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**NYDIS LINKS**

- ▶ Visit the NYDIS Website
- ▶ Sign up with NYDISnet
- ▶ Make a Contribution

9/11 Transitions Support Group Begins Winter Cycle



As the 9/11 Transitions Support Group for terminated or transitioning caseworkers concludes Dec. 15, NYDIS is offering a new cycle which will begin Jan. 12, 2005 and run for 3 months. Staffed by the Psychotherapy & Spirituality Institute, the program alternates between a series of intensive career development workshops and support groups addressing topics such as stress, challenges of ending services relationships and leaving the 9/11 community. Meetings will take place at 74 Trinity Place, Second Floor Parlor, 4-6 pm.

For information, contact Theresa Hui, 212-669-6107, thui@nydis.org or check the NYDIS website at www.nydis.org (All calls and inquiries are confidential).

NYC 9/11 Unmet Needs Roundtable Sets Upcoming Meetings

The following is a holiday schedule of the NYC Unmet Needs Roundtable:

- Thursday, December 9, 2004
- Thursday, December 23, 2004
- Thursday, January 6, 2005

Caseworkers who have any questions or emergency cases, please contact Theresa Hui, 212-669-6107, thui@nydis.org.

9/11 Insurance Deadline Draws Near

People who lost family members or were hurt on Sept. 11 in New York City, Shanksville, or Washington, D.C. have until Dec. 31 to apply for subsidized health-insurance benefits through the American Red Cross. The program offers 24 months of subsidies to cover the cost of private health insurance premiums or COBRA.



Those who qualify include: surviving spouses, partners, dependent

Dear Friends of NYDIS:

Here is the second edition of NYDISnet--our bi-weekly e-newsletter provided as a service to our members, program partners, and the broader faith community. We hope this resource and communication tool will keep you updated about NYDIS and developments within the emergency preparedness and disaster response community.

We also hope that friends, clergy and congregations will feel free to copy and distribute any information from NYDISnet for education or use in your newsletters or worship bulletins. When appropriate, please footnote credit to NYDISnet.

If you would like to share news or information for publication, please email our staff editor, Susan Lockwood, slockwood@nydis.org. If you are not receiving NYDISnet electronically, you can sign up on our website. We also offer to distribute NYDISnet to your agency, clergy or congregational list serve on request-- just call our office to make arrangements. To unsubscribe, use the link at the bottom of the page.

Faithfully, Peter

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children, and others who were covered under the deceased's health insurance, whether or not they were offered COBRA; those who sustained serious injuries because they were near the attack sites and were hospitalized for at least 24 hours; and those whose injuries resulted in a continuous 90-day disability that began before Dec. 31, 2001.

For information, go to:

www.redcross.org/pressrelease/0,1077,0_116_3640,00.html

To contact the Red Cross SRP, call 877-746-4987.

Nov. 23 Press Conference Announces 9/11 Recovery Worker Pilot Project Between NYDIS-Mt. Sinai

At the Nov. 23 press conference on the steps of city hall, NYDIS Executive Director & CEO Peter Gudaitis announced NYDIS' joint pilot project with Mt. Sinai School of Medicine in assisting Ground Zero recovery workers who served at the World Trade Center site and Staten Island Landfill and are now unable to meet their basic needs as a result of WTC related ailments. "We believe that it is a moral imperative," said Mr. Gudaitis, "that we generously support those men and women who put themselves in harms way and selflessly devoted their time and efforts to recover the victims of September 11th."

Three WTC recovery workers who are receiving services at the Mt. Sinai WTC Treatment Program expressed grateful appreciation to NYDIS for undertaking this project funded through a grant from Episcopal Relief and Development. Dr. Stephen Levin, Medical Director of Mt. Sinai Center for Occupational and Environmental Medicine and Co-Director of its WTC Treatment Program, also thanked NYDIS "for this support to enhance the services offered to WTC responders through our WTC Health Effects Treatment Program."



Fifty-three thousand (\$53,000) of the \$375,000 grant will fund a three-month pilot project which will provide financial assistance to over 1200 ill and injured WTC recovery workers and volunteers. This assistance is being distributed in the form of vouchers to aid patient travel to doctors' appointments and to provide for basic food and clothing needs. Lutheran Disaster Response of NY is covering administrative costs.

For information on the Mt. Sinai program, go to:

www.mssm.edu/cpm/wtcexams.shtml

To see photos, read the press release or Congresswoman Maloney's letter of support, go to: www.nydis.org/resources/headlines/11-23-04.htm

News From Our Member Agencies



In November, the Sikh coalition distributed literature to inform Sikhs living in New Jersey of their rights and protections against harassment and discrimination.



Since 9/11 many Sikhs living in NJ have been subject to harassment and discriminatory threats. The literature also has been translated into Punjabi, the native language of most Sikhs.

For information on the Sikh Coalition, go to: www.sikhcoalition.org.



Nov. 7-10, Fr. David Kossey, a NYDIS Board Member and Coordinator in the International Orthodox Christian Charities' Emergency Response Disaster Network, The Rev. Bruce Anspach, DSCS chaplain and United Methodist Minister, and Dr. Katrina Cochran, of Church World Services' Interfaith Trauma Response Team, led three dozen clergy from the Greek Orthodox Church's Diocese of San Francisco in a two day disaster training workshop. Sessions included dealing with trauma recovery, self-care, disaster chaplaincy, and disaster preparedness.

For information on IOCC, go to: www.iocc.org.

Does your Agency/Congregation have Guests or Groups visiting NYC? Need Something Educational for a Youth Group to Do?

- **Take a Planned Faith Walk around Ground Zero**



Koinonia NYC, with offices on the 20th floor of 22 Cortlandt, offers Faith Walks. Led by Lutheran Pastor Ann Tiemeyer, the Faith Walks are inspirational and educational tours of Ground Zero and surrounding landmarks, encouraging healing and hope in the face of despair. Koinonia NYC shares offices with LDRNY, NYDIS & 9/11 Families Association.

For information, go to www.LDRNY.org, click on Comfort and Renew Center, then Koinonia NYC.

To book a Faith Walk, contact The Rev. Ann Tiemeyer, Director, Koinonia NYC, 212.669-6130, Koinonianyc@yahoo.com.

- **Visit the FDNY's Fire Safety Learning Center**

The Fire Department of the City of New York offers a guided, multi-media, hands on learning experience in fire safety at its newly opened Fire Zone at 34 W 51st Street (between 5th & 6th Ave) in Manhattan. Participants become part of a Fire Prevention Team and learn what it takes to be a firefighter, how to take action against the power of fire, and how to prevent fires at home and create family safety.



For information, go to: www.fdnfirezone.org or call 212.698-4520.

Mitigation & Preparedness Corner

- **Personal Preparedness: Flu Shot Info**

Healthy people ages 2-64 are asked NOT to get a flu shot this year. However, people age 6 months and older with long term health problems, pregnant women, residents of nursing homes and other long-term care facilities, children age 6 months to 8 years on long-term aspirin therapy, caregivers and household member of infants under 6 months, and health care workers who take direct care of patients SHOULD get a flu shot. The NYC Department of Health has set up centers throughout the five boroughs to provide flu shots.

For information about DOHMH Immunization Clinic Services and Flu Shots, call 311 or visit: www.nyc.gov/health/flu

• Cover Your Cough Campaign



In the absence of flu vaccine, the Centers for Disease Control and Prevention and the NYC Dept. of Health & Mental Hygiene recommend that public facilities such as houses of worship and places of work promote a Cover Your Cough Campaign. Posters and other material are available on both agency's website. (Our experience is that the CDC website downloads faster!)

Check out:

www.cdc.gov/flu/protect/covercough.htm

www.nyc.gov/html/cd/cd-cough.html

Getting Ready for Winter

Consider using the following points as blurbs from NYC Office of Emergency Management in your House of Worship Bulletin or Agency's newsletter. Cover one point a week.



Winter Weather: Before a Storm

1. Prepare in Advance of Winter's Arrival

Make sure your household disaster plan is ready and all members of your household are familiar with how to contact one another in an emergency. (If you need help, go to: www.nyc.gov/html/oem or call NYDIS, 212.669-6104.)

Winterize your Go Bag by adding warm, dry outerwear and waterproof footwear. (For info on what goes in a Go Bag check out: www.nyc.gov/html/oem/html/readynewyork/prep_gobag.html).

Your emergency supply kit should be fully-stocked to allow you to sustain yourself for up to three days without power, or in the event you are unable to travel far from home. You may wish to include additional items such as extra blankets, additional warm clothing (because winter clothing often gets wet), and a battery-operated NOAA Weather Radio to monitor weather conditions during a storm. (For info, go to: www.nyc.gov/html/oem/html/readynewyork/prep_supplykit.html).

2. Winterize Your Home

- Install storm shutters, doors and windows, clean out gutters, repair any roof leaks, and have a contractor check the stability of your roof in the event of a large accumulation of snow.
- Insulate walls and attic. Caulk and weather-strip doors and

windows. Install storm windows, or cover windows with plastic from the inside.

- Have safe emergency heating equipment available. For residences with functioning fireplaces, keep an ample supply of wood. Utilize portable electric space heaters. Keep a fire extinguisher on hand.
- Install and check batteries in smoke and carbon monoxide detectors.
- Make sure you have sufficient heating fuel; you may have difficulty obtaining fuel in the immediate aftermath of a bad storm.
- Service snow removal equipment, and have rock salt on hand to melt ice on walkways. Kitty litter can be used to generate temporary traction.

3. Winterize Your Car

Before winter sets in, have a mechanic check the following items on your vehicle:

- Battery
- Antifreeze
- Windshield wipers and washer fluid
- Ignition system
- Thermostat
- Lights (headlamps and hazard lights)
- Exhaust system, heater, brakes, defroster
- Oil level (if necessary, replace oil with a winter oil or SAE 10w/30 variety)

Install good winter tires that have adequate tread. All-weather radials are usually adequate for most winter conditions. However, some jurisdictions require vehicles to be equipped with chains or snow tires with studs.

Regardless of the season, it's a good idea to prepare for an in-car emergency. Assemble an Emergency Supply Kit (for help, go to: www.nyc.gov/html/oem) for your vehicle, and consider adding the following items for winter conditions:

- Blankets, sleeping bags, extra newspapers for insulation
- Plastic bags (for sanitation)
- Extra mittens, socks, scarves and hat, raingear and extra clothes
- Sack of sand or kitty litter for gaining traction under wheels
- Small shovel
- Set of tire chains or traction mats
- Working jack and lug wrench, spare tire
- Windshield scraper, broom

Small tools (pliers, wrench, screwdriver)

- Booster cables
- Brightly colored cloth to use as a flag, flares or reflective triangles

4. What To Do Before A Storm Strikes

- Listen to NOAA Weather Radio and your local radio and TV stations for updated storm information. Know what winter storm watches and warnings mean.
- Check on relatives, friends, and neighbors who may need assistance preparing for a storm.
- Be alert to changing weather conditions and avoid unnecessary travel.
- Let faucets drip a little to help prevent freezing.
- Test smoke and carbon monoxide detectors.

We Recommend...

- Calendar of principal religious holy days for major faith communities:
www.units.muohio.edu/secretary/ReligiousHolidays.pdf
- *New York Nonprofits*—a publication of the Nonprofit Coordinating Committee of NY offers a number of useful resources and information:
www.npcny.org/newslet.htm
- Stories of faith and how faith communities respond to disasters. Includes stories of faith groups making various kinds of disaster kits:
www.dlrfilms.com
- The September 11 Fund Hotline: 866.689-HELP
www.sept11help.org
- 9/11 Mental Health and Substance Abuse Programs and Hotline: 800.543-3638 (English); 877.298-3373 (Spanish); 877.990-8585 (Asian); 212.982-5284 (TTY)
www.mhaofnyc.org