



# CNYMRC Times

Volume 2, Issue 1

A Newsletter of the  
Central New York Regional Medical Reserve Corps

Winter 2010

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## CNYMRC CELEBRATING ANNIVERSARY

This January marks the one year anniversary of the revitalization of the Central New York Regional Medical Reserve Corps (CNYMRC). On January 26, 2009, the first nine applications for enrollment in the CNYMRC were received. The CNYMRC has come a long way since then.

The first major effort of the unit was in recruiting (and in some cases re-recruiting) members. Invitations to join were sent out through many outlets in each of the seven CNYMRC counties. The CNYMRC is now 190 members strong with more than enough room to grow.

Early April saw the first request from a community partner for assistance with an exercise. The Veteran's Administration Hospital called for several unit members to be victims in a contamination. Members went through a wet (and cold) decontamination, viewing how this type of exercise is accomplished. Also during this time, the CNYMRC started utilizing ServNY, the state Department of Health's volunteer registry. ServNY provides a confidential database, easier mass communication, and credentialing.

The Spring and Summer months were spent encouraging members to attend orientation and complete training. The first members to achieve Active status did so in June. Recruiting efforts were continued by presenting information on the CNYMRC to several professional organizations. A variety of training options were also provided to the CNYMRC by several community partners in such areas as trauma nursing, basic disaster life support, and emergency medicine.

The CNYMRC became much more lively in the Fall. An Additional thirty-five unit

members reached Active status by participating in a day-long training conference. The Onondaga County Health Department invited the CNYMRC to take part in their first responder drive-thru vaccination exercise. This exercise vaccinated over 700 first responders for seasonal flu. The purpose of the exercise is to test the county's mass vaccination with social distancing plan.



CNYMRC RN Bob Zysk vaccinating a first responder at the OCHD Drive-Thru Mass Vaccination Exercise.

The arrival of the 2009 H1N1 Influenza and the need to vaccinate thousands of school children saw the need to activate the CNYMRC for the first time. The Onondaga County Health Department requested assistance from the CNYMRC in helping to achieve this tremendous task. Other CNYMRC member counties considered activating the unit as well.

### Coordinator's Note:

In celebrating the first anniversary of the revitalization of the CNYMRC, you can see how much has been accomplished in the past year. There is so much for each of you to be proud of. A unit that covers the large geographical region of the CNYMRC has many challenges. Each of you makes these challenges so much easier to tackle. I look forward to seeing what we can accomplish in the next year!

CNY Medical Reserve Corps

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## PREPARING YOUR PETS FOR EMERGENCIES

For many pet owners, pets are an important part of the family. As emergency plans are developed for your household, you should consider what you need to do to care for your pets. In many disasters, pets are left behind or lost. While consideration is now being given to pets, many evacuation shelters are still not able to accept pets. Having a plan in place means your pets are properly cared for even if they are not with you.

From the New York State Emergency Management Office's *Emergency Information Handbook*:

Should a disaster occur or appear imminent, and if emergency officials recommend that you stay in your home, it is crucial that you keep your pets with you. Always bring them inside at the first sign of danger. Your pets may become stressed during their in-house confinement, so consider crating them for safety, comfort, and to make evacuation easier.

Identification such as collars, tags, microchips and tattoos will increase the chances of your pet's safe return should they become separated from you.

On the carrier and harness, write your pet's name, your name and contact information with a permanent marker; include a picture of your pet. Keep an extra harness for safety, and a crate, cage or carrier for each pet.

Keep a copy of your pet's medical records, feeding and medication requirements, and a recent photo of your family with your pet in a zip-lock bag.

Do not evacuate and leave your pet behind in a crate. They will be rendered helpless unless you return or until someone else reaches them. Post stickers on your front and back doors that say "Pets Inside." Write the number of and types of pets in your

home on each sticker. Should you evacuate with your pets, and if time allows, write "Evacuated" across the stickers.

Talk to neighbors, friends and relatives about designating someone to care for pets when emergencies occur. Ensure that whoever cares for your pets knows your evacuation plan and has an extra set of keys. If you have multiple pets, consider making arrangements with several friends and build an emergency contact list.

Call or visit pet-friendly hotels, veterinary hospitals, boarding kennels and animal shelters outside your area [in advance of a disaster so you know where your pets can be sheltered].

Know the phone numbers of your local animal control agency, humane society, local Society for the Prevention of Cruelty to Animals (ASPCA) and local emergency veterinary hospital [in case your pet is separated from you during an emergency].

### Emergency Pet Supplies:

- Extra harness; crate, cage or carrier for each pet—post your pet's behavioral or medical issues on the carrier or crate.
- Seven (7) days worth of pet food and water.
- Paper towels, liquid dish soap, hand sanitizer, household bleach, a week's worth of litter, cage liner and/or bedding for your pet.
- Garbage bags (for clean-up).
- First aid kit—ask your veterinarian for recommendations.
- Dogs—leash, blanket, yard stake, toys
- Cats—pillow case or "EvackSack," harness, leash, blanket, toys, small litter pan
- Birds—catch net, heavy towel, cuttlebone, blanket/sheet to cover cage, newspaper
- Small animals—salt lick, water bottle, hide box or cardboard tube

- Reptiles: pillow case or "EvackSack," warming device (hot water bottle, heating pad), soaking dish

Just as planning for ourselves prepares us for a disaster, when we plan for how to care for pets in advance, we increase their chances of surviving a disaster. A small amount of time now can save you and your pet a lot of stress during an emergency.

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## VOLUNTEER SPOTLIGHT

Ever wonder who is in the CNYMRC? Here are some interesting facts about our unit:

There are currently 190 members in the CNYMRC.

Twelve members reside in Cayuga County, six in Cortland County, 10 in Jefferson County, 108 in Onondaga County, 21 in Oswego County, and 14 in Tompkins County. We have 19 members residing in counties outside our unit's region.

Eighty of you are willing to serve Cayuga County, 68 Cortland County, 66 Jefferson County, 55 Lewis County, 146 Onondaga County, 78 Oswego County, and 72 Tompkins County. So many of you generously serve more than one county with 47 members willing to serve all the CNYMRC counties.

We have 29 physicians, 5 PAs, 16 NPs, 75 RNs, 12 LPNs, 12 EMTs and paramedics, 13 pharmacists, 5 mental health professionals, 2 dentists, 4 healthcare students, 2 lab technicians, 1 veterinarian, and 30 non-healthcare professionals. You may realize this adds up to more than 190. That is because some of our members have more than one occupation.

Our members range in age from 18 to 81.

## FROM YOUR COORDINATOR...

As the New Year begins, many people look back on the previous year and I looked back on our first year in this issue. However, as the eternal optimist and planner, I like to look forward and think about what the next year can bring. There are so many prospects to look forward to with anticipation. I plan to spend the upcoming months firming up some ideas and partnerships before bringing them to you. However, this does not mean that we can not get started now on advancing the unit.

In an effort to make the CNYMRC a more valuable resource, I would like to develop unit groups responsible for the oversight of particular unit activities. Initially these groups would include Recruitment, Training, Community Partnerships, and Community Preparedness. With your participation and support, these groups can be successful. I am asking that each of you consider joining and possibly volunteering to lead one of these groups. Since we cover a very large region, I am looking at alternative ways to communicate and meet.

**Recruitment** goes beyond finding new members for the CNYMRC. It also means considering what types of occupations and assistance we may need in our response efforts and tapping into those resources.

**Training** is so much more than the basic

courses required to reach active status. There are many opportunities out there, including from our own members, that could improve the knowledge base of the unit as well as the types of activities we could respond to.

**Community Preparedness** in advance of any disaster allows for a more effective response to that disaster. The CNYMRC can assist with this effort by getting the word out.

In developing **Community Partnerships**, the CNYMRC opens itself up to opportunities for involvement in community response efforts. As the CNYMRC seeks out partnerships and demonstrates how we can be of assistance, we create an atmosphere of comfort in considering us as an organization called and counted on during a disaster.

As I have grown with the unit, I have come to really see how important the CNYMRC could be and already is to our communities. I also understand the challenges of combining work and home with volunteer aspirations. Thank you for doing what you can to make this a successful organization.

Enjoy the new year.

YOUR CNYMRC Coordinator,

*Bobbi Alcock*

## CNYMRC AT H1N1 CLINICS

In late Fall, the CNYMRC was called on by the Onondaga County Health Department (OCHD) to assist with its H1N1 school vaccination clinics. Twenty-three members responded to the request and provided their valuable time and expertise to these very active clinics. The OCHD organized 17 school clinics and the CNYMRC participated at almost all filling such roles as vaccinator, medical screener, syringe filler, form checker, traffic control, and greeter. By the last clinic on December 11, more than 18,000 Onondaga County school children were vaccinated for the 2009 H1N1 flu.

Kudos were given all around as the OCHD commented on how knowledgeable and pleasant the CNYMRC members are and how seamlessly they fit in with clinic staff. Great job everyone!

*Coordinator's Note:* As our member counties move into public H1N1 clinics in January, the potential need for the CNYMRC still exists. Please stay tuned to your email for request information.



CNYMRC EMT-P Trish Jubinville at a school H1N1 vaccination clinic.

## WINTER BIRTHDAYS

### January

Kathleen Britton  
Sheila Chiumento  
Christina Coughlin  
Cheryl Denett  
Laura Dibble  
Lynne Fitzpatrick  
Trish Jubinville  
Richard Kavey  
Jason Landry  
Frank Mayosky  
Agnes Orr  
Suzanne Reid

### February

Myles Baker  
Laura Benjamin  
Mary Ditzer  
Robin Drypolcher  
Molly Landerkin  
Andrea Liedka  
Alfred McDonnell  
Janette Miller  
Elizabeth Mizro  
Brian Pompo  
Mark Sicherman  
Leann Waterman  
Judith Watson

### March

Deborah Baker  
Margaret Evans  
Brendan Hind  
Sonia Jirka  
Diane King  
Maureen Kinney  
Betsy Loughlin  
Chris Matijas  
Marcus Niessen  
Cheryl Race Robinson  
Joanne Rogers  
Robert Schaefer  
Christopher Tanski  
Betty Turner



## 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 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!

**Tuesday, January 26, 6:00-7:00 p.m. or Saturday, March 6, 10:00-11:00 am**—John H. Mulroy Civic Center—9th Floor Conference Room, 421 Montgomery St., Syracuse. Please bring a photo ID for security purposes. Please RSVP by January 22 or March 3 to [bobbialcock@ongov.net](mailto:bobbialcock@ongov.net) or (315) 380-3488. *Coordinator's Note:* If you live in a county other than Onondaga and can give me two weeks' notice, I can attempt to make arrangements with your county's health department to have the orientation broadcasted to you there.

### American Red Cross Courses

**Onondaga-Oswego Chapter**, 220 Herald Place, Syracuse. Register by calling (315) 234-2247.

**Psychological First Aid**—March 13, 9:00 a.m.-1:00 p.m. Free.

**Mass Care Overview**—January 16 or March 11, 9:00 a.m.-5:00 p.m. Free.

**Shelter Operations**—January 16 or March 11, 9:00 a.m.-5:00 p.m. Free

**Northern New York Chapter**, 203 N. Hamilton St., Watertown. Register by calling (315) 783-4410.

**Adult CPR**—January 5 or February 2 or March 2, 6:00-9:00 p.m. \$35.

**Standard First Aid with CPR**—January 23 or February 27 or March 27, 8:00 a.m.-1:00 p.m. \$45.

**Cayuga County Chapter**, 11 State St., Auburn. For fees or to register, call (315) 252-9596.

**Standard First Aid**—January 4 or January 25 or February 22 or March 8 or March 29, 6:00-9:00 p.m.

**Adult CPR/AED**—January 6 or January 27 or February 24 or March 10 or March 31, 6:00-10:00 p.m.

**Pet First Aid & CPR**—January 14 or February 11 or March 18, 6:00-10:00 p.m.

**Cortland County Chapter**, 111 Port Watson St., Cortland. Register by calling (607) 753-1182

**Adult CPR**—January 4 or February 2 or March 1, 6:00-10:00 p.m. \$40

**Standard First Aid with CPR**—January 23 or March 20, 9:00 a.m.-5:00 p.m. \$56.

**Tompkins County Chapter**, 201 W. Clinton St., Ithaca. Register by calling (607) 273-1900.

**Adult CPR/AED**—January 23 or February 20, 9:00 a.m.-1:30 p.m. or February 8, 5:30-10:00 p.m. \$45.

**Standard First Aid with CPR**—January 23 or February 20, 9:00 a.m.-5:00 p.m. \$55.

### Supplementary On-Line Courses

**Nurses on the Front Line: Preparing for and Responding to Emergencies and Disasters**—Sponsored by the National Nurse Emergency Preparedness Initiative (NNEPI). This highly interactive web-based course provides emergency preparedness training for nurses working in hospital/acute care, schools, public health, ambulatory care, hospice/palliative care, long-term care, occupational health, and home health settings. This course is available in both a FREE version and one that offers six (6) continuing nursing education credits for \$24. <http://learning.nnepi.org/catalog/>

**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.ualbanycphp.org/learning/>

For a complete and up-to-date listing of classes and events, visit the CNYMRC web site at [www.ongov.net/health/mrc](http://www.ongov.net/health/mrc)





# CNYMRC Times

Citizen Volunteers: Helping Our Communities, Ready to Respond

Volume 2, Issue 2

A Newsletter of the  
Central New York Medical Reserve Corps

Spring 2010

## *Floods—Be Prepared*

With melting snow and April showers, May flowers may not be the only thing to arrive in Spring. Flooding is a very real, and very devastating, possibility. When we think of floods, we tend to think of large events like that of Hurricane Katrina in 2005. However, smaller floods are more prevalent and can be just as devastating to those affected.

Flooding is the most common type of natural disaster. Forty percent of all natural disasters world-wide are floods. It is also one of the most costly types of natural disasters. Yet very few people are prepared for one. Nearly 25% of all flood insurance claims come from areas at low risk of flooding.



Being prepared for a flood is much like being prepared for any disaster. Here are tips from SEMO and FEMA on what to do should a flood affect you:

### **Before a Flood**

Find out how many feet your property is above or below possible flood levels. When predicted flood levels are broadcast, you can determine if you may be flooded. Elevate furnace, water heater, and electric panel if susceptible to flooding. Seal the walls in your basement with waterproofing compounds to prevent seepage.

Learn the safest route from your home or business to high, safe ground should you have to leave in a hurry.

Develop and practice a 'family escape' plan and identify a meeting place if family members become separated. Plan what to do with your pets.

Make an itemized list of all valuables including furnishings, clothing and other personal property. Keep the list in a safe (and waterproof) place.

Stockpile emergency supplies of canned food, medicine and first aid supplies and drinking water. Store drinking water in clean, closed containers. Have a portable radio, flashlights, extra batteries and emergency cooking equipment available.

Keep your automobile fueled. If electric power is cut off, gasoline stations may not be able to pump fuel for several days. Have a small disaster supply kit in the trunk of your car.

Keep materials like sandbags, plywood, plastic sheeting and lumber handy for emergency waterproofing.

Consider purchasing flood insurance. Most homeowner and renter policies do not include damage due to floods.

### **During a Flood**

Monitor the National Oceanic and Atmospheric Administration's (NOAA) Weather Radio or your local radio or TV station broadcasts for information.

If you must evacuate from your home, you should do the following:

If there is time—bring outdoor possessions inside the house or tie them down securely. This includes lawn furniture, garbage cans, and other movable objects. Move essential items and furniture to upper floors in the house. Disconnect electrical appliances that cannot be moved. DO NOT touch them if you are wet or standing in water.

If you are told to shut off water, gas, or electrical services before leaving, do so.

Secure your home. Lock all doors and windows.

DO NOT walk through moving water. Six inches of moving water can make you fall. If you have to walk in water, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.

Follow recommended routes. DO NOT drive on flooded roadways. Turn around and go another way. Six inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling. A foot of water will float many vehicles. If you are in your vehicle and water begins to rise rapidly around you, abandon the vehicle immediately and head to higher ground.

### **After a Flood**

Listen to the radio or TV for instructions from local officials. Wait until an area has been declared safe before entering it. Be careful driving, since roads may be damaged and power lines may be down.

Before entering a building, check for structural damage. Turn off any

## *Floods (Continued from Page 1)*

outside gas lines at the meter or tank. Let the building air out to remove foul odors or escaping gas.

Upon entering the building, use a battery-powered flashlight. **DO NOT** use an open flame as a source of light. Gas may be trapped inside (the building).

When inspecting the building, wear rubber boots and gloves. Watch for electrical shorts and live wires before making certain the main power switch is off.

**DO NOT** turn on electrical appliances until an electrician has checked the system and appliances.

Throw out any medicine or food that has had contact with flood waters.

Test drinking water for potability. Wells should be pumped out and water tested for drinking. If the public water system is

declared 'unsafe' by health officials, water for drinking and cooking should be boiled vigorously for 10 minutes.

Shovel out mud with special attention to cleaning (of) heating and plumbing systems.

Flooded basements should be drained and cleaned as soon as possible. Structural damage can occur if drained too quickly. When surrounding waters have subsided, begin draining the basement in stages, about 1/3 of the water volume each day.

The effects of a flood are devastating and costly. The loss of personal property is heartbreaking and the recovery for the homeowner and region can be long-term and expensive. The 2006 flood in the Binghamton region claimed more than \$100 million in damages. As with preparing for any disaster, what you do in advance of a flood can make recovering from a flood easier to manage.

## *From Your Coordinator...*

One of my earliest memories is of the Great Flood of 1972. We lived in a small house, what many would call a camp, on the banks of the Seneca River in Cayuga County. I remember my mother quickly packing us in the family station wagon as people along the banks were warned to head to higher ground. I also remember riding in a canoe as we paddled our way to the house so my father could inspect the damage. As a child, I thought the flood was very exciting. I'm sure my parents would not say the same. We were lucky. The house was built up from the ground so the flooding never came inside the house. I know today that the "Great Flood" was caused by Hurricane Agnes. Agnes was a rare June hurricane, minor until it combined with a non-tropical low over the mid-Atlantic states delivering as much as 19 inches of rain in places. Twenty-four deaths were attributed to these floods in New York State.

Then, when I was nine, the Owasco outlet flowing through the village of Port Byron flooded in February. That's right, February! All because of an ice jam further downstream. It was so uncommon (and historic in a town that size) that they made up t-shirts

about it! Many businesses and homes along the outlet, which is usually shallow and high-banked, were flooded.

The point I'm trying to make is that flooding can happen anywhere and at anytime. It happens HERE. While some places are more prone to flooding than others—the Seneca River overflows its banks almost yearly in places—you never know when flooding might affect you.

One of the missions of the CNYMRC is personal preparedness. It's why there's an article on some type of preparedness in each issue. As you may have come to realize, preparing for one type of disaster is much like preparing for another type of disaster. This is an all-hazards approach to personal preparedness. I would like to, once again, encourage you to put a family action plan and disaster kit in place. **Prepare. Plan. Stay Informed.**

Enjoy your Spring!

*Bobbi Alcock*  
CNYMRC Coordinator



## *Spring Birthdays*

### **April**

Lori Anderson  
Carolyn Backes  
Dave Bregard  
Ray Caprin  
Aida de Jong  
Anna DeWitt  
Anthony DiGiovanna  
Mary Doss  
Gayanna Gilbraith  
Geri Hall  
Sharon Jasek  
Gracia Marquis  
Katherine McCarthy  
Charles Miller  
Patrick Poirier  
Janet Rasbeck  
Brian Richardson  
Diane Snyder  
Michele Wilson

### **May**

June Chamberlin  
William Hoff  
Frank Horvath  
Virginia Jones  
Sheila Kirby  
James Loehr  
Elaine Lostumbo  
Steven Magargle  
Patricia Maslak  
Peg Maxwell  
Barbara McNiff  
David O'Brien Jr.  
Daniel Pauls  
Roxanne Richardson  
Michael Shaw  
Arlethia Smith  
Jeffrey Sneider  
Leigh Wilson

### **June**

Donna Berthoff  
Tracy Brown  
Derek Cooney  
Christal Deline  
Wanda Fremont  
Joanne Hirsch  
Susan Kerns-Robinson  
Gerald Levy  
Janet Lottermoser  
Kathleen Meadows  
Colleen O'Leary  
Theresa Tighe  
Beverly Todd  
Dan Vick  
Bob Zysk



# Central New York Medical Reserve Corps Spring Training Conference

**Saturday, April 17, 2010**

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

**Location: Public Safety Training Building, Room 120  
Coyne Hall, Onondaga Community College**

(Directions included)

## **Schedule of Courses**

|             |  |
|-------------|--|
| 9:00-9:15   | Check-In (unless attending later course) |
| 9:15-10:00  | CNYMRC Orientation                       |
| 10:10-11:00 | Personal Preparedness                    |
| 11:10-12:00 | Psychological First Aid                  |
| 12:00-1:00  | Lunch (on your own)                      |
| 1:00-4:30   | IS-700a and IS-100a                      |
| 4:30-5:00   | CNYMRC ID Badges                         |

### **Central New York 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](mailto:cnymrc@ongov.net)  
Web: [www.ongov.net/health/mrc](http://www.ongov.net/health/mrc)

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. If you do not need all the courses, come for the ones you do!

**COST: FREE!**

**RSVP: By Tuesday, April 13, 2010**

**Training to Serve Our Communities**

# Calendar of Events

**CNYMRC Training Conference:** Attend member orientation and complete four of the five required courses in one day while meeting other members of the unit. See page 3 for details.

**Saturday April 17, 9:00 a.m.-5:00 p.m.** Register by April 13.

**CNYMRC Orientation:** “Meet” your coordinator and your 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. **Note:** The Spring orientation sessions 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 in to.

**Saturday May 22, 10:00-11:00 a.m.** Register by May 19.

**Tuesday June 15, 3:00-4:00 p.m.** Register by June 11.

**CNYMRC Work Groups:** Are you looking to be more involved in the CNYMRC? Would you like a hand in steering the future of the unit? If so, join one of the work groups being set up to advance the CNYMRC. The initial meeting of each work group is via web-conferencing. From there, each group will decide how to meet and communicate. If you are interested in joining one of the work groups but cannot attend the first meeting, let your interest be known! It is important to RSVP by the Friday before the meeting so that you will be sent the link to meet on-line and the phone number to call in to.

**Recruitment: Monday May 3, 6:00-7:00 p.m.** Recruitment goes beyond finding new members for the CNYMRC. It also means considering what types of occupations and assistance we may need in our response efforts and tapping into those resources.

**Training: Monday May 10, 6:00-7:00 p.m.** Training is so much more than the basic courses required to reach active status. There are many opportunities out there, including from our own members, that could improve the knowledge base of the unit as well as the types of activities we could respond to.

**Community Partnerships: Monday May 17, 6:00-7:00 p.m.** In developing Community Partnerships, the CNYMRC opens itself up to opportunities for involvement in community response efforts. As the CNYMRC seeks out partnerships and demonstrates how we can be of assistance, we create an atmosphere of comfort in considering us as an organization to call and count on during a disaster.

**Community Preparedness: Monday May 24, 6:00-7:00 p.m.** Community Preparedness in advance of any disaster allows for a more effective response to that disaster. The CNYMRC can assist with this effort by getting the word out.

**Communications Email Drill:** To know what an activation would look like, the CNYMRC conducts a communications drill at least twice yearly. This drill will be via email only. How to respond to the “activation” is part of the email message.

**Wednesday, April 28**

**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 Bobbi Alcock at [bobbialcock@ongov.net](mailto:bobbialcock@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**. Just go to [www.ongov.net/health/mrc](http://www.ongov.net/health/mrc) for up-to-date information.

*Lead Agency:*

*Onondaga County Health Department*

*421 Montgomery Street*

*Syracuse, NY 13202*

*Phone: (315) 435-3648*

*Fax: (315) 435-3613*

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## Compassion Fatigue

**Editor's Note:** The following article was written by Patricia Smith, CEO of the Compassion Fatigue Awareness Project®, and published in *Families of Loved Ones* magazine, Summer 2009.

Within the past ten years, the secrets to recognizing and managing Compassion Fatigue trickled down from academia to those of us in the care-giving professions. Thanks to the work of leading traumatologists and psychologists, we now share a comprehensive knowledge of the secondary traumatic stress that plagues caregivers worldwide. As more information becomes available, we better understand what is necessary to alleviate the suffering that Compassion Fatigue causes in our lives. *In turn, we help ourselves so we can continue to help others.*

With focused attention on creating good health, we embrace new ways to approach self-care. As an understanding of our destructive patterns unfolds, we begin to see how these behaviors affect our ability to provide healthy care-giving to others. *Symptoms such as isolation, emotional outbursts, substance abuse and health-depleting addictions rob us of our well-being.* Accepting and naming these symptoms is the first step toward healing. Pinpointing their origin, which often involves stepping back in time to explore faulty perceptions, can be daunting and painful. But to forgive our past and accept the role it plays in our present actions delivers us on the doorstep of emotional and physical healing.

Once we suffer from Compassion Fatigue, it is always with us. We must be diligent about managing its

symptoms. Compassion Fatigue waits in the wings for us to revert back to unhealthy thoughts and actions and then surfaces once again. Managing the symptoms successfully takes commitment and resiliency. *Practicing healthy coping skills such as physical exercise, meditation, yoga, or walking Fido is mandatory.* Since our ways of coping are as unique as we are, the work involved is well worth the effort. For the most part, those of us who suffer from Compassion Fatigue are "other-directed." We place the needs of others before our own needs. The work before us is to become acquainted with ourselves—our likes, dislikes, strengths and shortcomings.

Every day on the Compassion Fatigue Awareness Project® website, I hear from caregivers who have experienced Compassion Fatigue and have traveled the path leading to self-acquaintance. Now, it is important to them to pass their knowledge on to others. As trainers, they experience satisfaction in sharing their success story with other caregivers. They enter their workshops armed with the latest findings on the signs and causes of Compassion Fatigue, and also how to alleviate the disturbing symptoms.

Encouraging their participants to disregard old destructive patterns, they educate them as to how to create a healthier lifestyle. The road to wellness begins with one step—awareness. Once we accept that Compassion Fatigue is real and harbors the ability to sap our energy and passion for life, we can reverse the process.

By embracing authentic, sustainable self-care, we open the door to a better life. And, ultimately, happiness.

The basics of Compassion Fatigue may be found at <http://www.compassionfatigue.org>.

Visit the site for information on:

- \* What is Compassion Fatigue?
- \* What are the symptoms?
- \* What are the causes?
- \* What is the Path to Wellness?
- \* Compassion Fatigue Self-Test

## News From Across the Region

### CNYMRC Welcomes Madison County to the Unit

Madison County's Health Department took steps in late May to rejoin the Central New York Medical Reserve Corps. One of the original CNYMRC counties, Madison County is now the eighth county to take part in the re-established unit. Eric Faisst, Public Health Director, Madison County Department of Health, says of this partnership, "Madison County Department of Health is excited to join the CNYMRC as a partner in public health preparedness and looks forward to advancing public health response efforts in our region. Ensuring the availability of trained medical and health personnel is foundational to these efforts." With the addition of Madison County to the CNYMRC, the unit now serves all of Central New York.

CNYMRC members should decide whether to add Madison County to the list of counties they are willing to serve. Those members who indicated they were willing to serve all counties will automatically have Madison County added to their list unless they

*Continued on Page 2*

## Regional News *(cont.)*

inform the unit coordinator otherwise. Members who signed up for individual counties will need to request adding Madison County to their list.

### ..... CNYMRC Participates in Public Health Activities

The health departments in the CNYMRC counties have requested member participation in their public health activities.

In May, CNYMRC member Elaine Lostumbo drew blood for prostate screening at Onondaga County's *Get Health Connected* fair. *Get Health Connected* provided free medical screenings and health information to uninsured and underinsured residents of Onondaga County.

In early July, CNYMRC members Theresa Baxter and Diane Avery assisted the Oswego County Health Department with CNYMRC member recruitment at the Oswego County Fair in Sandy Creek.

These activities may seem small but they do much toward helping the health departments in our counties as well as getting the CNYMRC name out into the community. The CNYMRC looks forward to providing more such services to our counties.

### ..... CNYMRC Members Attend Life Support Classes

This Spring, twelve members of the CNYMRC attended a Basic Disaster Life Support (BDLS) course and seven members attended an Advanced Disaster Life Support (ADLS) course. Both courses were provided free by the Emergency Preparedness Regional Resource Center at SUNY Upstate Medical University.

The BDLS course reviewed all-hazard topics including natural and accidental man-made events, traumatic and explosive events, nuclear, chemical, radiological, and biological events. It also included information on the healthcare professional's role in the

## From Your Coordinator...

In early May, torrential rains caused flooding that devastated much of middle Tennessee. Why am I bringing this up? With Mother Nature's weird sense of irony, this massive flooding prevented the Integrated Medical, Public Health, Preparedness and Response Training Summit from taking place in Nashville. The summit brings together representatives of Medical Reserve Corps units, along with other response organizations, from across the country. It was suggested to me several times that this could be a fantastic training opportunity, a chance to push up my sleeves and get involved in the relief efforts taking place there.

What people may not realize is that, although I lead a medical reserve corps unit, I am not allowed to just show up (in any official capacity) to any disaster that happens. There are procedures in place for activating response organizations and they are there for a reason. Assistance that is not needed or planned for only gets in the way of the coordinated response efforts already taking place. This is why the CNYMRC only responds to disasters or is involved in public health activities when requested to do so.

My father, who lives in Tennessee, was baffled when he drove to an area where a response organization was working to offer his assistance only to be turned away. I tried to explain to him that it wasn't his age, as he thought, but the inability to handle spontaneous volunteers that led to his "rejection." Many such organizations do not have the capability to handle or the liability coverage for spontaneous volunteers.

public health and incident command systems, community mental health, and the special needs of underserved and vulnerable populations.

The ADLS course was an advanced practicum course allowing attendees to demonstrate competencies in casualty decontamination, specified essential skills, and mass casualty

After the earthquake in Haiti, many Americans clamored to assist the response efforts. Generosity is a wonderful trait shared by many in our country. However, what was heard throughout the response community, was how unprepared many volunteers were for disaster response in a country that is already poverty-stricken. Some responders went to Haiti (unrequested) without their own basic supplies—food, water, and personal sanitation—needed to take care of themselves. It ended up that there were responders who needed to be cared for along with the Haitian people, further stressing an already highly stressed situation.

The point is that before responding to a disaster (locally or globally) in any way, it is important to find out first what is really needed. It can make all the difference in the world. Training is a great place to start. Find the training you think will help you prepare and take advantage of it. As I find opportunities, such as MRC Deployment Training or BDLS/ADLS courses, I pass them on to you as quickly as possible. I am constantly on the lookout for such offerings. If you know of any, pass them on to me so I can forward them to the unit.

By the way, the training summit was rescheduled and moved to Las Vegas. Alas, the state of Tennessee did not request our assistance.

**Your CNYMRC Coordinator,**  
*Bobbi Alcock*

incident information systems and technology applications.

**Editor's Note:** Information on how to access CDLS (Core Disaster Life Support—for the non-healthcare professional) and BDLS (for the healthcare professional) online can be found in the *Calendar of Events* section under Online Courses.

## Volunteer Spotlight

During the Spring, MRC units from across the country were informed by the Office of the Civilian Volunteer Medical Reserve Corps (OCVMRC) about a fantastic training opportunity. Members had the opportunity to apply for federal deployment training alongside the U.S. Public Health Service Commissioned Corps. Four members of the CNYMRC applied along with 250 other MRC members for 35 spots in the training. The CNYMRC was fortunate to have **Julie Wilmot**, a pharmacist, chosen to attend this training.

I caught up with Julie after the training to ask her the following questions by email:

*Q: Why did you apply for the federal deployment training?*

A: Even though I am new to the Medical Reserve Corps and have only been an active member since October 2009, I have the desire to be of service not only outside of my local jurisdiction, but also internationally. Because I live in upstate New York, however, I have not had the opportunity to gain any previous disaster response experience. I required further training to fully utilize all of my capabilities and skills during a disaster response, and learning directly from members of the HHS [Department of Health and Human Services] and CDC [Center for Disease Control and Prevention] would be the best training I could imagine.

*Q: What types of activities were done at the training?*

A: On the first day, there was an overview of the federal response and organizational awareness during a disaster. Deployment readiness and expectations were also discussed. We then went to the Hubert Humphrey Building which is home to HHS. We were given a tour of the operations center and Rear Admiral Robert Williams, who is the Chief of Staff to the Surgeon General, was kind enough to make a few remarks to our group. Over the course of the next

three days, two members of the CDC reviewed all natural and man made disasters that could possibly be encountered. We did some skill development labs after a few of the lectures to solidify what we had just heard. On the final day of the training, we were taken to a simulation center in Silver Spring, MD for a mass casualty exercise. Our exercise involved properly triaging and transporting victims of a mock plane crash using the incident command system.

*Q: What do you consider to be the most valuable thing you learned?*

A: I learned that as MRC members, the biggest impact we will have at a disaster is providing continuing care. As horrible as disasters are, life goes on, and people with chronic diseases, pregnant women, children, the elderly, etc. all need continuing care to survive. This helped me better understand what my role would be if I were deployed.

*Q: Now that you have completed the federal deployment training, are you on a list to be activated for a disaster?*

A: Before I can be deployed for a disaster, I must first undergo a criminal background check. Once completed, I will be on a list of MRC members who could be deployed nationally or internationally if needed.

*Q: Under what circumstances would you be activated?*

A: The focus of MRC units will always be on strengthening the health and safety of their local communities. Therefore, to ensure that the local unit's ability to respond is not compromised, MRC members who federally deploy will need the approval of their local unit leader and MRC State Coordinator. Also, volunteers would only be deployed from units located in areas unaffected by the disaster. MRC members would be deployed to augment federal assets when needed, and in many cases, the federal assets will be sufficient to respond to a disaster without augmentation from MRC members.



### July

Sharon Boland• Roberta Bouck• Kathleen Burnham• Anita Derby• Daniela DiMarco• Robert Dracker• Bonnie Gallauresi• Marya Gendzielewski• Shekinah Jackson• Jacqueline Jahelko• Michael Jorolemon• Richard Kinney• Robert Kirk• Lewis Otto• Marianne Porter• Magali Quintero-Olson• Buffy Roberts• Kelly Seifried• Marie Smith• Valerie Smithson• Kelly Toia• Robert Westlake• Talisha Wright

### August

Jessica Anderson• Jacqueline Beal-Greacen• Audrey Benenati• Lu Ann Berlinski• Andrew Felter• Lisa Ferraro• Stephanie Goodell• Lisa Kaufman• Patricia Koniz• Amy Lenweaver• Brenda Lotito• Laurie Ann Marrano Johnson• Barbara McDonald• Tina Nash• Kevin O'Shea• Julie Rice• Kay Sharpe• Cal Sickles• Betty Spafford• Patricia Stoiko• Gregory Threatte• Eric Wagner• Melanie Watson

### September

Joseph Augustine• Mark Cole• Jean Comiskey• Lisa Dievendorf• Diane Donovan• Leslie Fladd• Erin Hess• George Jakobson• Judy Kilpatrick• Daniel Mackenzie• Harold Mandel• Donelle Mills• April Quill• Gerald Sawyer• Sara Seifert• Kimberly Sharpe• Mary Slade• Julie Wilmot• Patricia Yackel

*Q: Would you encourage CNYMRC members to apply for this training in the future?*

A: I would absolutely encourage any CNYMRC member who has an interest in being deployed nationally or internationally to apply for the training.

*Q: What advice would you give to CNYMRC members who would like to apply for this training in the future?*

A: I am new to the MRC and I had no disaster experience when I applied, but yet I was chosen to participate in the training. So, if you have an interest in federal deployment, don't second guess your odds, just apply!

# 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 MRC and our role in the community. The 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. **Note:** These orientation sessions 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 in to.

**Tuesday July 13, 6:00-7:00 p.m.** Register by July 9.

**Thursday July 29, 10:00-11:00 a.m.** Register by July 26.

**Wednesday August 11, 3:00-4:00 p.m.** Register by August 6.

If you would like to attend this orientation in person, it is being broadcast to the Oswego County Health Department (70 Bunner Street, Oswego) on the above dates and times. You must also register in advance to attend in Oswego.

## CNYMRC Annual Meeting and Recognition Event

Save the Date! The first CNYMRC Annual Meeting and Recognition Event is scheduled for September 14, 10:30 a.m.-3:30 p.m. in the Welch Allyn Room at the Rosamond Gifford Zoo at Burnett Park. There will be lunch, a guest speaker, catching up on unit activities, member recognition, and plenty of fun. Keep an eye out for your invitation this summer.

## MRC Recruitment at the New York State Fair

MRC and county volunteer units from all over New York State will be on hand at the New York State Fair to promote the Medical Reserve Corps and State-level volunteerism. Please consider volunteering for shifts during the fair to not only promote the Medical Reserve Corps across NYS but the CNYMRC in particular! Details to follow soon.

## Online Courses

### Core Disaster Life Support/Basic Disaster Life Support

Core Disaster Life Support (eCDLS) for the non-healthcare professional and Basic Disaster Life Support (eBDLS) for the healthcare professional are provided online by the National Disaster Life Support Foundation at <http://www.ndlsf.org>. eCDLS is an awareness level course designed to teach core concepts of disaster management. eBDLS is the electronic version of the classroom course described in the front-page article.

### National Center for Biological Research and Training

NCBRT offers online courses on topics such as agro-terrorism, the effects of WMDs on mass feeding and mass sheltering, and disaster mental health. <http://www.ncbrt.lsu.edu/elearn/Courses.aspx>

## New York State-Sponsored In-Person Courses

### New York State Office of Homeland Security

NYSOHS offers a variety of in-person classes, including several that are medical-related. These courses are typically free but you do need to provide your own transportation and, depending on the course location, lodging and meals. [http://www.security.state.ny.us/training/training\\_calendar.php](http://www.security.state.ny.us/training/training_calendar.php)

### New York State Emergency Management Office

SEMO, on occasion, offers medical-related in-person classes. These courses are typically free but you do need to provide your own transportation and, depending on the course location, lodging and meals. <http://www.semo.state.ny.us/programs/training/calendar.cfm>

**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 [bobbialcock@ongov.net](mailto:bobbialcock@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](http://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](mailto:cnymrc@ongov.net)

Web: [www.ongov.net/health/mrc](http://www.ongov.net/health/mrc)





# CNYMRC Times

**Citizen Volunteers: Helping Our Communities, Ready to Respond**

Volume 2, Issue 4

Central New York  
Medical Reserve Corps

Autumn 2010

## 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 Hurricanes 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](http://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

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.



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.

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/](http://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 Gallaresi  
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](mailto: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.ualbanycphp.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](http://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](mailto: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](mailto: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](http://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](mailto:cnymrc@ongov.net)

Web: [www.ongov.net/health/mrc](http://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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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