Data Notice](#)

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