



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.

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

Continued Page 3



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

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.

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

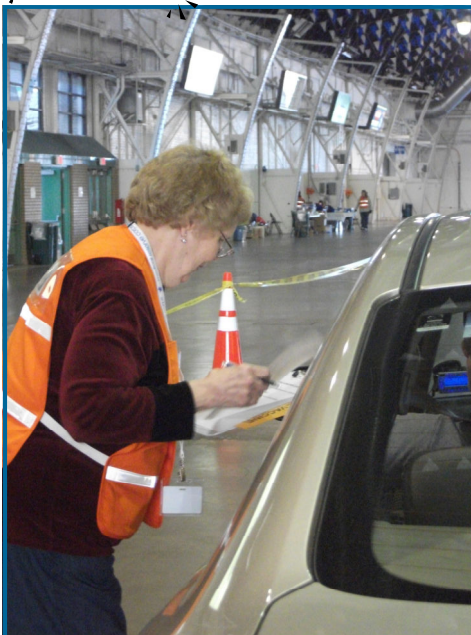
Volunteer Spotlight

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

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.

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 or by calling 607-753-1182

Jefferson/Lewis Counties: www.redcrossnny.com or by calling 315-782-4410

Madison County: www.madisononeidarecross.org or by calling 315-363-2900

Onondaga/Oswego Counties: www.syrarc.org

Tompkins County: 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

Web: www.ongov.net/health/mrc

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

Side Benefit: Quicker notification of unit activities and training.

to receive future editions of this newsletter electronically.

Send an email to cnymrc@ongov.net

Go GREEN...



Serving Cayuga, Cortland, Jefferson, Lewis, Madison, Onondaga, Oswego and Tompkins Counties

Medical Reserve Corps
CNY REGIONAL

807-6
County of Onondaga • Department of Health
Public Health Preparedness • CNYMRC
421 Montgomery Street, 9th Floor
Syracuse, NY 13202

First Class
PRESORT
US POSTAGE PAID
SYRACUSE, NY 13202
PERMIT NO. 1566

Return Service Requested