



# 5 Cool Preparedness Gadgets

In today's world of ever-evolving technology, the marketplace is a constant influx of the latest gadgets. The area of personal disaster preparedness is no different. Gleaned from back country camping, NASA and the military, preparedness gadgets run the gamut from simple to high tech. The five gadgets highlighted are representative of what is on the market.

### Emergency Lighting

There are flashlights that rely on motion to create power, making batteries a thing of the past. The two versions of battery-less flashlights--hand crank and shaker--rely on vigorous movement to create adequate power for the light bulb. These flashlights are usually more costly, initially, than battery-operated ones. Not needing to buy batteries

nor worrying about the potency of batteries during an emergency may balance the added expense.

### Emergency Power Source (portable power pack)

An emergency power source is an all-in-one gadget that addresses several needs. Most versions include an AM/FM radio and a light as well as AC and DC outlets, an air compressor, and battery jumpers. Most power packs require up to 36 hours for a complete charge but provide power to an electronic for hours depending on the item's consumption rate. The battery cables can jumpstart a car from zero power. Power packs are expensive, but the ability to use their on-board tools during a power outage, pump up a flat tire, or jump a car battery may make the price worth it.

### Solar-powered Battery Charger

Place these battery chargers in sun to absorb energy that is stored until needed. Solar-powered chargers include those for AA and AAA rechargeable batteries and for cellular phones. Placing a charger in a bright window at home or work or on the dashboard of a vehicle charges the attached power storage device, using no electrical power to generate needed energy. If a cell phone is a much-needed item, a solar-powered battery charger would keep a phone charged during a power outage.

### Water Purifiers

There are a couple types of non-chemical water purifiers appropriate for travel.

Continued Page 2

## CNYMRC Unit News

### CNYMRC Partnering with Radiological Reception Center

Emergency Management in Onondaga County requested the CNYMRC to create two teams for a Reception Center at the NYS fairgrounds. The reception center opens to assist Oswego County residents evacuating from Oswego County in the wake of a power plant crisis. The teams would assist the Health Department in decontaminating people, pets and vehicles as well as assist the Department of Social Services in providing lodging services to evacuees. DSS drilled their portion of the reception center in October. Thank you to Diane Avery,

Sharon Boland, Paul Garvey, Patricia Hudelson, and Gerry Levy for participating in the drill. There are currently 13 CNYMRC team members. We are looking for at least 11 more to fill the teams. No special skills are needed to join the team. Training and drills occur at least once a year. Interested in joining the

CNYMRC Reception Center team? Contact the CNYMRC at [cnymrc@ongov.net](mailto:cnymrc@ongov.net).

### DMAT NY-6 Recruiting Team Members

This past autumn, a Disaster Medical Assistance Team (DMAT) was formed in central NY (NY-6). DMAT NY-6 is looking to recruit 50 medical members residing within 200 miles of Syracuse to their team. DMATs rotate deployment to disasters. They may also work events during their time "on duty." DMATs have been stationed at marathons, inauguration ceremonies, political events and the Olympics. When called upon, deployment is



CNYMRC Pharmacist Gerald Levy at radiological drill locating housing for Oswego County evacuees.

Continued Page 3

## From Your Coordinator...

I am a gadget freak. Phew! They say making the admission is the first step.

With that said, I need to clarify that I am not addicted to the latest piece of electronic to make its way to the marketplace. For example, my cell phone is able to do many cool things—email, surf the web, so on. What do I use mine for? Talking and texting with the occasional use of its navigation capability. Droids, iPhones and Blackberries are lost on me.

But you show me a gadget that does a few cool things and I am in heaven! I love my voice-activated alarm clock. Every feature on it is controlled by the sound of my voice. Talk about power. Gone are the days of rolling over to smack the alarm. Now I get to yell at it and it feels so much better!

I had a blast looking through what people consider to be the “latest” in personal disaster preparedness. While I came across many interesting

gadgets, I narrowed it down to the five written about in the lead article. I chose the alternate power flashlight because of those few times I needed a flashlight and the batteries were dead. The MREs and water purifiers came to mind when thinking about my frustration with swapping out these supplies in my kit every six months. While the purifiers shouldn't take the place of fresh water, they are light weight in an evacuation backpack. I never thought about a solar-powered cell phone battery charger until I saw one. In today's world, some would consider it vital during a major power outage. The emergency power source manages several needs in one compact piece of equipment. And if you have ever been stuck on the side of the road with a dead car battery, you know it could be a huge sanity saver.

I don't regard these to be must-have gadgets. Most of us have very reliable, low-tech versions that work

just as well, without the added expense. However, if the purchase of one of these gadgets gets you that much closer to assembling your personal preparedness kit, I say cheers to you! You probably noticed that I didn't mention companies or brands in the article. While I spent quite a bit of time researching each gadget for what it does, I did not research which were the best or most economical brands. So, buyer beware! Do the ground work before slapping your money down.

By the way, the most important gadget to have in your preparedness kit is not mentioned in the article. It is one of those “old school,” low-tech devices that will save you lots of frustration and time—the Manual Can Opener! Don't be caught without one.

Enjoy a safe winter!

Your CNYMRC Coordinator,

*Bobbi Alcock*

## Preparedness Gadgets (continued)

Some use ultraviolet light to destroy microorganisms such as bacteria and viruses. The light source is placed in a container of water and emits UV light to kill the microorganisms in the water. UV water purifiers are light-weight (many weigh just ounces), chemical-free, and typically take less than two minutes to purify water. Beware...UV light only kills bacteria and viruses, it does not remove chemical contaminants or particles in the water. The purifier requires a power source, usually a battery. Some use solar cells or hand cranks to generate the power.

Other purifiers use a system of filters to remove contaminants and microorganisms. Travel versions of these purifiers are contained in a drinking bottle for convenience. Just fill the bottle with water, screw on the cap, and squeeze the bottle as you drink. This moves the water through the filters before you drink it. Advantages of the water bottle purifier include its

ability to remove most contaminants and its ease of use. There are a couple drawbacks. The filters need replacing, more often when not used for long periods of time. Also, one of the filters usually contains iodine. People allergic to shellfish may have a reaction to water purified using this method.

When looking at water purifiers, make sure it specifies purification and not just filtration. Filtration only removes large particulate matter from water. Purification is necessary for healthy drinking water.

### Meals, Ready-to-Eat (MREs)

MREs are meals, in foil pouches, that are literally ready to eat as soon as you open them. An MRE pack usually includes an entrée, fruit pack, crackers and spread, dessert, beverage mix, and a condiment/utensil pack. A pouch can be heated by immersing it in hot water. MREs are a high-calorie meal, usually 500-700 calories. Most MREs have a five-year shelf life, resulting in

less circulation of food items in home emergency kits. However, as any soldier can tell you, MREs are not gourmet fare.

Gadgets can be very useful and great fun. Many balance their expense with saving time and frustration. Before spending extra money on such items, consider how often they will be used, if they are really saving you time and aggravation, and what others say about them.

**Coordinator's Note:** An internet search of “disaster preparedness gadgets” will make your head spin. I suggest starting at:

[http://www.millennium-ark.net/News\\_Files/INFO\\_Files/Prep\\_Products.html](http://www.millennium-ark.net/News_Files/INFO_Files/Prep_Products.html).

It lists several dozen companies that provide preparedness products and services.

# Volunteer Spotlight

## CNYMRC Members Assist at Seasonal Flu Vaccination Clinics

The CNYMRC was utilized by our member health departments to assist with seasonal flu vaccination clinics. Members helped check in and screen patients, control traffic, vaccinate, and fill syringes. Chris Matijas helped vaccinate Cayuga County employees as part of a mass vaccination drill. Diane Avery and Barb McDonald assisted at employee clinics in Madison County. Diane Avery, June Chamberlin, Sheila Chiumento, Geri Hall, Pat Koniz, Julie Levine, Mary Jo Marvar, and Betty Spafford lent a hand at Onondaga County family clinics. In Oswego County, Laurie Marrano Johnson helped at a first responder clinic. Thank you to CNYMRC members who responded to the call for volunteers but were not deployed. Your willingness to serve is appreciated. The clinics were a great way to showcase the talents of the CNYMRC while providing much needed assistance to the counties.

### Onondaga County Holds Mass Vaccination Exercise

Imagine a long line of first responder vehicles driving through the Center of Progress building at the NYS fairgrounds, police, fire, and EMS personnel sticking arms out of vehicle windows to receive their flu shot and you might get a picture of what mass vaccination looks like in Onondaga County. The Health Department exercises its mass prophylaxis with social distancing plan each October by providing seasonal flu vaccinations to first responders in a "drive-thru" format. Thirteen CNYMRC members worked alongside Health Department staff to provide traffic support and medical screening as well as fill syringes. OCHD thanks Diane Avery, Lu Ann Berlinski, Sharon Boland, June Chamberlin, Sheila Chiumento, Diane Donovan, Robin Drypolcher, Elaine Lostumbo, Mary Jo Marvar, Lynne Odell-Holzer, Betty Spafford, and Cheryl Stuper for their assistance.



CNYMRC Nurse Elaine Lostumbo screening a first responder at the Onondaga County Health Department drive-thru exercise.

# CNYMRC Unit Training News

## Center for Domestic Preparedness Anniston, Alabama

These courses are free, including travel and accommodations, once approved by State Administrative Agency Training Point of Contact.

Further information available at: <http://cdp.dhs.gov/index.html>

### PER-267: Emergency Medical Operations for CBRNE Incidents

**Date:** January 23-28 or February 28-March 5

For state-licensed paramedics, EMTs, or emergency department physicians and nurses.

### PER-902: Hospital Emergency Response Training for Mass Casualty Incidents (HERT)

**Date:** January 30-February 5 or March 20-26

Must complete IS-100, IS-200, and IS-700 before applying.

## NYS Department of Homeland Security and Emergency Services

These courses are free but travel and meals are the responsibility of the attendee. Lodging may be provided free for first responders living and working outside 50 miles of course site.

### Information and Registration:

[http://www.security.state.ny.us/training/training\\_calendar.php](http://www.security.state.ny.us/training/training_calendar.php)

### PER-220: Emergency Response to Domestic Biological Incidents

**Date:** January 4-6, 8:00 am-5:00 pm

**Location:** Holiday Inn-New Hartford

### PER-211: Medical Management of CBRNE Events

**Date:** February 8-9, 8:00 am-5:00 pm

**Location:** Westchester Medical Center, Valhalla, NY

## Unit News (continued)

voluntary but requires a two week commitment.

The application process is a vigorous one. IS-100 and IS-700 certificates are a requirement. Applicants must go through a federal background check. Recruits need to be physically fit and emotionally mature, able to respond to disaster areas, carry their equipment, live in austere conditions, and work as a team during all aspects of a mission. Team members are intermittent federal employees with salary and coverage. DMAT members go through vigorous training before the team is qualified for deployment. NY-6 may take up to three years to achieve deployment capability. NY-6 is looking to put together the right team and is willing to take the time to do so.

If you are interested in learning more or beginning the application process, contact

Joseph Markham, MD,  
Acting Deputy Commander at  
[Joseph.Markham@hhs.gov](mailto:Joseph.Markham@hhs.gov).

# New CNYMRC Members

Welcome to our new CNYMRC members! These members joined via ServNY between October 1 and December 31, 2010. The county listed is their county of residence.

Diane GreenPope, RN, Onondaga  
Michelle Grobsmith, RN, Onondaga  
Mora Harris, Non-healthcare, Cortland  
Andrew Innerfield, EMT, Nassau/Cortland  
Victoria Jordan, RN/Clinical Laboratory Technologist, Tompkins  
Peter Lemke, Pharmacist, Onondaga  
Catherine Petite, RN, Onondaga  
Sherman Price, Cortland  
Stacey Rickert Fedder, MD, Onondaga  
Jamla Rizek, RN, Onondaga  
Karen Ziomek, Pharmacist, Onondaga

## For the Fun of It

### Be a CNYMRC Times Contributor

The *CNYMRC Times* is the quarterly newsletter of the Central New York Medical Reserve Corps. As such, it is a great resource for sharing with other unit members. Although the lead article has historically been related to preparedness, it can be about any topic relevant to the mission of the CNYMRC. The lead article is limited to 600 words. If you have information to share but it is not enough for a lead article, write a secondary article of 300-400 words. If you would like to write about your experience with a unit activity, contribute 50-100 words to Unit News or Volunteer Spotlight. All articles should be submitted one month before each quarterly newsletter is published. Therefore, 2011 submission deadlines are February 28, May 31, August 31 and November 30. Every effort will be made to publish your submission in the next newsletter. Delay due to volume of submissions may occur. Articles may be edited for grammar and clarity. The author receives full by-line credit.

### Enter for Chance to Attend 2011 Integrated Training Summit

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 (north of Dallas).

This year a member of the CNYMRC will be chosen to attend 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.

# Happy Birthday!

January  
Kathleen Britton  
Sheila Chiumento  
Christina Coughlin  
Cheryl Dennett  
Laura Dibble  
Lynne Fitzpatrick  
Matthew Green  
Trish Jubinville  
Richard Kavey  
Jason Landry  
Frank Mayosky  
Agnes Orr  
Deborah Patterson  
Suzanne Reid  
Karen Seimer  
Allyson Stephenson  
Mark Vadney

February  
Elizabeth Ahl  
Myles Baker  
Laura Benjamin  
Mary Ditzer  
Robin Drypolcher  
Michelle Grobsmith  
Molly Landerkin  
Andrea Liedka  
Alfred McDonnell  
Janette Miller  
Elizabeth Mizro  
Brian Pompo  
Mark Sichertman  
Leanne Waterman  
Judith Watson

March  
Deborah Baker  
Amanda Cieslik  
Karen Comisi  
Jennifer Flagg  
Rachel Fossaceca  
Linda Gerow  
Brendan Hind  
Sonia Jirka  
Lisa Keough  
Diane King  
Maureen Kinney  
Michael Krzyzak  
Betsy Loughlin  
Chris Matijas  
Phyllis McIntosh  
Andrew Merritt  
Marcus Niessen  
Cheryl Race Robinson  
Joanne Rogers  
Kelly Rosebush  
Robert Schaefer  
Betty Turner

# Calendar of Events

**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 Madison County:**

**Tuesday January 11, 5:00-6:00 p.m. or Thursday January 13, 5:00-6:00 p.m.** RSVP by January 7.  
Madison County Health Department, 138 North Court Street, Building 5, Wampsville (behind the DMV)

**In Onondaga County:**

**Tuesday, March 22, 6:00-7:00 p.m.** RSVP by March 18.  
Liverpool Public Library, 310 Tulip Street, Liverpool (at intersection with Route 370)

**On-line/Webinar:**

**Friday, January 14, 12:00-1:00 p.m.** RSVP by January 12.

**Wednesday, February 9, 9:00-10:00 a.m.** RSVP by February 7.

**Tuesday, March 15, 2:00-3:00 p.m.** RSVP by March 11.

You must reserve your spot for an on-line orientation in order to receive the web and phone information the day before each session.

**CNYMRC Spring 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.

**In Cortland County:**

**Thursday, March 3, 9:30 a.m.-5:00 p.m.** RSVP by February 25.  
Cortland County Health Department, 60 Central Ave., Cortland

**In Onondaga County:**

**March/April Date TBD, 9:30 a.m.-5:00 p.m.**  
Stay tuned for more information...coming soon.

**CPR Courses:**

Below is the contact information for the American Red Cross CPR courses. The CNYMRC reimburses up to \$40 for the course with successful completion and receipt of course fee.

**Cayuga County:** by calling 315-252-9596

**Cortland County:** [cortland.redcross.org](http://cortland.redcross.org) or by calling 607-753-1182

**Jefferson/Lewis Counties:** [www.redcrossnny.com](http://www.redcrossnny.com) or by calling 315-782-4410

**Madison County:** [www.madisononeidaredcross.org](http://www.madisononeidaredcross.org) or by calling 315-363-2900

**Onondaga/Oswego Counties:** [www.syrarc.org](http://www.syrarc.org)

**Tompkins County:** [www.tompkins-redcross.org](http://www.tompkins-redcross.org) or by calling 607-273-1900

**Planning for Children in Disasters** (on-line course)

The American Academy of Pediatrics has established that children have unique physical and emotional needs when a disaster strikes. In addition to being placed at an increased risk of physical harm, children respond to illness, injury, and treatment differently than adults do. They also rely on stable routines in their daily lives, and when a disaster occurs, the drastic changes to their known world not only endanger their safety, but also greatly frighten them. To ensure the physical security and emotional stability of children in disasters, communities must customize their emergency planning efforts. This course discusses the unique needs of children in disasters as they relate to physical security and emotional stability, and how preserving family unity during an emergency can help to meet these needs.

<http://training.fema.gov/EMIWeb/IS/is366.asp>

**CNY 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)

**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**. For up-to-date information on unit events and trainings, go to [www.ongov.net/health/mrc](http://www.ongov.net/health/mrc).



# Disaster Notification

In times of crisis, the CNYMRC may be called upon to support response or recovery efforts. An Emergency Operations Center (EOC) is opened by the county's Emergency Management Office. The EOC is staffed by the many entities that become involved in responding to or recovering from the crisis. The EOC requests the CNYMRC through the Onondaga County Office of Emergency Management (OEM) The Onondaga County OEM forwards the activation request to the Onondaga County Commissioner/Deputy Commissioner of Health, who forwards the request to the CNYMRC Coordinator. This activation request includes the information needed to respond—what roles need to be filled, where, when, for how long, who to report to, what supplies are needed, etc.

ServNY is used to notify CNYMRC members based on the information in the request. Only those members fitting the requested criteria are notified. In times of crisis the notification would be by telephone. Volunteers receive a phone message from ServNY which explains the request and provides a phone number to call for further information. Email may also provide further information. As a volunteer, it is your choice whether you are able to respond to the crisis. Regardless of whether you can take part in the response, it is very

important to acknowledge the notification. Acknowledgement signals the system that you have received the call and prevents it from further trying to reach you. ServNY may also be used to provide informational updates when the unit is on hold for a mission.

## General Emergency Notification

Ever think it would be beneficial to know of a road closure before you go that way or know of storms before they hit? Here are two notification systems that can help keep you informed of where emergency situations may be.

**NY Alert** [www.nyalert.gov](http://www.nyalert.gov)  
NY Alert sends an alert via email and text about road closures, flooding events, and more. You choose the areas you want to be notified for.

**National Weather Service**  
[www.nws.noaa.gov](http://www.nws.noaa.gov)  
The National Weather Service also sends email and text messages about warnings and watches for storms and flooding.

## CNYMRC Unit News

### Madison County Hosts Volunteer Recruitment Information Sessions

The CNYMRC's newest member county held a volunteer recruitment campaign during January to spark interest in the CNYMRC in Madison County. The campaign culminated in two orientation sessions held at the Madison County Health Department. Thank you to Jennifer McGohan of the Madison County Health Department for her efforts on behalf of the CNYMRC.

### Meetings with Potential Partners and Stakeholders in CNYMRC Counties

The CNYMRC Coordinator met with potential partners in Cortland and Madison counties. The meetings introduced the CNYMRC to the organizations and started dialogue on how the CNYMRC might be of assistance.

In Cortland County, the coordinator met with the Health Department, the American Red Cross, the Cortland Regional Medical Center,

the Retired and Senior Volunteer Program (RSVP), and the Cortland County Office of Emergency Management.

In Madison County, the coordinator met with the Health Department, the American Red Cross, and the Oneida Healthcare Center.

Among topics discussed were the need for special medical needs shelters in mass care shelters, personal preparedness campaigns, alternate care facilities, public events, and volunteer recruitment.

Many heartfelt thanks to our liaisons— Mary Jane Uttech in Cortland County and Jennifer McGohan in Madison County—for arranging the meetings.

Similar meetings will take place throughout the CNYMRC counties during 2011. The goal is to develop strong ties so that the CNYMRC is requested when needed during times of crisis as well for other non-emergency roles that are part of our mission.

# From Your Coordinator...

Some of you may be wondering why you received this newsletter twice—through my personal email and as an informational email sent from ServNY. Or you may be wondering why it seems you didn't receive information during the first three months of the year. If you receive this newsletter through the postal system, you may be wondering why you don't receive much at all. Here are answers to your questions.

During the first three months of 2011, I used ServNY exclusively for sending out information and requests. I wanted to see how many unit members would open an email and confirm its receipt, testing its effectiveness. Using ServNY to share information with CNYMRC members is very important. Not only does it get information out to all our members, it helps our members get used to what an email notification during a crisis would look like. The confirmation rates for receiving email notifications have been low, 10-18%. This rate may be underestimated if people are not confirming receipt of the email.

When you receive an email via

ServNY, the sender is *Central New York MRC*. If the email is sent for a specific county, the sender address will also include the sending county (i.e., Lewis County/Central New York MRC). When you open the email, the first line is bright blue and asks you to "Click here when you are ready to confirm receipt of the email." Below that is the actual message. If there are any attachments, they will be at the very bottom of the email, after the "Important Notice" statement. It is very important to confirm receipt of the email as it is the only way we know for sure that you received it.

If you receive your newsletter through postal mail it is because I do not have an email on file for you. This makes keeping you informed much more challenging. If you have an email, please send an email to [cnymrc@ongov.net](mailto:cnymrc@ongov.net) and I will add it to your record. Your email is used only for informational purposes—no spam.

The other form of communication is telephone notifications via ServNY. This system would initially be used during a crisis. Sometime during the Spring, the CNYMRC will conduct a

communications drill via telephone. It will be unannounced but will take place during regular business hours. When you receive the phone call, remember to press "9#" after the message plays. It confirms receipt of the call and prevents the system from further trying to reach you. The system will call each telephone number you provided up to three times unless you confirm receipt. If someone else typically answers your phone, you may want to inform them of what to do and to pass the message on to you.

Effective communication is important, especially during a crisis. While we get used to using ServNY, I am using additional means—my email and postal mail—to communicate. My goal is to utilize ServNY as our main communications system, hopefully by year end.

Happy Spring! Be vigilant and stay safe.

Your CNYMRC Coordinator,

*Bobbi Alcock*

---

## Unit Requested for Rabies Clinics

---

Onondaga County Health Department Division of Environmental Health is asking for CNYMRC assistance with nine public rabies vaccination clinics. Medical volunteers are needed to draw vaccine. Volunteers are also needed to complete vaccination certificates and direct traffic.

The clinics accept pets, such as dogs, cats, ferrets and the occasional goat, in need of rabies vaccination. Each clinic vaccinates 150-300 animals. Rabies clinics reduce the spread of rabies in our community by preventing pets from contracting the disease if bitten. Volunteers are essential in providing these clinics to the community

The clinics are 5:00-7:00 p.m. Volunteers are requested to report by 4:45. The clinics are:

Thursday April 14

Meachem Ice Rink, 121 West Seneca Turnpike, Syracuse (**FULL**)

Thursday May 5

Town of Clay Highway Garage, 4483 Route 31, Clay (**1 medical needed**)

Thursday June 9

Camillus Town Hall, 4600 W. Genesee Street, Camillus (**1 medical needed**)

Thursday June 23

Meachem Ice Rink, 121 West Seneca Turnpike, Syracuse (**FULL**)

Thursday July 14

Alliance Bank Stadium, 1 Tex Simone Drive, Syracuse

Thursday August 4

Village of Minoa DPW, 100 Kalin Drive, Minoa

Thursday August 18

St. Lucy's Church, 432 Gifford Street, Syracuse (**1-2 Spanish translators requested**)

Thursday September 22

Marcellus Fire Dept., 4242 Slate Hill Road, Marcellus

Thursday October 6

Beaver Lake Nature Center, East Mud Lake Road, Baldwinsville

**Coordinator's Note:** If you are able to volunteer at any of the clinics, email [cnymrc@ongov.net](mailto:cnymrc@ongov.net) with date and duty request. Please bring snack and beverage, if needed, as dinner is not provided.

# CNYMRC Unit Training News

FEMA offers on-line courses that are beneficial to the CNYMRC as awareness courses. The following supplemental on-line courses that may be of interest to you:

## **IS-7: A Citizen's Guide to Disaster Assistance**

[Training.fema.gov/EMIWeb/IS/is7.asp](http://Training.fema.gov/EMIWeb/IS/is7.asp)

## **IS-10.a: Animals in Disasters: Awareness and Preparedness**

[Training.fema.gov/EMIWeb/IS/is10a.asp](http://Training.fema.gov/EMIWeb/IS/is10a.asp)

## **IS-20.11: Diversity Awareness**

[Training.fema.gov/EMIWeb/IS/is20.11.asp](http://Training.fema.gov/EMIWeb/IS/is20.11.asp)

## **IS-26: Guide to Points of Distribution**

[Training.fema.gov/EMIWeb/IS/is26.asp](http://Training.fema.gov/EMIWeb/IS/is26.asp)

## **IS-101.a: Deployment Basics**

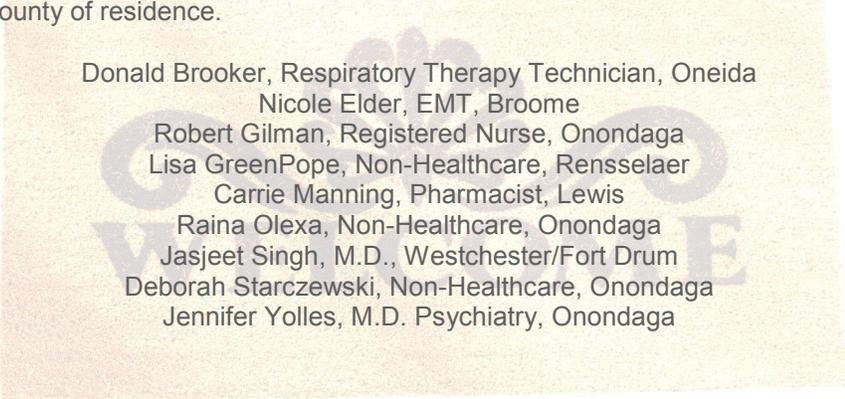
[Training.fema.gov/EMIWeb/IS/is101a.asp](http://Training.fema.gov/EMIWeb/IS/is101a.asp)

## **IS-346: An Orientation to Hazardous Materials for Medical Personnel**

[Training.fema.gov/EMIWeb/IS/is346.asp](http://Training.fema.gov/EMIWeb/IS/is346.asp)

## New CNYMRC Members

Welcome to our new CNYMRC members! These members joined via ServNY between January 1-March 31, 2011. The county listed is their county of residence.



Donald Brooker, Respiratory Therapy Technician, Oneida  
Nicole Elder, EMT, Broome  
Robert Gilman, Registered Nurse, Onondaga  
Lisa GreenPope, Non-Healthcare, Rensselaer  
Carrie Manning, Pharmacist, Lewis  
Raina Olexa, Non-Healthcare, Onondaga  
Jasjeet Singh, M.D., Westchester/Fort Drum  
Deborah Starczewski, Non-Healthcare, Onondaga  
Jennifer Yolles, M.D. Psychiatry, Onondaga

## Unit News (continued)

### Preparedness Presentation Ready for CNYMRC Members

Personal preparedness is a mission of the CNYMRC, not only for members but for the community-at-large. Awareness of hazards and the steps residents can take to prepare themselves for disaster increases a family's and the community's ability to recover. CNYMRC members can help spread the message by offering personal preparedness presentations to community groups. Consider the groups you already interact with—work, school, church, community or professional organizations. If you are interested in "spreading the word," ask to present at an upcoming meeting. Presenting counts toward fulfilling a public health non-crisis activity.

The presentation is ready and can be requested at [cnymrc@ongov.net](mailto:cnymrc@ongov.net). Training is mandatory prior to presenting on your own. Dates and times are listed in the **Calendar of Events**.

# Happy Birthday

## April

Lori Anderson • Carolyn Backes  
John Bezirgianian • Keith Brandis  
Dave Bregard • David Canfield  
Ray Caprin • Jennifer Carey  
Anna Cruikshank • Alicia de Jong  
Anna DeWitt • Anthony DiGiovanna  
Mary Doss • Denise Fontana  
Gayanna Gilbraith • Geri Hall  
Sharon Jasek • Rodney Kester  
Katherine McCarthy • Charlie Miller  
Gracia Moulán • Patrick Poirier  
Janet Rasbeck • Brian Richardson  
Daniel Root • Adrienne Ruzic  
Diane Snyder • Elana Sukert  
Michele Wilson • Han Woo  
Pollyann Young

## May

Sheila Aylesworth  
Jonathan Braiman  
June Chamberlin • Dawn Conley  
Jeanne Dolly • Robert Fluck  
Brenda Geloff • Linda Graves  
William Hoff • Andrew Innerfield  
Jinny Jones • Sheila Kirby  
Niurka LaRosa • James Loehr  
Elaine Lostumbo • Steven Magargle  
Patricia Maslak • Peg Maxwell  
Barbara McNiff • David O'Brien Jr.  
Daniel Pauls • Roxanne Richardson  
Jamla Rizek • Michael Shaw  
Arlethia Smith • Jeffrey Sneider  
William Spearance  
Tammy Stewart • Tiffany Ticker  
Jon Valdina • Leigh Wilson

## June

Donna Berthoff • Cynthia Bright  
Tracy Brown • Derek Cooney  
Christal Deline • Kathy Der  
Wanda Fremont • Brenda Green  
Megan Grosso • Mora Harris  
Joann Hirsch  
Susan Kerns-Robinson • Gerry Levy  
Janet Lottermoser  
Kathleen Meadows  
Colleen O'Leary • Gina Rapp  
Theresa Tighe • Beverly Todd  
Dan Vick • Alta Watkins  
Michael Williamson • Karen Ziomek  
Bob Zysk

# Calendar of Events

**Hospital Mass Casualty Exercise:** Upstate Hospital in Onondaga County is requesting the CNYMRC to act as patients as part of their participation in a regional mass casualty exercise. Parking is in the Upstate Garage on Adams St., Syracuse. Bring parking stub in to validate. Wear comfortable clothes. If interested in participating, contact the coordinator at [cnymrc@ongov.net](mailto:cnymrc@ongov.net) or (315) 435-5262 by April 5. Thursday, April 7, 7:15-10:00 a.m. Meet in the hospital lobby.

**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!

**Webinar:**

Saturday May 7, 11:00 a.m.-12:00 noon ([meeting.syntela.com](http://meeting.syntela.com) Meeting ID: 8436813)\*\*\*

Tuesday June 7, 6:00-7:00 p.m. ([meeting.syntela.com](http://meeting.syntela.com) Meeting ID: 9984075)\*\*\*

**CNYMRC 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. Contact the coordinator at [cnymrc@ongov.net](mailto:cnymrc@ongov.net) to register.

**Onondaga County:** Tuesday May 17, 8:30 a.m.-4:30 p.m. Onondaga County Health Department, 9th Floor—Civic Center, 421 Montgomery Street, Syracuse, 13202. Parking available at OnCenter parking garage adjacent to the Convention Center. See attached flyer for further information.

**CPR Courses:**

Below is the contact information for the American Red Cross CPR courses. The CNYMRC reimburses up to \$40 for the course with successful completion and receipt of course fee.

**Cayuga County:** by calling 315-252-9596

**Cortland County:** [cortland.redcross.org](http://cortland.redcross.org) or by calling 607-753-1182

**Jefferson/Lewis Counties:** [www.redcrossnny.com](http://www.redcrossnny.com) or by calling 315-782-4410

**Madison County:** [www.madisononeidaredcross.org](http://www.madisononeidaredcross.org) or by calling 315-363-2900

**Onondaga/Oswego Counties:** [www.syrarc.org](http://www.syrarc.org)

**Tompkins County:** [www.tompkins-redcross.org](http://www.tompkins-redcross.org) or by calling 607-273-1900

**Personal Preparedness Presentation Training**

Are you interested in talking about personal preparedness to groups you are involved with? This training will go over *Personal Disaster Preparedness: Are You Ready?* before you begin making presentations. All trainings are in webinar format.

Thursday April 14, 2:00-3:00 p.m. ([meeting.syntela.com](http://meeting.syntela.com) Meeting ID: 9102982)\*\*\*

Thursday April 28, 6:00-7:00 p.m. ([meeting.syntela.com](http://meeting.syntela.com) Meeting ID: 4519740)\*\*\*

Tuesday May 24, 5:00-6:00 p.m. ([meeting.syntela.com](http://meeting.syntela.com) Meeting ID: 7370376)\*\*\*

**Communications Drill**

During Spring, the CNYMRC will conduct a telephone communications drill via the ServNY notification system. This drill will be unannounced but during regular working hours. When you receive the call, make sure you press "9#" at the end of the message. This will confirm receipt of the message and stop the system from further trying to reach you.

\*\*\*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.

**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](mailto:cnymrc@ongov.net)

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

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

# Central New York Medical Reserve Corps



# Training Conference

**Tuesday May 17, 2011**

**8:30 a.m.-4:30 p.m.**

**Location: Onondaga County Health Department  
John H. Mulroy Civic Center** (9th Floor Conference Room)

**421 Montgomery Street, Syracuse**

Parking provided in OnCenter garage, corner of State and Adams

## Schedule of Courses

- 8:30-8:45** Check-In (unless attending later course)
- 8:45-9:30** CNYMRC Orientation
- 9:40-10:30** Personal Preparedness
- 10:40-11:30** Psychological First Aid
- 11:30-12:30** Lunch (on your own, cafeteria available in building)
- 12:30-4:00** IS-700a and IS-100a
- 4:00-4:30** CNYMRC ID Badges/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  
Cell: (315) 380-3488  
Fax: (315) 435-3613  
E-mail: [cnymrc@ongov.net](mailto: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. If you do not need all the courses, come for the ones you do!

**COST: FREE!**

**RSVP: By Friday May 13**

**Training to Serve Our Communities**



# Summer Heat Safety

According to the Centers for Disease Control and Prevention, approximately 400 Americans die each year due to summer's sweltering heat. Furthermore, the National Weather Service asserts that excessive heat was the number one weather-related killer, causing more fatalities per year than floods, lightning, tornadoes, hurricanes, winter storms and extreme cold from 1994 to 2003.

Everyone is at risk when temperatures rise above 90 degrees but the elderly and the very young are most susceptible to heat and heat-related illnesses. Heat-related illnesses can cause serious injury and even death if unattended. Signs of heat-related illnesses include nausea, dizziness, flushed or pale skin, heavy sweating and headaches. Victims of heat-related illness should be moved to a cool place, given cool water to drink and ice packs or cool wet cloths should be applied to the skin. If a victim refuses water, vomits or loses consciousness, call 9-1-1 or your local emergency number immediately.

### Heat Safety Tips:

**Dress for the heat.** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.

**Drink water.** Carry water or juice with you and drink continuously even if you do not feel

thirsty. Avoid alcohol and caffeine, which dehydrate the body. Avoid using salt tablets unless directed to do so by a physician.

**Eat small meals and eat more often.** Avoid high-protein foods, which increase metabolic heat.

**Slow down. Avoid strenuous activity.** If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 and 7:00 a.m.

**Stay indoors when possible.** If air conditioning is not available, stay on the lowest floor out of the sunshine. Remember that electric fans do not cool, they simply circulate the air.

**Be a good neighbor.** During heat waves, check in on elderly residents in your neighborhood and those who do not have air conditioning.

### Know These Heat-Related Terms:

**Heat cramps:** Heat cramps are muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are an early signal that the body is having trouble with the heat.

**Heat exhaustion:** Heat exhaustion typically occurs when people exercise heavily or work

Continued Page 3

## CNYMRC Unit News

### CNYMRC Assisting with CNY Marathon

Central New York is gearing up for the debut of the Empire State Marathon on Sunday October 16. Spanning from Alliance Bank Stadium through Onondaga Lake Park to Baldwinsville and back, this event includes a full marathon, a half marathon, and a team relay with the possibility of several thousand runners. The CNYMRC offered its services to the organizing group and was accepted to assist. Organizers asked the CNYMRC to supply **12 nurses**, preferably with emergency department or trauma experience, for the medical tent and **10 EMTs** for aid stations along the course. To date, this is our largest event request and our first non-governmental organization request.

**Coordinator's Note:** Successfully following

through on this request would have a huge impact on how county governments and community organizations view the readiness and capacity of the CNYMRC. This is a great opportunity for our unit to prove itself. I would like to have our potential roster complete by mid-July. Contact the CNYMRC Coordinator at [cnymrc@ongov.net](mailto:cnymrc@ongov.net) or (315) 435-5262 if interested in participating.

### CNYMRC Out and About during Spring

The CNYMRC was requested for several activities this Spring. We were able to fill all requests, assisting our health departments in keeping our communities healthy.

Five members (Theresa Baxter, Julie Levine, Paul Garvey, Pat Cupernall and Frank Horvath) assisted at three rabies vaccination

Continued Page 3

# From Your Coordinator...



Paul Marciniak and Sharon Boland checking in cyclists at Onondaga County's Cycle in the City.

The Spring 2011 edition of the CNYMRC Times was dedicated to communications, including the hows and whys of our notification system. To test the system, we conducted a telephone communications drill in May, resulting in a 60% acknowledgement rate. The acknowledgement rate for email notifications is much lower. This may be due to not clicking on the confirmation link in the email. As a unit we are doing well but have room for improvement.

This summer, the CNYMRC is conducting two more telephone communications drill—one announced, one unannounced. The announced drill is **Wednesday July 20 during the morning**. This drill involves an added step of calling or emailing in a “report for duty” time, the same as the unit would do in an actual emergency. The unannounced drill is scheduled for September on a weekday during business hours. I cannot provide you with the exact phone number for your caller ID since ServNY uses several telephone lines for its notification system. ServNY is based in Albany so the call will have a 518 area code. The

CNYMRC will hold 2-3 telephone communications drills each year and will continue to use the email system for non-emergency activities.

I am firming up the CNYMRC roster this summer. If you are among the members who registered but have yet to participate in an orientation, training or unit activity, I will soon mail you a letter asking you to confirm your interest in remaining a member of the unit. If you wish to be involved only during a crisis, you still need to complete the required training. The county health departments believe that a ready, **trained** unit of volunteers will be most effective during a crisis. If you wish to remain a member of the unit, you **MUST** let me know. If you choose not to continue, thank you for deeming the CNYMRC worthy of your time and expertise to initially want to take part.



Have a happy and safe summer!

Your Coordinator,  
*Bobbi Alcock*

## new members

Welcome to our newest CNYMRC members! These members joined via ServNY April 1-June 30, 2011.

- Jones Abankwa, Healthcare Student
- Tammy Allen, Non-healthcare
- Deborah Church, LPN
- Melissa Miner, RN
- Mary Moquin, RN
- Ashley Murfitt, Non-healthcare
- Janee Rodriguez, RN
- Mary Stanley, Non-healthcare

### July

- Veronica Adsit • Rebecca Bargher
- Richard Beers • Sharon Boland
- Roberta Bouck • Lewis Briot
- Melissa Britton • Alice Burnett
- Kathleen Burnham
- Deborah Church • Susan Corbett
- Anita Derby • Daniela DiMarco
- Robert Dracker • Bonnie Gallaresi
- Marya Gendzielewski
- Paul Giasi • Diane GreenPope
- Shekinah Jackson
- Jacqueline Jahelko • Susan Jenner
- Michael Jorolemon
- Richard Kinney • Robert Kirk
- Suzanne Naylor • Raina Olexa
- Lewis Otto • Marsha Pond
- Marianne Porter
- Magalli Quintero-Olson
- Buffy Roberts • Kelly Seifried
- Jasjeet Singh • Marie Smith
- Valerie Smithson • Sarah Thomson
- Kelly Toia • Robert Westlake
- Talisha Wright • Michele Wunderlich

### August

- Melanie Allen • Jessica Anderson
- Jacqueline Beal-Greacen
- Audrey Benanati • Lu Ann Berlinski
- Nicole Elder • Andrew Felter
- Lisa Ferraro • Janet Johnson
- Victoria Jordan • Lisa Kaufman
- Michael Kernan • Cheryl Kerner
- Melissa Know-Algarin
- Patricia Koniz • Kevin Lavine
- Amy Lenweaver • Brenda Lotito
- Amy MacCreery
- Laurie Marrano Johnson
- Barbara McDonald • John-Paul Mead
- Melissa Miner • Brenda Naizby
- Tina Nash • Kevin O’Shea
- Sherman Price • Julie Rice
- Kay Sharp • Cal Sickles
- Betty Spafford • Maryellen Stine
- Patricia Stoiko • Gregory Threatte
- Eric Wagner • Melanie Watson
- Kerry Wysner-Purdy



### September

- Neil Ackerman • Joseph Augustine
- Theresa Bruneau • Mark Cole
- Jean Comiskey • Wendy Cooley
- Lisa Dievendorf • Diane Donovan
- Leslie Fladd • Stephanie Goodell
- Erin Hess • Judy Homer
- George Jakubson • Judy Kilpatrick
- Julie Levine • Daniel Mackenzie
- Harold Mandel • Donelle Mills
- Kit Petite • April Quill
- Gerald Sawyer • Sara Seifert
- Kimberly Sharpe • Mary Slade
- Patricia Yackel

clinics, directing traffic, completing rabies certificates, and filling vaccine syringes. If you would like to assist at rabies clinics this summer, see the **Calendar of Events** for more information.

Four members (Sheila Chiumento, Bob Fluck, Sharon Jasek and Jamla Rizek) talked with people and handed out literature on personal preparedness during *Safe Kids Night at the Syracuse Chiefs*.

Two members (Sharon Boland and Paul Marciniak) assisted with signing in cyclists for the Onondaga County Health Department's *Cycle in the City* event.

During June, five members (Diane GreenPope, Lisa GreenPope, Lu Ann Berlinski, Kit Petite and Terry Bruneau) helped get the word out about *Get Moving CNY*, a project encouraging people to be more

active for just one month.

Thank you to our volunteers for getting involved in these important community activities. Your time and assistance are greatly appreciated.

### **Jefferson County Public Health Service Delivers Resolution to County Legislature**

In June, the Jefferson County Public Health Service (JCPHS) presented a resolution to the county legislature's Health and Human Services committee to authorize full involvement in the CNYMRC. The resolution includes liability coverage for volunteers assisting regular public health activities, such as flu vaccination clinics. The JCPHS hopes this resolution passes the legislature, allowing them to request CNYMRC volunteers for various public health programs and other county activities.

## Volunteer Spotlight

Last January, registered nurse Cheryl Stuper was chosen to represent the CNYMRC at this year's Integrated Training Summit, the national meeting for the Medical Reserve Corps and other medical response organizations. Here's what she had to say about her experience.

### **Why did you apply to attend the ITS?**

I applied because I enjoy the CNYMRC and felt that I could learn a lot from the training sessions provided at the Summit.

### **What types of activities did you attend?**

I attended the Core Disaster Life Support training, Leadership training and Mass Casualty training. I participated in the 5K run, the MRC awards luncheon and the Vendor seminar.

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

I'm not sure that I can pinpoint any

one thing. I learned a lot of good information. The one major take away for me was that planning for a disaster is just a plan and it is not typically what you end up doing. The plan is more a guideline to follow. Also the networking and speaking to others is very informative and helpful. Learning how they do things or what they experienced while volunteering during disasters was priceless.

### **Would you encourage other CNYMRC members to attend this training conference? Why?**

I would encourage other CNYMRC members to attend the training conference because this conference was very eye-opening as to how important this organization is. The Surgeon General and the Deputy Surgeon General both came and spoke to attendees. The Deputy Surgeon General attended all the regional meetings to speak to each region. He answered questions and spoke to us about how important this organization is.

in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim may suffer heat stroke. Signals of heat exhaustion include cool, moist, pale flushed or red skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.

**Heat stroke:** Also known as sunstroke, heat stroke is life-threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Signals include hot, red and dry skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high—sometimes as high as 105 degrees.

### **General Care for Heat Emergencies:**

**Heat cramps or heat exhaustion:** Get the person to a cooler place and have him or her rest in a comfortable position. If the person is fully awake and alert, give half a glass of cool water every 15 minutes. Do not let him or her drink too quickly. Do not give liquids that contain alcohol or caffeine. Remove or loosen tight clothing and apply cool, wet cloths, such as towels or sheets. Call 9-1-1 or the local emergency number if the person refuses water, vomits or loses consciousness.

**Heat stroke:** Heat stroke is a life-threatening situation! Help is needed fast. Call 9-1-1 or your local emergency number. Move the person to a cooler place. Quickly cool the body. Immerse victim in a cool bath, or wrap wet sheets around the body and fan it. Watch for signals of breathing problems. Keep the person lying down and continue to cool the body any way you can. If the victim refuses water or is vomiting or there are changes in the level of consciousness, do not give anything to eat or drink.

**Coordinator's Note:** This article is copied from the American Red Cross article *Beat the Heat with Red Cross Safety Tips*, originally published June 9, 2008.

# Calendar of Events

**CNYMRC Training Conference:** This one-day training class covers orientation and four of the five required training courses needed 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.

**Madison County:** August 23, 8:30 a.m.-3:45 p.m. Madison County Health Department, 138 North Court Street (Building 5), Wampsville. Parking is behind the DMV. See attached flyer for further information. Contact the CNYMRC Coordinator by August 19 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!

**Webinar:**

Tuesday July 12, 7:00-8:00 p.m. (meeting.syntela.com Meeting ID: 5606116 )\*\*\*

Saturday September 17, 10:00-11:00 a.m. (meeting.syntela.com Meeting ID: 4423983 )\*\*\*

**Madison County:** August 23, 8:45-9:45 a.m., Madison County Health Department, 138 N. Court Street (Building 5), Wampsville. Contact the CNYMRC Coordinator by August 19 to register.

**Onondaga County:** Wednesday August 10, 9:00-10:00 a.m., John H. Mulroy Civic Center, 9th floor, 421 Montgomery Street, Syracuse. Contact the CNYMRC Coordinator by August 5 to register.



**Onondaga County Rabies Clinics:** Volunteers are needed to complete rabies certificates and control traffic. Contact the CNYMRC Coordinator to sign up.

Thursday August 18, 4:45-7:15 p.m., St. Lucy’s Church, 432 Gifford Street, Syracuse **(1-2 Spanish translators needed)**

Thursday September 22, 4:45-7:15 p.m., Marcellus Fire Dept., 4242 Slate Hill Road, Marcellus



**Empire State Marathon**

**When:** Sunday October 16

**Where:** Various locations along course in Onondaga County

**Needed:** 12 nurses, preferably with ED or trauma experience, to work in the medical tent and 10 EMTs to assist with aid stations throughout the course. Contact the CNYMRC Coordinator by July 15 to sign up.



\*\*\*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.

**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](mailto:cnymrc@ongov.net)**

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

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

# Central New York Medical Reserve Corps



# Training Conference

August 23, 2011

8:30 a.m.-3:45 p.m.

Location: Madison County Health Department  
138 N. Court St. (Bldg. 5 ), Wampsville

Parking is behind the D.M.V.

## Schedule of Courses

- 8:30-8:40 Check-In (unless attending later course)
- 8:40-9:25 CNYMRC Orientation
- 9:35-10:20 Personal Preparedness
- 10:30-11:30 Psychological First Aid
- 11:30-12:30 Lunch (on your own, encourage brown bag lunch)
- 12:30-3:30 IS-700a and IS-100a
- 3:30 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  
Cell: (315) 380-3488  
Fax: (315) 435-3613  
E-mail: [cnymrc@ongov.net](mailto: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!**

**RSVP: By August 19**

**Training to Serve Our Communities**



## CNYMRC Assists at Broome County Shelter

Following the massive rainfall of Hurricane Irene and Tropical Storm Lee, the city of Binghamton in Broome County suffered from destructive flooding of the Susquehanna and Chenango Rivers. This flooding was higher than the then record breaking flood of 2006, considered at the time a one-hundred year event. Over 20,000 people were evacuated from the city with about 4,000 initially going to shelters. The medical needs of shelters quickly exhausted Broome County resources and the NYS Department of Health was contacted for assistance. Volunteers from the CNYMRC and other units across the state were called upon to assist those with special needs at a shelter at Binghamton University.

Five CNYMRC volunteers were part of the first wave sent to Binghamton, followed by other CNYMRC medical personnel during the following week. According to CNYMRC volunteers, for the first few days things were very chaotic at the shelter. Many who responded did not know what to expect but were touched by the stories of those affected by the flood, the dignity of the people they served and everyone's willingness to help wherever they were needed. CNYMRC nurse Chris Matijas commented, "I saw a majority of the people with anxiety issues and who could blame them? Their homes were gone and there was an uncertainty of when they would be able to go back or if they would be

able to go back. They just wanted some reassurance that someone was going to help them and take care of them." Our medical volunteers helped those, mainly the elderly, who were self-sufficient but in need of some health services and assistance.

A heartfelt thank you to CNYMRC volunteers Melanie Allen, Rebecca Bargher, Sheila Chiumento, Raymond Cymerman, Robin Drypolcher, Lynne Fitzpatrick, Lynn Hale, Chris Matijas, Jamla Rizek, Kelly Rosebush, Ashley, Stallings, Sarah Thomson, and Lynn Wallace for their generosity of expertise and time. These volunteers donated almost 300 hours assisting Broome County residents in the shelter at SUNY Binghamton.

As of September 20, more than 1,700 homes in Broome County had been inspected with over 300 condemned. Inspections of homes and businesses affected by flooding will continue for some time to come. As with all floods, mold growth is the major health concern.

**Coordinator's Note:** During the coming weeks and months, those affected by the Binghamton flood and flooding in other parts of New York State will continue to be in need of assistance. If you are looking for ways to help, consider donating to the American Red Cross.

## CNYMRC Unit News

### CNYMRC Continues to Assist at Rabies Clinics in Onondaga County

Throughout the summer, CNYMRC members continued to help at Onondaga County rabies clinics directing the traffic flow of people and their pets, completing rabies vaccination certificates, and preparing rabies vaccine syringes. These clinics have seen a major increase from last year in the number of pets being vaccinated. One clinic doubled in size. The CNYMRC has been vital in making these clinics successful. The CNYMRC members who assisted at rabies clinics this summer are Sheila Chiumento, Bob Fluck, Diane GreenPope, Lisa GreenPope, Patricia Hudelson, Elaine Lostumbo, Lynne Odell, Jamla Rizek, Gracia Roulan, Elana Sukert, Mike Williamson, and Leigh Wilson. One clinic remains in the fall with the CNYMRC providing half the volunteer support.

### Training Day in Madison County

The training day in Madison County was a little bit different from other CNYMRC training days. More than half of the day's participants were new members, new that day. Ten new members were recruited and trained alongside nine already registered members. The Madison County Health Department publicized the training day in the community, increasing exposure of the CNYMRC in Madison County.

### Jefferson County Gets the Ball Rolling

In late June, the Jefferson County legislature approved full participation in the CNYMRC including liability coverage for CNYMRC volunteers. This made it possible for the Jefferson County Public Health Service (JCPHS) to actively recruit new members and to initiate or get involved in community

## From Your Coordinator...

I am one of those people who on occasion likes to stop, take a look at what has been going on, decide if that is the direction I want to continue in, and make adjustments as needed. I do this to keep my plans on course. We all know how easy it is to be side-tracked and taken off course from where we want to be. While I love detours and taking the road less traveled—some of the best things that happened to me were when I ditched the plan—staying the course is vital when establishing and maintaining an organization such as the CNYMRC. Each thing we do should be with intention and in line with our mission. I also believe that in an organization such as ours, you as members are very important in determining our course and the ways to get there. The Annual Meeting and Appreciation is one such place where you have a voice in determining the future of the CNYMRC.

Early September we mailed you an invitation to the Annual Meeting and Appreciation. This year we expanded our format a little. We start the day with a look back at what we have accomplished in the past year. We have a dynamic key note speaker to set a positive tone for the day. Yvonne Conte is a nationally recognized motivational speaker on the *Positive*

*Power of Humor* during times of great emotional stress. To better grasp what the CNYMRC may be asked to do during times of crisis, the health departments are presenting on points of distribution (PODs) and special medical needs shelters. This is followed by a relaxing buffet lunch and a celebration of individual volunteer accomplishments. After lunch, we are breaking into small groups for planning sessions on social media, training opportunities, recruiting, community events, and the formation of a leadership committee. We round out the day with discussing the direction of the unit over the next year.

As you can see, the Annual Meeting and Appreciation is a good mix of education and planning, with a healthy dose of appreciation. It is also a great opportunity to meet other members and the health department personnel you may work with. If you would like to attend, contact me by October 5 at (315) 435-5262 or [cnymrc@ongov.net](mailto:cnymrc@ongov.net).

I sincerely hope you choose to attend and look forward to seeing many of you there.

Your Coordinator,  
*Bobbi Alcock*

## new members

**Welcome** to our newest CNYMRC members! These members completed registration via ServNY during July 1-September 30, 2011.

Lori-Anne Allen, Non-healthcare  
Amanda Bradbury, Non-healthcare  
Brian Cassidy, Pharmacist  
Raymond Cymerman, PA  
Erin Denis, Nurse Assistant  
Cathleen Dowe, RN  
George Eiholzer, EMT  
Alyssa Endres, Non-healthcare  
John Endres, Veterinarian  
Kimberly Fink, Non-healthcare  
Kellie Fradenburgh, Non-healthcare  
Alan Hale, Non-healthcare  
Lynn Hale, RN  
Colleen Keane, Non-healthcare  
Cheryl Kelly, RN  
Pamela Keville, LPN  
Carol Kolodziejski, Non-healthcare  
Michael Liddell, Pharmacist  
Brenda McGrath, Non-healthcare  
James McLaughlin, Pharmacist  
Ashley Stallings, RN  
Mary Jane Uttech, RN  
Janet Wakefield, MH Counselor  
Lynne Wallace, RN  
Piao Yang Wang, Health Student  
Kathy Williams, RN  
Brandon Wolfenden, PA

### November

Tammy Allen \* Patricia Andrews  
Diane Avery \* Sharon Bliss-Chandler  
Kathleen Cuddy \* F. Lee Dutton  
James Fey \* Pater Gallauresi  
Paul Garvey \* Phillip Gioia  
Patricia Hudelson \* Pamela Keville  
Daniel Maas \* Daniel Mackey  
Pamela Marmon \* Sue McGovern  
Brenda McGrath \* Edward Mehrhof  
Lynne Odell \* Joseph Pierz  
Jack Resnick \* Denise Russell  
Brenda Siegfried \* Harold Small  
Michelle Strom \* Vera Turk  
Sara Upfold-Harrell  
Margaret Wade

### October

Kelly Avallone \* Mary Boucher  
Kristin Brodie \* Linda Coe  
Richard Cohen \* Peter Cronkright  
Diana Doughty \* Chantel Eckert  
James Elrod \* Alyssa Endres  
Nancy Forsyth \* Nancy Girard  
Kristina Hingre \* Brett Holberg  
Peter Lemke \* Stephen Maheux  
David Newman \* Sallie Russell  
Stacey Rickert Fedder  
Martin Schaeffer \* Patricia Snider  
Jessica Thompson \* Erik Tubolino  
Lynne Wallace \* Pamela Wellman  
Wendi Zufelt

### December

Maritza Alvarado \* Tammy Balamut  
Theresa Baxter \* Steven Berkowitz  
Michael Cimmungs  
Pauline Frazier \* Paul Little  
Paul Marciniak \* Victoria Meguid  
Katharin Petterelli  
Colleen Redding \* Anne Ryan  
Carol Sherwood \* Cheryl Stuper  
Steven Tiernan \* Christine Vecchio

## CNYMRC Unit News (continued)

activities. The JCPHS is publicizing the CNYMRC in various outlets. The JCPHS and CNYMRC were at *Super Sign-Up*, a Fort Drum event aiding military families in getting to know the resources in their new community. CNYMRC members Judy Homer and Diane GreenPope interacted with more than 1,000 people at the event, talking about the efforts of the CNYMRC. JCPHS and CNYMRC also participated in a National Preparedness Month event at Jefferson Community College, talking about the CNYMRC and the importance of personal preparedness. Jefferson County is hosting a CNYMRC Training Day on Tuesday October 25. See the Calendar for more information.

### CNYMRC Nurses at Syracuse Ironman

Six CNYMRC nurses helped take care of athletes during the Syracuse Ironman 70.3 September 18 at Jamesville Beach. These nurses assisted with dehydration, sprains and strains, and

other minor injuries prevalent during a triathlon. June Chamberlin, Sheila Chimento, Bonnie Gallaresi, Sheila Kirby, Suzanne Reid, and Jamla Rizek provided medical services at this community event.

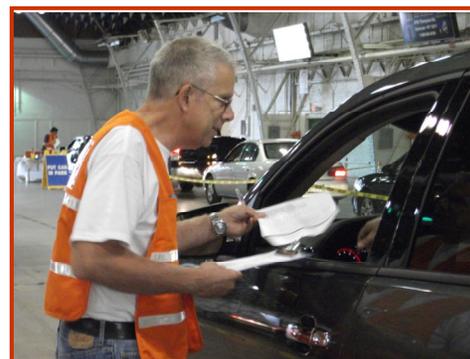
### Getting the Preparedness Message Out in Madison County

In late September, the Madison County Health Department provided family preparedness education and starter kits to low income families as part of the evening meal hosted at the Friendship Inn in Hamilton. The hope is that after receiving knowledge and tools, families work on their family emergency plan and build on their preparedness kit. CNYMRC member Barbara McDonald assisted the health department with this project.

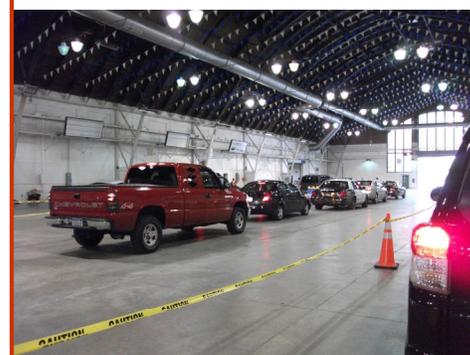
### CNYMRC at OCHD Drive Thru Exercise

Each year the Onondaga County Health Department conducts a

drive-thru exercise to test its plan for mass prophylaxis with social distancing. This exercise helps OCHD improve the format it would use if the population of Onondaga County needed to receive medication very quickly but not come in direct contact with each other. The side benefit is first responders receive the seasonal flu vaccine for their role as "patients" in the exercise. CNYMRC volunteers participating in this exercise were Lu Ann Berlinski, Sharon Boland, and Bob Fluck. Our volunteers conducted medical screening and directed traffic.



CNYMRC volunteer Bob Fluck screening a first responder for any contraindications for the flu vaccine.



Looking across three lanes of traffic waiting for flu shot at the OCHD drive-thru vaccination exercise at the NYS Fairgrounds.

## CNYMRC-Community Requests

### Cortland County

#### Seasonal Flu Clinics

Cortland County Health Department has requested vaccinators for their seasonal flu vaccination clinics. Contact the CNYMRC Coordinator if you are available and able to assist with any of the following clinics:

#### Wednesday October 5, 1:30-3:00

Willet/Cincinnatus Town Hall, Rte. 41, Willet

#### Thursday October 6, 9:30-11:00

McGraw Community Building, 15 Clinton St., McGraw

#### Thursday October 6, 4:00-6:00

Cortland County Office Building, 2nd Floor Auditorium, 60 Central Ave., Cortland

#### Tuesday October 11, 1:30-3:30

Marathon Civic Center, Peck Ave., Marathon

### POD Exercise

Cortland County Health Department is requesting assistance with a point of distribution (POD) exercise. Needed are four (4) nurses and six (6) clerical volunteers. Four (4) clerical volunteers need to possess good computer skills as the CCHD is using a web-based system to register clients.

#### Thursday October 20, 1:15-6:00

Cortland County Office Building, 60 Central Ave., Cortland

Contact the CNYMRC Coordinator by October 5 if you are available and able to participate.

### Onondaga County

#### Staff Vaccination Clinics

Onondaga County Health Department is requesting assistance with three employee flu vaccination clinics. Contact the CNYMRC Coordinator if you are available and able to assist at

any of the following clinics:

#### Tuesday October 11, 8:30-11:00

Civic Center-Room 80 (basement), 421 Montgomery St., Syracuse  
Needed: 1 clerical and 1 traffic

#### Tuesday October 25, 1:30-4:00

WIC-2nd Floor Training Room, 375 W. Onondaga St., Syracuse  
Needed: 2 clerical

# Calendar of Events

**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.

**Jefferson County:** Tuesday August 23, 9:00 a.m.-4:00 p.m. Jefferson County Public Health Service, 531 Meade Street, Watertown. See attached flyer for further information. Contact the CNYMRC Coordinator by October 21 to register.

**Onondaga County:** Monday December 5, 9:00 a.m.-4:00 p.m. Onondaga County Health Department, 421 Montgomery Street-12th Floor, Syracuse. See attached flyer for further information. Contact the CNYMRC Coordinator by December 1 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!

**Webinar:**

Wednesday October 19, 10:00-11:00 a.m. (meeting.syntela.com Meeting ID: 4151207)\*\*\*

Tuesday November 29, 2:00-3:00 p.m. (meeting.syntela.com Meeting ID: 1433179)\*\*\*

Thursday December 8, 6:00-7:00 p.m. (meeting.syntela.com Meeting ID: 9772886)\*\*\*

**Jefferson County:** Tuesday October 25, 9:00-10:00 a.m. Jefferson County Public Health Service, 531 Meade Street, Watertown. Contact the CNYMRC Coordinator by October 21 to register.

**Onondaga County:** Monday December 5, 9:00-10:00 a.m., John H. Mulroy Civic Center, 12th floor, 421 Montgomery Street, Syracuse. Contact the CNYMRC Coordinator by December 1 to register.

\*\*\*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.



**CNYMRC Annual Meeting and Appreciation:** The Central New York Medical Reserve Corps and its Health Departments cordially invite you to join us for our annual meeting and appreciation to learn, plan, and celebrate our accomplishments. Monday October 17, 8:30 a.m.-3:30 p.m. at the Empire Room, NYS Fairgrounds, Syracuse. Contact the Coordinator by October 5 to participate.

**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) 435-5262. 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**. For up-to-date information on unit events and trainings, go to [www.ongov.net/health/mrc](http://www.ongov.net/health/mrc).

**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](mailto:cnymrc@ongov.net)

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

This project was supported by a grant administered by the New York State Division of Homeland Security and Emergency Services and the U.S. Department of Homeland Security. Points of view in this document are those of the author and do not necessarily represent the official position or policies of the New York State Division of Homeland Security and Emergency Services or the U.S. Department of Homeland Security.

# Central New York Medical Reserve Corps



# Training Conference

**Tuesday October 25, 2011**

**9:00 a.m.-4:00 p.m.**

**Location: Jefferson County Public Health  
531 Meade Street, Watertown**

## **Schedule of Courses**

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

### **CENTRAL NEW YORK MEDICAL RESERVE CORPS**

Lead Agency:  
Onondaga County Health Department  
421 Montgomery Street  
Syracuse, NY 13202

Office: (315) 435-5262  
Cell: (315) 380-3488  
Fax: (315) 435-3613  
E-mail: [cnymrc@ongov.net](mailto: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!**

**RSVP: By October 21**

**Training to Serve Our Communities**

# Central New York Medical Reserve Corps



# Training Conference

**Monday December 5, 2011**

**9:00 a.m.-4:00 p.m.**

**Location: Onondaga County Health Department  
421 Montgomery St., 12th Floor, Syracuse**

Parking in OnCenter Garage, corner of State and Adams Streets

## 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, cafeteria available)   |
| 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 IDBadge 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  
Cell: (315) 380-3488  
Fax: (315) 435-3613  
E-mail: [cnymrc@ongov.net](mailto: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!**

**RSVP: By December 1**

**Training to Serve Our Communities**