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We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop."

Mother Teresa

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Meet Our Volunteer Teams

Our Sandy Recovery Center Ministry has been blessed by so many different teams of volunteers. Some have traveled from as far as California or Florida to bring hope and cheer to victims who thought that no one cared about them. This is the story of two teams who came this past month to work and inspire L.I. homeowners.

Livingston Cares – Geneseo Team



The Livingston Cares team from the Rochester area came down to L.I. the week of March 17-21. Shown above

are half of the team in front of a Freeport home.

The volunteers were made up partially of SUNY Geneseo students. They sanded and then primed and painted the walls and ceilings.

The hard working volunteers then installed the moulding and painted that as well. Work was



also done in the garage hallway.

With all this accomplished, the homeowner can now move into a safe, secure home.

Brockport Alternative Spring Break Team



The Brockport Alternative Spring Break Team were here for the same March week. They worked on one home in Lindenhurst that still needed a great deal of demolition. They tore down sheetrock, and had to remove subflooring. They learned how to walk the joists, and how to

use a saw to cut off the ends of floor boards for removal. So much had to be removed that they not only filled a dumpster, but the dumpster then had to be compressed even more by carefully jumping and stomping to get everything in! A Geneseo student did this for them.

On their final day, they moved to a Massapequa home. This time, they got to install the subflooring, rebuilding instead of demo-ing.



The Brockport volunteers even created their own Facebook page, blogging each evening about their experiences. You can see it at:

www.facebook.com/pages/Brockport-Alternative-Spring-Break-Team/1485750504978698

Safety First



Construction Worker

Wear sturdy shoes, heavy pants, and long sleeves (can be rolled up for warm weather).

“Do not attempt a job alone that could be done more safely by two people. . .”



Do not stand on the top of a ladder. Do not reach too far!

In case of Accident

Stop the activity as soon as it is safe to do so. Report to the Team Leader immediately. Call 911 for emergencies: ambulance, fire, or chemical spill. A first aid kit should be in the work bucket, along with a list of hospitals and clinic phone numbers. Talk to the persons involved, discuss and agree on how to do the job safely. Contact the Site Coordinator and fill out an accident report.

Physical or Age Limits

Do not attempt a job alone that could be done more safely by two people. Never work while ill or fatigued. Youths under 18 are not permitted to use power tools, or be involved in demolition, roofing, or excavation. Respect personal limits: not every one is able to safely work above head level, or on ladders or scaffolds. Make sure to assign tasks that require a reach or carrying heavy items to those best able to do so. Drink water regularly while working to avoid dehydration. Avoid hot or heavy meals, and caffeine while working.

Weather Conditions:

In cold or hot weather, wearing multiple layers of clothing is preferable. Layers can be added or removed as required during the day. In cold weather, if you get hot, open your jacket, but keep

your hat and gloves on to prevent getting chilled. Wear or carry a water-proof outer layer in case of rain.

Equipment:

Work boots, or heavy leather shoes are better than sneakers or sandals; you should always be aware of stepping on nails or sharp objects, and avoiding heavy items landing on your toes. We will try to provide safety goggles, dust masks, and gloves for your use. However, it never hurts to bring your own if you already own them. (We do not provide hard hats.)

Working Precautions

Make sure you know the correct/safe way to do whatever job you have been asked to do. When in doubt, ask your team leader. Work in areas with proper lighting and ventilation.

Power tools must always be disconnected when moving, repairing, or changing bits/blades/etc. Never remove safety switches or guards. Wear eye protection. Never point a tool at anyone. Do not carry power tools by the cord. Never use a power tool in a wet area.

Carpentry work requires a sharp eye: look for and remove or hammer flat any nails from discarded lumber immediately. Be careful when walking on open floor joists. Be sure to have enough help to lift

and place sheet rock: it's likely to break if dropped.

All ladders should be checked for defects before use, and should be set on a firm level surface. Be aware of objects above the ladder before you use it, and do not work over another person. Don't reach far over the side; get down and move the ladder if necessary. Make sure your shoes have traction; are not wet or slippery. When possible, always hold on with one hand.

Airborne Hazards

You may also be exposed to dust, chemicals, or mold. Dust from drywall, wood, cement, sand, stone, or brick require the use of a dust mask for your safety. Protection from mold exposure requires use of N-95 respirators, gloves, and eye protection. Always wash thoroughly after handling questionable items, before stopping for lunch, and after the work day.

At L.I. Sandy Recovery

We will supply our volunteers with the necessary safety goggles, work gloves, and masks as required for most jobs to be done.

Volunteers should come with heavy work boots or shoes, sturdy jeans/pants, long sleeved shirt/jacket, and enough changes of clothing for your stay.