



CNYMRC Times

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CENTRAL NEW YORK MEDICAL RESERVE CORPS

Summer 2012

Helping Our Communities, Ready to Respond

Austere Conditions: A "Living It" Course

By Geri Hall, FNP, CNYMRC Member

The weather looked "iffy", which mirrored my thoughts, when I got in the car to drive to Connecticut to a two-day "Austere Training Course" designed to enlighten and expose myself and other medical colleagues to the potential difficulties and limitations one might experience in a disaster situation. We were 18 in all, almost evenly split men and women from various backgrounds as PAs, NPs, RNs, MDs, LPNs, Paramedics and EMTs.

I think that many of us thought that we would easily meld into a very functional team from the start. We were in for quite the surprise after we gathered for a "debriefing session" mid morning our first day triaging and treating an array of "walking wounded"—a stab wound victim, a cardiac arrest and a disoriented, intoxicated individual. Our team was all "of a flutter" with very little organization, people yelling out

requests and demands in the midst of a lot of chaos.

We soon realized, though we were all very experienced individuals in our own professions and work places, that initially we were individual units, disconnected and disorganized. It took some stepping back and reassessment and expert guidance on the part of our instructors to "see the light" and regroup for round two. By the end of the first day, we were working like a "well oiled machine," moving victims in and out of our emergency treatment tent with amazing efficiency and skill.

The army rations that we ate the first night were not to my liking but nutritious and very high calorie. The conditions were not as austere as I thought they might be with a roof over our heads the first night and a tent the second night. It was a bit challenging to be in a small space with 18 other people plus various instructors for almost 48 hours. Not to mention that everyone had to have an assigned

"buddy" to keep in sight 24/7. You were responsible for each other at all times, as you might have to be in a real disaster situation.

Overall, I was very impressed with the expertise and experiences that our team had. Quite a few people had lived and worked in prior disaster relief operations long and short in the US and other countries. What impressed me the most was the realization that this kind of operation and intervention can not succeed without utilizing established structure and protocols that we have learned in our MRC training. The command structure that was put in place made it all come together like "clockwork."

I am thankful I had this opportunity to get to know and work with some of our local MRC team and learn from a very knowledgeable and experienced group of instructors in Connecticut. I hope that some day we can sponsor something similar here in CNY.

Facebook Offering Preparedness Apps

It's natural disaster season around the country. Hurricane season kicks off on the East Coast, tornados continue in the Midwest, and fire season nears on the West Coast. Now there are two new, free, personal preparedness applications on Facebook to help people support each other during an emergency and become better prepared by identifying lifelines.

Lifelines are Facebook friends a user can count on and who agree to check on them in an emergency, supply them with shelter, food, or other necessities, or provide the user's social network with an update about their wellbeing.

After disasters, a tremendous number of people use Facebook to post and share information. The new Facebook apps leverage those social

connections to enhance community and individual resilience.

The two apps, bReddi and Project: Lifeline, allow users to identify lifelines, create and share personal preparedness plans, and track the status of their Facebook friends in disaster-affected areas. Both apps achieve the same goals of helping families and friends to plan more easily, being better prepared when a disaster strikes, and more reliably and efficiently getting the word out about each others' health and safety.

This capability means people can more easily learn whether their loved ones are safe, helping people affected by the disaster and those searching for missing people. The apps also allow users to print cards with a

snapshots of their preparedness plans to carry in their wallets as quick references about what to do when a disaster strikes.

Both apps can be accessed through the ASPR website www.phe.gov/lifeline/ or directly through Facebook. People who have friends or relatives they can rely on for help are healthier and live longer than those who don't, and that every disaster has the potential to impact health, so having people you can depend on for help is especially important during a disaster. Identify your lifelines now!

Coordinator's Note: This article was provided courtesy of the Office of the Assistant Secretary for Preparedness and Response, U.S. Department of Health and Human Services.

UNIT NEWS

CNYMRC Promoting Pet Preparedness at Onondaga County Rabies Clinics

The CNYMRC plans to promote pet preparedness at five upcoming rabies vaccination clinics in Onondaga County. For many pet lovers, pets are part of the family and yet are usually not planned for in a disaster. Help pet lovers learn what they can do to plan for their pets NOW, before a disaster strikes.

- Thurs. July 19, Alliance Bank Stadium, 1 Tex Simone Dr., Syracuse
- Thurs. Aug. 2, Village of Minoa DPW, 100 Kalin Dr., Minoa
- Thurs. Aug. 23, St. Lucy's Church, 432 Gifford St., Syracuse
- Thurs. Sept. 20, Marcellus Fire Dept., 4242 Slate Hill Rd., Marcellus
- Thurs. Oct. 4, Beaver Lake Nature Center, E. Mud Lake Rd., Baldwinsville

One or two members are needed for each clinic. All clinics are 5:00-7:00 p.m. Set-up is at 4:30 p.m. Interested? Contact the CNYMRC Coordinator at (315) 435-5262 or cnymrc@ongov.net.

CNYMRC Requested for Onondaga County Rabies Clinics

The CNYMRC is needed to assist with rabies vaccination clinics this summer at sites throughout Onondaga County. Volunteers are requested for such tasks as filling vaccine syringes and completing rabies certificates. This is in addition to the pet preparedness booth we are setting up.

- Thurs. July 19, Alliance Bank Stadium, 1 Tex Simone Dr., Syracuse. **Needed: Clerical**
- Thurs. Aug. 2, Village of Minoa DPW, 100 Kalin Dr., Minoa. **Needed: Clerical**
- Thurs. Aug. 23, St. Lucy's Church, 432 Gifford St., Syracuse. **Needed: Clerical, Syringe Fillers**
- Thurs. Sept. 20, Marcellus Fire Dept., 4242 Slate Hill Rd., Marcellus. **Needed: Clerical, Syringe Fillers**
- Thurs. Oct. 4, Beaver Lake Nature Center, E. Mud Lake Rd., Baldwinsville. **Needed: Clerical, Syringe Fillers**

All clinics are 5:00-7:00 p.m. Set-up is at 4:30 p.m. Interested? Contact the CNYMRC Coordinator at (315) 435-5262 or cnymrc@ongov.net.

CNYMRC Member Spotlight

Eleven CNYMRC members—**Theresa Baxter, Pat Cupernall, Diane GreenPope, Alan Hale, Frank Horvath, Jonathan Just, Pam Keville, Elaine Lostumbo, Michael Williamson, Leigh Wilson,** and **Karen Ziomek**—assisted at four Onondaga County Health Department rabies vaccination clinics this Spring. More than 1,000 pets were vaccinated at these clinics.

Two CNYMRC members—**Jean Brown** and **Cathie Dowe**—alongside the Jefferson County Public Health Service educated families on the dangers of lead poisoning at Ready, Set, Fun! Bookfest in Jefferson County.

Five CNYMRC members—**Theresa Baxter, Dave Bregard, Brenda Lotito, Diane GreenPope,** and **John Sharkey** provided support services for the 70.3 Syracuse Ironman.

CNYMRC member **Robert Fluck** attended the 2012 Integrated Training Summit in Nashville, Tennessee to learn more about the Medical Reserve Corps and public health's efforts in disaster response and recovery.

Four CNYMRC members—**Michael Williamson, Lynn Hale, Geri Hall,** and **Vera Turk**—attended a three-day *Austere Environments* course held at the New England Disaster Training Center in Connecticut.

CNYMRC member **Pam Keville** attended the *Healthcare Leadership for Mass Casualty Incidents* course at the Center for Disaster Preparedness in Anniston, Alabama.

Your CNYMRC Leadership Team has been hard at work developing new partnerships and volunteer opportunities. You see some of their efforts in this newsletter. Stay tuned through the summer and fall for announcements.

Onondaga County Full-Scale Exercise

What is it? This is a full-scale exercise with full participation by first response organizations. At this time, the scenario is known only to the planning team.

Who is being asked to participate? CNYMRC Emergency Medical Technicians, Paramedics, Nurses, Nurse Practitioners, Physician Assistants, and Physicians who have completed the required CNYMRC training courses, achieving Level 3 or 4 membership level.

What would the CNYMRC be doing? CNYMRC personnel are operating the medical tent providing rehabilitation and basic care to exercise participants.

When is it? Where is it? Saturday August 11. Kennedy Square (800 block of E. Water St., Syracuse). Look for large tent on E. Water St.

What do I need to do to take part? You must be a Level 3 or 4 CNYMRC medical volunteer to participate. If you are not, you need to complete the required training courses by July 31.

Register for participation in the exercise by contacting the CNYMRC Coordinator at (315) 435-5262 or cnymrc@ongov.net.

FROM THE COORDINATOR...

Owen Arthur, former Prime Minister of Barbados, quoted, "Often, we are too slow to recognize how much and in what ways we can assist each other through sharing such expertise and knowledge". In today's world of high tech communication, sharing what we know is almost instantaneous. It still takes people willing to share resources for others to know about it.

Each of us has valuable information, knowledge, and experiences we can share with fellow CNYMRC members. Sharing what we know makes for a stronger, more robust unit. Is there a training course, lecture, article, web resource, etc. you think would be beneficial to volunteers in the CNYMRC? Call or email me with the information, links, or how to access the resource and I will pass it on or include it in our newsletter. Do you know of a community event or project you think the CNYMRC could partner or be involved with? I am happy to pursue your lead with reasonable lead time. Do you have expertise in an area of interest you would like to share with the CNYMRC? Let me know. It can be a session at the annual meeting or an option in a specialized training day.

How do we share information with everyone? While it is good to use the email notification system to pass on information, I do not want to inundate you with too much email. When possible, I will batch informational emails. The subject line for the email message will now indicate what type of message it is—drill, informational, activity. Consider joining the CNYMRC Facebook group <www.facebook.com/groups/312848088766725>. Members are easily able to share information, thoughts, and ideas that can be accessed at your convenience.

I encourage you to share what you know with your fellow CNYMRC members. Knowledge is priceless!

Bobbi Alcock

Your CNYMRC Coordinator

Welcome

The CNYMRC welcomes the following new members who joined during April-June 2012:

Rochelle Crouch, Non-healthcare, Madison
Debbie Foringer, Non-healthcare, Madison
Theo Gilmore, Registered Nurse, Madison
Vonnice Joels, Non-healthcare, Jefferson
John Kennedy, Non-healthcare, Madison
Carmen Lucero, Non-healthcare, Jefferson
Elizabeth McGrath-Scott, Non-healthcare, Madison
Roxanne Nazel, Non-Healthcare, Madison
Mark Paddock, Non-healthcare, Madison
John Sharkey, Non-healthcare, Madison
Melinda Silverstein, Non-healthcare, Madison
Susan Taber, Registered Nurse, Cayuga
Jason Terranova, Registered Nurse, Madison
Patricia Terranova, Non-healthcare, Madison

Summer Birthdays

July

Veronica Adsit * Lori-Anne Allen
Richard Beers * Lewis Briot
Alice Burnett * Deborah Church
Penny Clark * Diane Clark
Janelle Collins * Chrishelle Conlin
Susan Corbett * Anita Derby
Daniela DiMarco * Robert Dracker
Keelie Fradenburgh
Bonnie Gallauresi
Marya Gendzielewski
Paul Giasi * Diane GreenPope
Shekinah Jackson
Susan Jenner * Michael Jorolemon
Richard Kinney * Robert Kirk
Jeffrey Leiendecker * Michael Liddell
Suzanne Naylor * Barbara O'Brien
Raina Olexa * Melissa Ostrander
Lewis Otto * Marsha Pond
Marianne Porter * Elizabeth Roberts
Kelly Seifried * Jasjeet Singh
Valerie Smithson * Sarah Thomson
Kelly Toia * Mary Jane Uttech
Robert Westlake * Talisha Wright
Michele Wunderlich

August

Melanie Allen * Jessica Anderson
Rebecca Bargher * Audrey Benenati
Jacqueline Beal-Greacen
Lu Ann Berlinski * Amanda Bradbury
Joshua Calley * Frank Cantone
Nicole Elder * Lisa Ferraro
Kimberly Fink * Stephanie Goodell
Janet Johnson * Victoria Jordan
Lisa Kaufman * Michael Kernan
Cheryl Kerner * Melissa Knox-Algarin
Patricia Koniz * Kevin Lavine
Amy Lenweaver * Brenda Lotito
Amy MacCreery * Barbara McDonald
Laurie Anne Marrano Johnson
John-Paul Mead * Melissa Miner
Mary Moquin * Brenda Naizby
Tina Nash * Roxanne Nazel
Kevin O'Shea * Sherman Price
Julie Rice * Kay Sharpe
Caleb Sickles * Betty Spafford
Patricia Stoiko * Susan Taber
Gregory Threatte * Eric Wagner
Melanie Watson
Kerry Wysner-Purdy

September

Joseph Augustine * Theresa Bruneau * Mark Cole
Jean Comiskey * Wendy Cooley * Rochelle Crouch
Raymond Cymerman * Lisa Dievendorf * Diane Donovan
Erin Hess * Judy Homer * George Jakubson * Vonnice Joels
Cheryl Kelly * Judy Kilpatrick * Julie Levine
Jason Lok * Harold Mandel * James McLaughlin
Donelle Mills * Catherine Petite * April Quill * Gerald Sawyer
Kimberly Sharpe * Melinda Silverstein * Mary Slade * Paula Stage



Join the CNYMRC Volunteer Team for Making Strides Against Breast Cancer



The CNYMRC is helping the American Cancer Society by assembling teams of volunteers to support Making Strides Against Breast Cancer. We are looking to have at least 10 volunteers for each event.

Opportunity #1: Sunday September 30, Clinton Square, Syracuse

Opportunity #2: Saturday October 20, Jefferson County Fairgrounds, Watertown

Details concerning time come mid-summer. However, at this time plan for 8:00 a.m.-2:00 p.m. in Syracuse and 6:00 a.m.-12:00 p.m. in Watertown.

Interested in being part of a CNYMRC team at an event?

Sign up with the CNYMRC Coordinator by August 2 (cnymrc@ongov.net or 315-435-5262).

This is to get a feel for how many CNYMRC members are interested in participating.

Coordinator's Note: These opportunities are for volunteering at the events, providing support services as needed by the event organizers. If you are interested in assembling a team to walk, draft a message and the CNYMRC Coordinator will send it out to the membership.

CPR Courses

Onondaga County

BLS for Healthcare

When: 9:00 a.m.-1:00 p.m.
Friday July 20, August 17, or September 21

Where: John H. Mulroy Civic Center
421 Montgomery St., Syracuse.
Class is located in the Office of Emergency Management, Sub-basement Level.

Cost: Free

Register: Contact the CNYMRC at cnymrc@ongov.net or (315) 435-5262 at least two weeks before scheduled course.

While this course is designed for health-care professionals, it can be taken by non-healthcare volunteers. However, any participant must pass all sections of the course.

American Heart Association

Find a class: www.heart.org

Heartsaver (non-healthcare): \$40.00
BLS for Healthcare: \$50.00-55.00

American Red Cross

Find a class: www.redcross.org

Adult CPR/AED: \$70.00
Adult & Pediatric CPR/AED: \$90.00

The CNYMRC currently reimburses up to \$40.00 for completed CPR courses. To receive reimbursement, send a copy of your CPR card and your receipt to the CNYMRC Coordinator at:

OCHD/CNYMRC
421 Montgomery St., 9th Fl.
Syracuse, NY 13202

Or send scanned copies to: cnymrc@ongov.net

Central New York Medical Reserve Corps



Training Conference

Wednesday August 22, 9:00 am-4:00 pm
Oswego County Health Department
70 Bunner Street, Oswego

Schedule of Courses

9:00-9:10	Check-In (unless attending later course)
9:10-9:55	CNYMRC Orientation
10:00-12:30	IS-700a and IS-100b
12:30-1:30	Lunch (on your own)
1:30-2:20	Personal Preparedness
2:25-3:25	Psychological First Aid
3:30-3:45	CNYMRC—What we do, what you will do
3:45	CNYMRC ID Badge Photos/T-shirt Distribution

CENTRAL NEW YORK MEDICAL RESERVE CORPS

Lead Agency:
Onondaga County Health Department
421 Montgomery Street
Syracuse, NY 13202
Office: (315) 435-5262
Fax: (315) 435-3613
E-mail: cnymrc@ongov.net

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

COST: FREE!

Training to Serve Our Communities

Training Calendar

CNYMRC Training Conference: This one-day training class covers orientation and four of the five training courses required to achieve Active status—personal preparedness, psychological first aid, IS-100, and IS-700. The training day does not cover the required CPR course. Need only a couple of the courses? Come for what you need! The class is free but lunch is on your own.

Oswego County: Wednesday August 22, 9:00 a.m.-4:00 p.m. Oswego County Health Department, 70 Bunner Street, Oswego. Contact the CNYMRC Coordinator by August 17 to register.

CNYMRC Orientation: “Meet” your coordinator and fellow volunteers while getting an overview of the CNYMRC—what it is, your role in the MRC, and the MRC’s role in the community. The orientation is required to begin your work with the CNYMRC, so attend a session as soon as possible. Do you know someone who might be interested in joining the CNYMRC? Ask them to join in!

In Person:

Oswego County: Wednesday August 22, 9:00-10:00 a.m. Contact the CNYMRC Coordinator by August 17 to register.

Webinar:

Tuesday July 24, 9:00-10:00 a.m. (meeting.syntela.com Meeting ID: 5097175)***

Wednesday September 19, 6:00-7:00 p.m. (meeting.syntela.com Meeting ID: 6830178)***

***Webinar-format Training: You do not need to pre-register. Go to the web site listed. The Meeting ID is entered on the right side. No software needs to be downloaded. The telephone number is provided when you join the meeting.

SUPPLEMENTAL TRAINING OPPORTUNITIES

Center for Disaster Preparedness in Anniston, AL offers free resident courses (including travel). These courses are a fantastic opportunity to get hands-on training in disaster response. For more information and to begin the registration process, go to <http://cdp.dhs.gov/index.html>. A few CNYMRC members have attended courses here and raved about their experiences.

Wide Area Search and Rescue July 24-26, State Preparedness Training Center (SPTC), 5900 Airport Rd., Oriskany, NY. This course is offered in collaboration with Texas Engineering Extension Service and is applicable to jurisdictions that would need to conduct wide area searches due to a natural disaster or terrorist incident. Participants will learn practical search methods and skills in order to perform systematic searches over a large affected area. The course concludes with a table top exercise that requires participants to utilize the previous two days of instruction. The curriculum of this course is based on lessons learned from search operations in support of the Space Shuttle Columbia recovery, Hurricanes Katrina, Rita, Dolly, Ike and other wide area search incidents. For complete details of this training opportunity, including registration/qualifications to attend, review the course announcement: http://www.dhses.ny.gov/oem/training/documents/courses/PER-213_SPTC_07242012.pdf

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

CNY Medical Reserve Corps

Lead Agency:

Onondaga County Health Department
421 Montgomery Street
Syracuse, NY 13202

Phone: **(315) 435-5262**

Fax: (315) 435-3613

E-mail: cnymrc@ongov.net

Web: www.ongov.net/health/mrc

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) 435-5262. An up-to-date profile is important for easy communication as well as being utilized to the best of your abilities!

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