



CNYMRC Times

Citizen Volunteers: Helping Our Communities, Ready to Respond

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Central New York
Medical Reserve Corps

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Financial Preparedness: Can You Withstand a Disaster?

When disaster strikes, people are most concerned about the safety of themselves and their loved ones, and rightly so. But in the aftermath of disaster, people see how financially unprepared we are for a catastrophe. If disaster struck your home tomorrow, would you be able to recover? Would you know what to do?

Disaster can take many forms. From a house fire to a robbery to a flood or ice storm, disaster can devastate your household and personal finances. One study shows that 59 percent of today's homes are under-insured by an average of 22 percent (per Marshall & Swift). In addition, most people do not document their household belongings, financial information, and personal records sufficiently to provide this information after a disaster.

According to HOPE Coalition America: After a disaster, financial issues affect more people than personal injury or direct property damage. Five years after Hurricane Katrina and Rita, we hear less about physical suffering and more about how difficult it has been for families and businesses to get back on their feet. Many have yet to fully recover.

Here are some tips to assist you in preparing financially for a disaster:

Collect essential legal documents, such as birth certificates, adoption papers, social security card, marriage license, will, vehicle registration and ownership papers, powers of attorney, passport, and mortgage deeds. Make copies of these documents, whether hard copy or scanned and saved onto

a computer disk or memory stick. Original documents should be stored in a waterproof/fireproof safe or metal container or in a safe deposit box. Copies can be stored on-line or in a sealed envelope with a trusted person living outside your region or with an attorney.



Take photographs or video of your property, inside and outside. Record make, model, and serial numbers of high-end products such as computers, televisions, entertainment systems, and major appliances.

Record account numbers and contact information for bank and credit card accounts, loans, insurance policies, retirement accounts, and other financial obligations you may have.

Contact your insurance company to assess your homeowner or renter insurance. Insurance coverage should be updated any time a major life change occurs—new home, marriage, divorce, birth, adoption, death, or the purchase of high-end items. You should review your insurance policy annually for needed changes.

Since ATMs may not be in service following a disaster, consider creating

a cache of money to help you get through the first few days following a disaster.

Keep all of the above information in a waterproof/fireproof metal container or safe. Make sure it is easily accessible for when you may need to quickly leave your home. Or consider storing it in a safe deposit box.

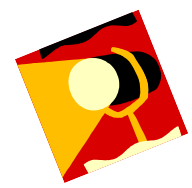
HOPE Coalition America has two tools—Emergency Financial First Aid Kit (EFFAK) and Personal Disaster Preparedness Guide (PDPG)—to assist in preparing for and recovering from a disaster. The EFFAK helps identify and organize your household's key financial records and serves as a quick reference to important financial documents. The PDPG provides survival and recovery steps. Both can be found at www.operationhope.org under *HOPE Coalition America*. Each tool can be completed on-line, printed, and/or saved to a disk or printed in advance and completed by hand.

Studies following September 11 and other disasters found that people and businesses who prepared financially in advance were much more likely to recover, and quicker, than those who do not. While completing these forms may seem onerous or take a lot of time, in the long run it may save a lot of heartache and aggravation.

Note from the Coordinator:

Consider using a three-ring binder to store everything. Store documents in sealed sheet protectors and photos in album sheets.

Volunteer Spotlight



Recruitment at NYS Fair

Earlier this summer, ServNY, the NYS Department of Health's volunteer program, requested assistance from the counties to help recruit volunteers at the New York State Fair. Members of the CNYMRC responded with enthusiasm. Over the twelve-day fair, 17 CNYMRC members contributed 104 hours talking with fairgoers about volunteering with medical reserve corps units. We talked with hundreds of people about how they could help their communities in times of need just by volunteering in their county's program. The CNYMRC was not alone in this recruitment effort. We worked alongside staff and volunteers from other counties and the state. Cheryl Stuper, a CNYMRC RN volunteering at the fair said, "The State Fair is a great place to recruit people for this organization [CNYMRC]."

The CNYMRC collected information from more than 60 potential members residing in our region and passed out hundreds of brochures. We are starting to see the fruits of our labor as new members join the CNYMRC.

CNYMRC Annual Meeting and Appreciation

September 14 was the first CNYMRC annual meeting and appreciation at the Rosamond Gifford Zoo.

The day started with CNYMRC Bingo, a way for members to get to know each other. Julie Wilmot, a CNYMRC Pharmacist, discussed her experience at the federal deployment training she attended in June. She emphasized that even though she trained for



CNYMRC members Anita Derby, Sharon Boland, Diane Donovan and Patricia Hudelson getting to know each other at the beginning of the Annual Meeting and Appreciation.

federal deployment, the national MRC stressed the importance of local response. Robert Dracker, a CNYMRC Pediatrician, talked about his experience as a first-time disaster relief responder in Haiti following the earthquake. Many were surprised by the conditions he encountered.

We were very fortunate to have health department representatives from five of our member counties as well as the state present. Each mentioned the value of the CNYMRC to their county and future plans for utilizing the unit in their activities.

At the meeting, we discussed the future of the unit. Attending members were asked their opinion on the two levels of membership. The plan for recruiting new members was discussed, emphasizing that word of mouth is still the best recruitment tool. Since preparedness is one of the unit's missions, plans to provide such presentations to the community were discussed as a way members can aid their communities before a crisis strikes.

As of the beginning of September, 41 unit members have participated in several unit activities. Members who have yet to participate in a unit activity are an important resource, taking part in upcoming activities as counties request the CNYMRC or as we create activities of our own. Giving of your talents and time is invaluable to our communities and appreciated by the counties we support.

Dawn Conley, a CNYMRC RN, said about the day's events: "This was my first interaction as a new member with the CNYMRC. It was wonderful to see the different professions represented. Dr. Dracker presented a wonderful slideshow about his experience in Haiti. He showed some interesting situations that I was not aware existed in this day and age. Very enlightening."

Note from the Coordinator: I am looking forward to more events like this. Great first event!

Training News

NYS Division of Homeland Security and Emergency Services Offering Free Courses

NYS-DHSES offers free courses to responders in New York State. There are two upcoming courses that may be of interest to CNYMRC members. Travel and meals are the registrant's responsibility. Lodging may be provided depending on distance from training location and whether you are a state or local agency first responder.

Medical Preparedness and Response for Bombing Incidents is offered November 6-7 at the Ramada Inn in Oriskany (50 miles east of Syracuse on the NYS Thruway). This course addresses the medical response to blast effects for both first responders

and first receivers. There are medical and operational tracks to the training.

Medical Management of CBRNE Events is offered November 16-17 at the Ramada Inn in Oriskany. Learn how to properly perform patient triage, decontamination, treatment and transportation in the event of exposure to chemical, biological, radiological, nuclear and explosive (CBRNE) weapons. Participants will use state-of-the-art pediatric and adult human patient simulators to promote critical thinking skills while utilizing the RAPID-Care concept.

For further information and to register for these or other DHSES courses, go to www.security.state.ny.us/training/

From Your Coordinator...

In past newsletters, I have used this space to relate some personal homily that ties in with why we should take preparedness seriously. Instead, I would like to discuss an opportunity for all members of the CNYMRC.

Each Spring, the Integrated Medical, Public Health, Preparedness and Response Training Summit takes place. This summit brings together people from several organizations—Medical Reserve Corps (MRC), National Disaster Medical System (NDMS), Emergency Systems for the Advance Registration of Volunteer Health Professionals (ESAR-VHP), the Public Health Service and the Chesapeake Health Education Program—for several days of lectures, workshops and networking. The summit is May 1-5, 2011 at the Gaylord Texan Hotel in Grapevine, Texas.

This year a member of the CNYMRC will be chosen to attend the 2011 Integrated Training Summit with no expense to the member (meals are reimbursed). To be considered, the CNYMRC member must show a commitment to the unit by completing the orientation and five courses required for Active status as well as showing a willingness to participate in unit activities. The member must commit, in advance, to taking the time off necessary for the Training Summit. Once these pieces are in place, any member of the CNYMRC can request consideration. The deadline to apply is January 14, 2011. The recipient will be chosen at random amongst the qualifying CNYMRC members.

The Integrated Training Summit is a worthwhile conference full of useful information, fun activities and events, and interesting people. I hope you will give serious thought to applying to attend.

Happy Autumn!

Sincerely,

Bobbi Alcock

YOUR CNYMRC Coordinator



Fall Birthdays



October

Kelly Avallone * Mary Boucher * Patricia Cupernall * Diana Doughty
Gail Duke * James Elrod * Nancy Forsyth * Kristina Hingre * Brett Holberg
Stephen Maheux * David Newman * Sallie Russell * Martin Schaeffer
Cory Seelman * Jessica Thompson * Erik Tubolino
Pamela Wellman * Wendi Zufelt

November

Patricia Andrews * Diane Avery * Lisa Barry * Sharon Bliss-Chandler
Kathleen Cuddy * F. Lee Dutton * James Fey * Peter Gallauresi
Paul Garvey * Patricia Hudelson * Daniel Maas * Daniel Mackey
Pamela Marmon * Edward Mehrhof * Lynne Odell-Holzer * Jack Resnick
Benjamin Saunders * Harold Small * Vera Turk
Sara Upfold-Harrell * Margaret Wade

December

Tammy Balamut * Gina Ball * Theresa Baxter * Steven Berkowitz
Jay Brenner * Pauline Frazier * Brenda Jackson * Paul Little
Mary Jo Marvar * Jennifer Mayo * Colleen Redding * Anne Ryan
Carol Sherwood * Cheryl Stuper * Christine Vecchio

News From Across the Region

New Volunteer Liability Coverage

In June, Governor Paterson signed a law that provides liability coverage for all personnel, including volunteers, for drills and exercises. These drills and exercises must address part of a county's Comprehensive Emergency Management Plan (CEMP). For example, each county health department must have a mass prophylaxis plan. If the county chooses to test this plan with a mass vaccination clinic exercise, the CNYMRC volunteers now would have liability coverage. Each county health department is checking into how the new law affects their county and the ability to request the CNYMRC for drills and exercises. While this new law does not provide liability coverage for non-disaster related activities such as seasonal flu vaccination clinics, it is a great step toward the goal of liability coverage for volunteers participating in all activities.

crisis. Statistics show that more than 2/3 of the population believe that first responders will take care of them in the wake of a disaster. In reality, it could be 72 hours or more before responders can reach all residents. One way to decrease a disaster's impact is by educating the public on what can be done to prepare, helping to alleviate some of the stress on response organizations. One of the items discussed at the Annual Meeting was how the CNYMRC can provide this service.

A presentation about personal/ household preparedness is being created for unit review. This presentation covers the concepts of planning, preparing, and practicing. When finalized, this presentation will be available to all CNYMRC members. Our hope is that each member will present this information to a group they are involved with, whether work, church, school, or community-based.

Preparedness Presentations to Community Groups

The major mission of the CNYMRC is helping our communities in times of

Increased awareness of preparedness may help our communities be better prepared for a disaster, lessening the impact of a disaster on all.

Calendar of Events

CNYMRC Orientation: “Meet” your coordinator and your fellow volunteers while getting an overview of the CNYMRC—what it is, your role in the CNYMRC and our role in the community. An orientation is required to begin your work with the CNYMRC, so if you have not made this first step, attend a session as soon as possible. You can register by contacting the Coordinator at (315) 380-3488 or cnymrc@ongov.net.

Friday November 5, 9:45-10:30 a.m. (as part of Fall Training Conference). Register by November 1.
Liverpool Public Library, 310 Tulip Street, Liverpool, 13088

These orientations will be conducted via web-conferencing, **NOT** in person. It is important to register in advance so that you will be sent the link to meet on-line and the phone number to call.

Wednesday October 20, 5:00-6:00 p.m. Register by October 15.

Monday November 8, 10:00-11:00 a.m. Register by November 3.

Tuesday December 14, 2:00-3:00 p.m. Register by December 9.

CNYMRC Fall Training Conference: This one-day training class covers orientation and four of the five required training courses—personal preparedness, psychological first aid, IS-100, and IS-700. Need only a couple of the courses? Come for what you need! The class is free but lunch is on your own. Please see the attached information for further details.

Friday November 5, 9:30 a.m.-5:00 p.m. Register by November 1.
Liverpool Public Library, 310 Tulip Street, Liverpool, 13088

Basic Disaster Life Support (BDLS) course: Healthcare professionals and students receive a basic understanding of CBRNE (chemical, biological, radiological, nuclear, explosive) disasters in this FREE day-long course sponsored by the Emergency Preparedness Regional Resource Center, located at SUNY Upstate Medical University. Please see the attached schedule and registration form for further information.

Wednesday November 17, 7:30 a.m.-4:30 p.m. Register using the attached form by November 1.
Oasis Center, 6333 NY Rte. 298, East Syracuse, 13057

Special Medical Needs Shelters—The Center for Public Health Preparedness offers this course to those interested in special medical needs shelters. A special medical needs shelter is designed to serve the needs of people who have certain physical, mental, or emotional impairments or disabilities and who need assistance with medical and/or personal care, but do not require nursing home, hospital, or other institutional care. This course is free and has been approved for three (3) contact hours for nursing continuing education and 3.0 AMA PRA Category 1 credit for physicians. <http://www.ualbany.php.org/learning/>

Getting Your Required Courses On-line

Personal Preparedness:

<http://training.fema.gov/EMIWeb/IS/IS22.asp>

Psychological First Aid:

www.centerfordisastermedicine.org/pfa/PFA_Start.html

Introduction to the Incident Command System (IS-100.a):

<http://training.fema.gov/EMIWeb/IS/IS100a.asp>

National Incident Management System, An Introduction (IS-700.a):

<http://training.fema.gov/EMIWeb/IS/IS700a.asp>

CNYMRC ID Badges: If you do not have a CNYMRC ID badge, you can email me a photograph of yourself. Make sure you are facing forward. I can take care of any re-sizing and cropping. Include your name as part of the file name. Once the badge is complete, I will mail it to you. Email to cnymrc@ongov.net.

Update your profile @ ServNY: Has your contact information changed since registering with the CNYMRC? Would you like to receive unit information by email but currently don't? Have you acquired certifications or skills in the past year? If so, it is time to update your profile. You can do so by contacting the coordinator at cnymrc@ongov.net or (315) 435-3648. An up-to-date profile is important for easy communication as well as being utilized to the best of your abilities!

Do you want to know what meetings and trainings are occurring? Do so easily with the **CNYMRC on-line calendar**. Go to www.ongov.net/health/mrc for up-to-date information.

Central NY Medical Reserve Corps

Lead Agency:

Onondaga County Health Department

421 Montgomery Street

Syracuse, NY 13202

Phone: (315) 435-3648

Fax: (315) 435-3613

E-mail: cnymrc@ongov.net

Web: www.ongov.net/health/mrc

CENTRAL NEW YORK MEDICAL RESERVE CORPS Fall Training Conference

TRAINING TO SERVE OUR COMMUNITIES

Friday, November 5, 2010

9:30 a.m.-5:00 p.m.

Location: Liverpool Public Library—Sargent Meeting Room
310 Tulip St. (& Route 370), Liverpool, NY 13088

SCHEDULE OF COURSES

9:30-9:45	Check-In (unless attending later course)
9:45-10:30	CNYMRC Orientation
10:40-11:20	Personal Preparedness
11:30-12:10	Psychological First Aid
12:15-1:00	Lunch (on your own)
1:00-4:30	IS-700a and IS-100a
4:30	CNYMRC ID Badges/T-shirt Distribution

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Web: www.ongov.net/health/mrc

Have you completed your required courses? Would you like to achieve Active status in the CNYMRC? This one-day training option allows you to complete four of the five required courses to achieve Active status in the CNYMRC. If you do not need all the courses, come for the ones you do!

COST: FREE

RSVP: By November 1, 2010