

## Let's Move Forward Together

### **CNYMRC Establishing a Leadership Committee**

The CNYMRC will soon establish a leadership committee to assist the coordinator in guiding the unit's future activities. In order to sustain and further the CNYMRC, we need to find ways to be more involved in our communities. There is so much happening in our communities that we could assist with or be involved in. We just need to offer our services and support. The leadership committee will help find these opportunities and select those that align with our mission.

The committee should consist of seven to ten members, with diversity in professions and residency. If more than ten members are interested in being part of the committee, members will be selected based on diversity in residency and profession. Previous involvement with CNYMRC activities may also be taken into account. The group will teleconference quarterly to

discuss the activities and protocols of the unit. Committee members should also be available between meetings to advise on projects that need more immediate attention. The term is for one year, although members can renew their term annually.

Invitations will be sent early in 2012 asking volunteers to take part in this vital work group. Consider being a voice of the CNYMRC volunteers by applying to the leadership committee.

### **New CNYMRC Unit Manual**

The CNYMRC Member Handbook is a thing of the past. The replacement CNYMRC Unit Manual expands on the handbook, providing members with comprehensive information on being part of the CNYMRC. Improvements include revised membership levels as well as appendices on how to access training courses, ServNY notifications, and information on deploying.

The idea for the expanded manual came from questions asked at training days and orientations. Concerns about low response rates to ServNY phone and email notifications added to the importance of a comprehensive manual for members. The manual was vetted by select CNYMRC members and our health department liaisons.

The new manuals will be mailed early in 2012. Members are asked to review the manual and sign and return the acknowledgement.

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## CNYMRC Unit News

### **Madison County Walkability Study**

Madison County hopes to show its residents that streets and roads throughout the county are safe for walking and important to achieving a healthy lifestyle. One challenge faced by the Health Department in getting people to walk more for their health is the perception that streets are un-walkable—unsafe due to traffic, road conditions, and lighting. The Health Department held a walkability survey in October to look at various walking routes throughout the county for safety. Volunteers were given a route to evaluate. CNYMRC member Karen

Ziomek participated in this study.

### **Health Department POD Exercises**

Four CNYMRC health departments—Cayuga, Cortland, Jefferson, and Madison—requested volunteers to assist with their point-of-distribution (POD) exercises. CNYMRC members were able to assist with two of these exercises—in Jefferson and Madison counties. Volunteers checked clients in, conducted medical screening, and vaccinated for seasonal flu. These exercises test the county's mass prophylaxis plan. CNYMRC volunteers in Jefferson County included Cathleen

Dowe, Penny Clark, Barb O'Brien, Jean Brown, and Bonnie Letson. In Madison County, Lynn Hale, Pam Keville, and Alan Hale assisted. Thank you as well to the volunteers who signed up to assist but were not able to be used.

### **Seasonal Flu Clinics**

Fourteen CNYMRC members assisted with public and employee influenza vaccination clinics in Onondaga County. Volunteers helped with traffic flow, conducted medical screening, vaccinated clients, and managed rest and recovery. Jamla Rizek, Diane

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## From Your Coordinator...

While carrying out my duties as your unit coordinator, I am provided with many wonderful opportunities. I love meeting and working with all of you, doing what I can to enhance your volunteer experience. My ultimate goal is for our member counties to look to the CNYMRC as a "must have" resource and for membership in the CNYMRC to be a rewarding and pleasurable experience.

I look at the Annual Meeting and Appreciation to be a venue where not only do you get to add to your training but where you guide the future of this organization. I receive lots of valuable input from you. While we had a small group this year, we did not have a small meeting. Big ideas, from social media to a leadership committee to how we choose community activities to be involved in, resulted from this meeting. I am looking forward to implementing these ideas over the next few months.

This past summer, I received the honor of being chosen to participate on the National Association of County and City Health Officials (NACCHO) MRC Work Group. The work group provides leadership, guidance, and direction to the MRC program nationwide. NACCHO works in conjunction with the Division of the Civilian Volunteer Medical Reserve Corps to raise the visibility of the MRC program and to assist local MRC units by providing guidance on how to

enhance their capabilities. We have been charged with the following tasks over the next year:

- Facilitate brand recognition and public awareness,
- Increase access to resources and tools that may benefit MRC units and unit coordinators, and
- Collaborate with other NACCHO work groups to identify partnering opportunities.

I am part of a sub-group working on the deliverables for the first task. I am eager to see and hear what comes out of this work group.

In November, I attended the Regions I (New England) and II (NY, NJ) MRC Regional Meeting in Connecticut. The sessions I attended covered social media, community preparedness, community partnerships, and grant writing. We also heard from Captain Tosatto, the head of the MRC office, about the state of the MRC nationally. Challenges being faced by other MRC units are very similar to our own—funding, sustaining volunteers, developing community partnerships, and organizational awareness. Until the government (at all levels) and civic/community organizations know what the Medical Reserve Corps is and what our capabilities are, furthering the organization will be a goal to work toward.

Since we live in a region with very few (knock on wood) disasters, entities may not see why and how the CNYMRC is

such a valuable asset. I think we can build our reputation in several ways. First, we need to make sure the CNYMRC meets the requests of the county health departments that need us to fulfill their mission. In doing so, we showcase our reliability and exceptionalness. Next, we need to look at how we can build up our reputation in other ways. This can be done by supporting community events and programs that align with our mission. This is where you come in. If you see something you think the CNYMRC could be involved in, drop me a line. I am more than happy to approach the group and offer our services. Together, we can find ways to make the CNYMRC a reputable and thriving organization. I certainly look forward to doing so.

*Bobbi Alcock*

Your CNYMRC Coordinator



CNYMRC members and health department staff after the keynote address on the *Positive Power of Humor* at the 2011 Annual Meeting and Appreciation.

## Winter Birthdays

### January

Samuel Barr \* Kathleen Britton  
 Sheila Chiumento  
 Robert Constantine  
 Christina Coughlin \* Amy Deavers  
 Cheryl Denett \* Laura Dibble  
 George Eiholzer Jr.  
 Lynne Fitzpatrick \* Matthew Green  
 Stephen Jennings \* Patricia Jubinville  
 Jonathon Just \* Richard Kavey  
 Carol Kolodziejewski \* Jason Landry  
 Frank Mayosky \* Deborah Patterson  
 Suzanne Reid \* Janee Rodriguez  
 Allyson Stephenson \* Mark Vadney  
 Kathy Williams

### February

Elizabeth Ahl \* Anthony Andrews  
 Laura Benjamin \* Christine Bilynski  
 Jean Brown \* Donna Dello-Stritto  
 Mary Ditzer \* Robin Drypolcher  
 Catherine Greacen  
 Michelle Grobsmith \* Colleen Keane  
 Molly Landerkin \* Andrea Liedka  
 Sharon Mandurano \* Alfred McDonnell  
 Janette Miller \* Elizabeth Mizro  
 Daniel Pisaniello \* Brian Pompo  
 Xhem Shehu \* Mark Sicherman  
 Leanne Waterman \* Judith Watson

### March

Jones Abankwa \* Deborah Baker  
 Amanda Cieslik \* John Comisi  
 Karen Comisi \* Daniel Coty  
 Erin Denis \* Jennifer Flagg  
 Rachael Fossaceca \* Linda Gerow  
 Robert Gilman \* Liam Gleeson  
 Brendan Hind \* Sonia Jirka  
 Lisa Keough \* Diane King  
 Maureen Kinney \* Michael Krzyzak  
 Betsy Loughlin \* Christine Matijas  
 Phyllis McIntosh \* Andrew Merritt  
 Marcia Newsom \* Marcus Niessen  
 Cheryl Race Robinson  
 Kelly Rosebush \* Robert Schaefer

## CNYMRC Unit News (continued)

GreenPope, Bob Fluck, Elana Sukert, Karen Ziomek, Sharon Boland, Kay Sharpe, Sheila Chiumento, Lu Ann Berlinski, Paul Garvey, Charlie Miller, Paul Marciniak, Betty Spafford, and Elaine Lostumbo helped out at these clinics.

### OCHD Rabies Clinic

Four CNYMRC members—Sheila Chiumento, Janet Rasbeck, Lewis Otto, and Paul Marciniak—completed rabies certificates, assisted with traffic flow, and filled vaccine syringes at Onondaga County's final clinic of the season.

### Upcoming Communications Drill

The CNYMRC is conducting a two-part communications drill via ServNY. On Thursday February 9 between 10:00 a.m.-1:00 p.m. a telephone notification will go out to all registered CNYMRC members. In the message, members with email access will be asked to refer to their email for instructions. Those without email access will be provided with a telephone number to call and asked to follow instructions on the message. It is important to acknowledge the phone notification when you receive it as it is the only way to stop the system

## Moving Forward (cont)

### CNYMRC Receives NACCHO Grant

The CNYMRC was once again awarded the NACCHO (National Association of County and City Health Officials) Capacity Building Award. Any MRC unit is open to applying to this competitive \$5000 grant. Through this grant, the CNYMRC is able to offer to one to two members of the CNYMRC the opportunity to be a certified CPR instructor. In turn, these instructors will offer CPR training to the CNYMRC. Funding will also support the CNYMRC annual meeting and travel to the 2012 Integrated Training Summit.

from contacting you repeatedly. If the notification goes to voicemail, follow what instructions in the message you can. However, you will not be able to acknowledge receipt of the message once it goes to voicemail.

It is important for CNYMRC members to participate in communications drills as they familiarize you with the system we would use to contact you during an actual emergency.

**Coordinator's Note:** If the timing of this drill interferes with something and you are unable to participate, you must contact me in advance so that you can be removed from the list (just for this drill). The drill itself takes less than five minutes to complete.

### CNYMRC Invited to Take Part in Large-Scale Exercise

Onondaga, Madison, and Oswego counties are still working out the details but the CNYMRC has been asked to participate in a large-scale exercise this summer. The exercise is scheduled for August 9-11 with the main part scheduled for the 11th. While it is still unknown what the CNYMRC will be doing, our medical volunteers will be involved. If you want to participate in this exercise, you must achieve Full Member status

before July 31 by completing the required training courses—orientation, psychological first aid, personal preparedness, IS-100, IS-700, and CPR. Classes are listed in the *Calendar of Events*. The courses are also available on-line.

### Personal Preparedness

[training.fema.gov/EMIWeb/IS/is22.asp](http://training.fema.gov/EMIWeb/IS/is22.asp)

### Psychological First Aid

<http://www.adph.org/ALPHTN/index.asp?id=3227>

### IS-100b: Intro to ICS

[training.fema.gov/EMIWeb/IS/IS100b.asp](http://training.fema.gov/EMIWeb/IS/IS100b.asp)

### IS-700a: NIMS

[training.fema.gov/EMIWeb/IS/IS700a.asp](http://training.fema.gov/EMIWeb/IS/IS700a.asp)

For CPR classes, contact your local American Red Cross as well as fire and ambulance services.

**Coordinator's Note:** This exercise is a tremendous opportunity for the CNYMRC. If you have not already completed your required training courses, you have the next seven months to do so. Contact the CNYMRC Coordinator for any help you may need.

Welcome

The following new members joined during October-December 2011:

Charles Brenon, EMT/Paramedic, Jefferson  
 Judith Brenon, Non-healthcare, Jefferson  
 Jean Brown, RN, Jefferson  
 Diane Clark, Mental Health, Jefferson  
 Penny Clark, RN, Jefferson  
 Janelle Collins, Healthcare Student, Onondaga  
 Chrishelle Conlin, RN, St. Lawrence  
 Karen Dec, RN, Cayuga  
 Jonathon Just, Pharmacology, Onondaga  
 Jeffrey Leiendecker, Non-healthcare, Jefferson  
 Bonnie Letson, RN, Jefferson  
 Phillip Lyman, Mental Health, Jefferson  
 Peggy Merrill, RN/Paramedic, Tompkins  
 Barbara O'Brien, RN, Jefferson  
 Paul Silsby, Non-healthcare, Onondaga  
 Paula Stage, RN, Jefferson  
 Jean Woodworth, RN, Madison  
 Brandan Zufelt, Non-healthcare, Onondaga



# Central New York Medical Reserve Corps



# Training Conference

**Thursday February 16, 9:00-4:00, Cortland County**

**Tuesday April 3, 9:00-4:00, Madison County**

**Tuesday June 12, 9:00-4:00, Jefferson County**

See Calendar of Events for location information

## Schedule of Courses

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

### CENTRAL NEW YORK MEDICAL RESERVE CORPS

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

## Training to Serve Our Communities

## UNDERSTANDING THE BASICS OF ICS

The **Incident Command System (ICS)** is "a set of personnel, policies, procedures, facilities, and equipment, integrated into a common organizational structure designed to improve emergency response operations of all types and complexities" according to the US Center for Excellence in Disaster Management & Humanitarian Assistance. ICS is a subcomponent of the **National Incident Management System (NIMS)**, as released by the US Department of Homeland Security in 2004. ICS is based upon a flexible, scalable response organization providing a common framework within which people can work together effectively. These people may be drawn from multiple agencies that do not routinely work together, and ICS is designed to give standard response and operation procedures to reduce the problems and potential for miscommunication on such incidents. ICS has been summarized as a "first-on-scene" structure, where the first responder of a scene has charge of the scene until the incident has been declared resolved, a more qualified responder arrives on scene and receives command, or the Incident Commander appoints another individual Incident Commander.

ICS consists of a standard management hierarchy and procedures for managing temporary incident(s) of any size. ICS procedures should be pre-established and sanctioned by participating authorities, and personnel should be well-trained prior to an incident. ICS is a system designed to be used or applied from the time an incident occurs until the requirement for management and operations no longer exist.

### Key concepts

#### Unity of command

Each individual participating in the operation reports to only one supervisor. This eliminates the potential for individuals to receive conflicting orders from a variety of supervisors, thus increasing accountability, preventing freelancing, improving the flow of information, helping with the coordination of operational efforts, and enhancing operational safety. This concept is fundamental to the ICS chain of command structure.

#### Common terminology

Individual response agencies previously developed their protocols separately, and subsequently developed their terminology separately. This can lead to confusion as a word may have a different meaning for each organization. When different organizations are required to work together, the use of common terminology is an essential element in team cohesion and communications, both internally and with other organizations responding to the

incident. An incident command system promotes the use of a common terminology and has an associated glossary of terms that help bring consistency to position titles, the description of resources and how they can be organized, the type and names of incident facilities, and a host of other subjects. The use of common terminology is most evident in the titles of command roles, such as *Incident Commander*, *Safety Officer* or *Operations Section Chief*.

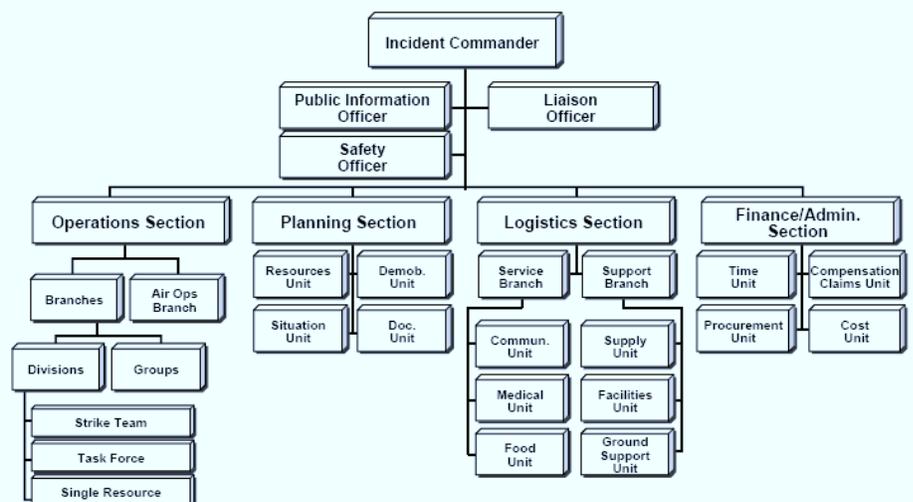
#### Management by objective

Incidents are managed by aiming towards specific objectives. Objectives are ranked by priority; should be as specific as possible; must be attainable; and if possible given a working time-frame. Objectives are accomplished by first outlining strategies (general plans of action), then determining appropriate tactics (how the strategy will be executed) for the chosen strategy.

#### Flexible and modular organization

Incident Command structure is organized in such a way as to expand

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## From Your Coordinator...

### February 9 Communications Drill: How Did We Do?

The February 9 communications drill, the first such drill of 2012, was sent to 379 registered CNYMRC members. Of our membership, 52.5% completed the first step, by confirming receipt of the phone and/or email message. Of this group, 43.2% proceeded to the second step of responding to the drill by calling or emailing requested information. Overall, 22.7% of our membership followed the drill through to completion. Several challenges came up during the drill.

Even though the drill was scheduled, many were caught by surprise. Drill information was in the winter edition of the *CNYMRC Times*, emailed or mailed January 3. It was also mentioned in the email message to which the newsletter was attached. We know volunteers are very busy people and may be in the midst of important business when this call is sent. Drills simulate "real" life. During a disaster, the notification may come at inopportune times. Future drills may be unscheduled to simulate actual circumstances.

The notification system is set up to call the telephone numbers listed in your registration up to three times each. The only way to stop the system from calling each number three times is to answer and confirm receipt of the notification. This may be problematic if

you do not have a direct business line or someone answers your line for you. It can be frustrating if the system calls your cell, home, and work phones. Consider providing me with the phone number(s) you prefer the system to contact. Also contact me if any of your contact phone numbers have changed during the last year (due to job change, move, discontinued use).

I also received several complaints that the phone message was too fast and difficult to understand. I have contacted the state about this. The system converts the message from what I type into the computerized voice you hear. In most cases, I will send an email message in conjunction with the phone message.

Being able to contact our members in times of need is essential. Appendices F and G of the CNYMRC Unit Manual (mailed to your home earlier this year) contain comprehensive information about notifications. The CNYMRC plans to conduct three (3) telephone communications drills this year. I hope we all make the effort to ensure our drills are successful. As always, contact me with any questions.

Have a safe and happy Spring!

*Bobbi Alcock*  
Your CNYMRC Coordinator

## Spring Birthdays

### April

Lori Anderson \* Carolyn Backes  
Keith Brandis \* David Bregard  
David Canfield \* Raymond Caprin  
Jennifer Carey \* Anna Cruikshank  
Alida de Jong \* Anna Dewitt  
Denise Fontana \* Gayanna Gilbraith  
Lisa GreenPope \* Geri Hall  
Sharon Jasek \* Rodney Kester  
Bonnie Letson \* Katherine McCarthy  
Charles Miller \* Patrick Poirier  
Janet Rasbeck \* Brian Richardson  
Daniel Root \* Gracia Roulan  
Adrienne Ruzic \* Diane Snyder  
Elana Sukert \* Janet Wakefield  
Michele Wilson \* Brandon Wolfenden  
Han Woo \* Pollyann Young

### May

Sheila Aylesworth  
Jonathan Braiman \* Charlie Brenon  
Arlene Brouillette \* June Chamberlin  
Dawn Conley \* Jeanne Dolly  
Cathleen Dowe \* Robert Fluck  
Brenda Geloff \* Linda Graves  
Lynn Hale \* William Hoff  
Frank Horvath \* Andrew Innerfield  
Ginny Jones \* Sheila Kirby  
James Loehr \* Elaine Lostumbo  
Patricia Lowry \* Steve Magargle  
Patricia Maslak \* Peg Maxwell  
Barbara McNiff \* David O'Brien  
Daniel Pauls \* Roxanne Richardson  
Jamla Rizek \* Michael Shaw  
Arlethia Smith \* Jeffrey Sneider  
William Spearance \* Tammy Stewart  
Tiffany Tucker \* Jon Valdina  
Leigh Wilson \* Jennifer Yolles

### June

Donna Berthoff \* Cynthia Bright  
Tracy Brown \* Brian Cassidy  
Derek Cooney \* Christal Deline  
Kathy Der \* Wanda Fremont  
Brenda Green \* Megan Grosso  
Mora Harris \* Susan Kerns  
Gerry Levy \* Janet Lottermoser  
Kathleen Meadows \* Colleen O'Leary  
Gina Rapp \* Mary Stanley  
Beverly Todd \* Dan Vick  
Michael Williamson \* Karen Ziomek  
Robert Zysk

Welcome

The CNYMRC welcomes the following new members who joined during January–March 2012:

Keith Alexander, Jefferson County, Non-healthcare  
Joshua Calley, Onondaga County, EMT  
Dianne Donovan-Colin, Madison County, Non-healthcare  
Richard Tait, Onondaga County, EMT

## UNIT NEWS

### Leadership Committee Chosen

The CNYMRC selected its Leadership Committee. The following CNYMRC members will serve for 2012:

Keith Brandis, Oneida  
 Charlie Brenon, Jefferson  
 Bob Fluck, Onondaga  
 Paul Garvey, Onondaga  
 Lynn Hale, Onondaga  
 Jinny Jones, Madison  
 Pam Keville, Madison  
 Sheila Kirby, Oswego  
 Julie Levine, Tompkins  
 Dan Maas, Tompkins  
 Barb McDonald, Madison  
 Peggy Merrill, Tompkins  
 Jamlá Rizék, Onondaga

These members, along with county health department liaisons, will meet quarterly by conference call to discuss potential community activities in which the CNYMRC can participate.

**Coordinator's Note:** Do you know of an upcoming community event you think the CNYMRC could be involved in? Contact the Coordinator at [cnymrc@ongov.net](mailto:cnymrc@ongov.net).

### CNYMRC Facebook Group Started

The CNYMRC is now on Facebook. As requested at our annual meeting, the CNYMRC has established a Facebook group. The group allows members to interact in a different way, "meeting" each other outside of unit activities. Different than a Facebook page, the group is a closed setting, private to members. Only CNYMRC volunteers and partners are accepted into the group. You can request permission to join the group at [www.facebook.com/groups/312848088766725](http://www.facebook.com/groups/312848088766725).

**Coordinator's Note:** This group is just one tool in our communication's kit. Emails, ServNY notifications, and newsletters continue to be the primary resources for unit activities.

### CNYMRC Member Chosen to Attend Integrated Training Summit

CNYMRC member Bob Fluck was chosen to represent the unit at the

2012 Integrated Training Summit in Nashville. Bob is a retired respiratory therapist residing in Onondaga County. Bob will talk about the summit either in an article for the summer newsletter or as part of the annual meeting.

### CNYMRC Membership Survey

In January, a survey was emailed to volunteers to learn more about you and how the CNYMRC can enhance your volunteer experience. To date, almost 100 members have completed the survey. If you would like to take part in this survey, you can still access it at [www.surveymonkey.com/s/BKJC3VC](http://www.surveymonkey.com/s/BKJC3VC). The survey takes 10-15 minutes to complete.

### CNYMRC Requested for Onondaga County Rabies Clinics

Onondaga County has requested the CNYMRC to assist with their rabies vaccination clinics. Volunteers are needed to fill syringes and complete vaccination records. These clinics typically host at least 200 pets. All shifts are 4:30-7:00 p.m.

Thursday April 12 at Mechanism Ice Rink, 121 West Seneca Turnpike, Syracuse

Thursday May 3 at City Highway Garage, 4453 Route 31, Clay

Thursday June 7, Camillus Town Hall, 4600 West Genesee Street, Camillus (records only—need 2)

Thursday June 21 at Macnem Ice Rink, 121 West Seneca Turnpike, Syracuse

Contact the CNYMRC Coordinator at [cnymrc@ongov.net](mailto:cnymrc@ongov.net) if interested.

### CNYMRC Members Held Hypertension Screening at Heart Healthy Event

CNYMRC nurses Elaine Lostumbo and Bob Zysk conducted hypertension screenings at Fleet Feet in East Syracuse as part of their Heart Healthy evening.

## ICS (Continued)

and contract as needed by the incident scope, resources and hazards. Command is established in a top-down fashion, with the most important and authoritative positions established first. Incident Command is established by the first arriving unit. Only positions that are required at the time should be established. In most cases, very few positions within the command structure will need to be activated. For example, a single fire truck at a dumpster fire will have the officer filling the role of Incident Commander (IC), with no other roles required. As more trucks get added to a larger incident, more roles will be delegated to other officers and the IC role will probably be handed to a more senior officer. Only in the largest and most complex operations would the full ICS organization be staffed. Conversely, as an incident scales down, roles will be merged back up the tree until there is just the IC role remaining.

### Span of control

To limit the number of responsibilities and resources being managed by any individual, ICS requires that any single person's span of control should be between three and seven individuals, with five being ideal. In other words, one manager should have no more than seven people working under them at any given time. If more than 7 resources are being managed by an individual, then they are being overloaded and the command structure needs to be expanded by delegating responsibilities (e.g. by defining new sections, divisions, or task forces). If fewer than three, then the position's authority can probably be absorbed by the next highest rung in the chain of command.

**Coordinator's Note:** *The information in the article was gleaned from several FEMA web resources.*

# 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. Choose one of the following dates.

**Jefferson County:** Tuesday June 12, 9:00 a.m.-4:00 p.m. Jefferson County Public Health Service, 531 Meade Street, Watertown. See attached flyer for course schedule and information. Contact the CNYMRC Coordinator by June 8 to register.

**Oswego County:** Date TBD in August. Stay tuned!

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

## In Person:

**Jefferson County:** Tuesday June 12, 9:00-10:00 a.m. Jefferson County Public Health Service, 531 Meade Street, Watertown. Contact the CNYMRC Coordinator by June 8 to register.

## Webinar:

Saturday May 5, 10:00-11:00 a.m. (meeting.syntela.com Meeting ID: 6445614)\*\*\*

\*\*\*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.

**ServNY Telephone Notification Drill:** Tuesday June 5 between 10:00 a.m.-12:00 p.m. the CNYMRC is conducting an emergency notification drill. All registered members will be called at the telephone number(s) listed on their ServNY registration. No emails will be sent with this notification. Need to opt-out? Contact the CNYMRC Coordinator at [cnymrc@ongov.net](mailto:cnymrc@ongov.net) to be removed from the notification list for the drill.

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

## TRAINING OPPORTUNITY

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

## 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!

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# Central New York Medical Reserve Corps



# Training Conference

**Tuesday June 12, 9:00 am-4:00 pm**  
**Jefferson County Public Health Service**  
**531 Meade St., Watertown**

## Schedule of Courses

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

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

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

**Training to Serve Our Communities**

# CPR Courses

## Cortland County

### Heartsaver CPR (for non-healthcare volunteers)

**When:** Thursday May 24, 9:00 am-12:00 pm

**Where:** Cortland County Office Building, 60 Central Ave., Cortland. Class is located in the 3rd floor Legislative Chambers.

**Cost:** \$5.00

**Register:** Contact the Cortland County Health Department at (607) 756-3401

## American Heart Association

Find a class: [www.heart.org](http://www.heart.org)

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

## Onondaga County

### BLS for Healthcare

**When:** 9:00 a.m.-1:00 p.m. on Friday April 20, Friday May 18, or Friday June 15

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

**Cost:** Free

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

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

## American Red Cross

Find a class: [www.redcross.org](http://www.redcross.org)

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

The CNYMRC currently reimburses up to \$40.00 for completed CPR courses. Up to seven (7) residents of Madison County can receive \$50.00 reimbursement through special funding provided by the Madison County Health Department.

To receive reimbursement, send a copy of your CPR card and your receipt to the CNYMRC Coordinator at:

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

Or send scanned copies to: [cnymrc@ongov.net](mailto:cnymrc@ongov.net)

Several members of the CNYMRC are trained CPR instructors or are currently becoming CPR instructors. Our plan is to have these members offer CPR courses several times a year for no charge to our members needing certification or recertification. Information on courses will be listed in upcoming newsletters and on the CNYMRC calendar at [www.ongov.net/health/mrc/calendar](http://www.ongov.net/health/mrc/calendar).



# CNYMRC Times

Volume 4, Issue 3

CENTRAL NEW YORK MEDICAL RESERVE CORPS

Summer 2012

*Helping Our Communities, Ready to Respond*

## Austere Conditions: A "Living It" Course

By Geri Hall, FNP, CNYMRC Member

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

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

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

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

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

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

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

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

## Facebook Offering Preparedness Apps

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

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

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

connections to enhance community and individual resilience.

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

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

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

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

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

# UNIT NEWS

## CNYMRC Promoting Pet Preparedness at Onondaga County Rabies Clinics

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

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

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

## CNYMRC Requested for Onondaga County Rabies Clinics

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

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

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

## CNYMRC Member Spotlight

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

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

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

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

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

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

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

## Onondaga County Full-Scale Exercise

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

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

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

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

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

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

## FROM THE COORDINATOR...

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

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

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

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

*Bobbi Alcock*

Your CNYMRC Coordinator

# Welcome

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

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

## Summer Birthdays

### July

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

### August

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

### September

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



## Join the CNYMRC Volunteer Team for Making Strides Against Breast Cancer



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

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

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

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

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

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

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

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

# CPR Courses

## Onondaga County

### BLS for Healthcare

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

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

**Cost:** Free

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

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

## American Heart Association

Find a class: [www.heart.org](http://www.heart.org)

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

## American Red Cross

Find a class: [www.redcross.org](http://www.redcross.org)

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

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

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

Or send scanned copies to: [cnymrc@ongov.net](mailto:cnymrc@ongov.net)

# Central New York Medical Reserve Corps



# Training Conference

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

## Schedule of Courses

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

### CENTRAL NEW YORK MEDICAL RESERVE CORPS

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

**Training to Serve Our Communities**

# Training Calendar

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

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

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

## **In Person:**

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

## **Webinar:**

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

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

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

## **SUPPLEMENTAL TRAINING OPPORTUNITIES**

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

**Wide Area Search and Rescue** July 24-26, State Preparedness Training Center (SPTC), 5900 Airport Rd., Oriskany, NY. This course is offered in collaboration with Texas Engineering Extension Service and is applicable to jurisdictions that would need to conduct wide area searches due to a natural disaster or terrorist incident. Participants will learn practical search methods and skills in order to perform systematic searches over a large affected area. The course concludes with a table top exercise that requires participants to utilize the previous two days of instruction. The curriculum of this course is based on lessons learned from search operations in support of the Space Shuttle Columbia recovery, Hurricanes Katrina, Rita, Dolly, Ike and other wide area search incidents. For complete details of this training opportunity, including registration/qualifications to attend, review the course announcement: [http://www.dhses.ny.gov/oem/training/documents/courses/PER-213\\_SPTC\\_07242012.pdf](http://www.dhses.ny.gov/oem/training/documents/courses/PER-213_SPTC_07242012.pdf)

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

## **CNY Medical Reserve Corps**

Lead Agency:

Onondaga County Health Department  
421 Montgomery Street  
Syracuse, NY 13202

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

Fax: (315) 435-3613

E-mail: [cnymrc@ongov.net](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!

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.



# CNYMRC Times

Volume 4, Issue 4  
Autumn 2012

CENTRAL NEW YORK MEDICAL RESERVE CORPS  
*Helping Our Communities, Ready to Respond*

## Onondaga County Reverse 911 for Cell Phones

The Onondaga County Department of Emergency Communications announced that County residents can sign up to receive alerts issued by the Onondaga 9-1-1 Center through a free online gateway. The Self Registration Portal for the GeoCast emergency notification system allows you to receive alerts on your landline or cellular telephone or through e-mail by following the simple steps to sign up. This new service will improve public safety communications efforts throughout the county.

Existing land-line telephones with active service are automatically registered to receive emergency notifications through the GeoCast system. Cellular and VoIP telephones are not currently in the system database. If you would like to be contacted on cellular or VoIP to receive emergency notifications in your area, you must self-register on

the system.

The Self Registration Portal (SRP) now appears on the Onondaga County Department of Emergency Communications website, located at <http://www.ongov.net/911>. Here, residents can complete a short form supplying their contact information, address, and determine their preferences for notification during both emergencies and non-emergencies.

Participants may return to the Self Registration Portal using a secure log-in and update their personal contact information as often as necessary to ensure data accuracy. The GeoCast system seamlessly geo-codes this information and saves it to the application database on a scheduled basis, further ensuring notification integrity. This allows Onondaga 9-1-1 to send future communications through the application to individuals in the

immediate area of an event, improving public safety efforts throughout the county.

Participation is voluntary and your number will not be shared for any other purpose.

Although this is a free service administered by the Onondaga County Department of Emergency Communications, you may be charged a standard fee from your wireless provider if you exceed your current data plan for receiving voice calls or text messages. Onondaga County is not responsible for any charges that may be incurred as a result of receiving these alerts.

**Coordinator's Note:** This article is from a press release issued by the Onondaga County Department of Emergency Communications on July 10, 2012.

## UNIT NEWS

### Cayuga County Requests CNYMRC to Assist with POD Exercise

The Cayuga County Health Department is requesting volunteers to assist with their annual Point of Dispensing (POD) Exercise.  
**Date:** Thursday October 18  
**Time:** 9:00-11:00 a.m. Report at 8:00.  
**Location:** Gym at Cayuga Community College, 197 Franklin St., Auburn.  
**Still Needed:** (1) medical volunteer to vaccinate and (1) volunteer to greet and assist with mobility impairments. In Cayuga County, volunteers are included in the county's general liability with the exception of volunteer physicians. Since this group consists completely of adults, pharmacists with immunizer certification can vaccinate. If you are interested and available to assist with this exercise, contact the CNYMRC Coordinator.

### CNYMRC Assisting with Making Strides Against Breast Cancer Walk

**Date:** Saturday October 20  
**Time:** 7:00 a.m.-Noon  
**Location:** Jefferson County Fairgrounds, Watertown  
**Needed:** Volunteers to assist with registration and marshaling the walk route. If you are interested in participating, contact the CNYMRC Coordinator.

### CNYMRC Assisting with Aid Station at Empire State Marathon

**Date:** Sunday October 21  
**Time:** 7:00 a.m.-Noon  
**Location:** Onondaga County. Specific location TBD.  
**Needed:** Volunteers to provide water and sports drinks to runners. If you are interested in participating, contact the CNYMRC Coordinator.

### Jefferson County Requests CNYMRC to Assist with Exercise

The Jefferson County Public Health Service is requesting volunteers to assist with their POD Exercise, vaccinating adults and children for flu.  
**Date:** Tuesday October 23  
**Time:** 5:30-8:30 p.m. Report at 5:00.  
**Location:** North Side Improvement League, 633 Mill St., Watertown  
**Needed:** Volunteers to vaccinate, support clerical duties, and assist with traffic flow. A pre-exercise training is recommended. Dates and times are yet to be determined but several sessions will be available. In Jefferson County, CNYMRC volunteers are included in the county's liability. If you are interested and available to assist with this exercise, contact the CNYMRC Coordinator.

## From the Coordinator...

You may be wondering why you haven't heard anything about the Annual Meeting and Appreciation we've done the last couple years in autumn. The survey conducted earlier this year showed many of you prefer the event occur in Spring or Fall. Fall is rife with volunteer opportunities, potentially overloading you in your ability to participate in unit activities. The Leadership Committee also decided this event should head in the direction of a training conference. We felt this would be a much better use of your time and much more valuable to you as a volunteer. We want to do this right so we have decided to postpone the event until Spring.

The Training Conference will be a much fuller experience, requiring more planning for which the CNYMRC is assembling a Planning Committee. The group has held its initial meeting. We would love to have more of our CNYMRC members involved in planning the day. **WE NEED YOU!** We plan to meet monthly by phone, with email communication in between as we accomplish specific tasks. If you are interested in planning the training conference, contact me and we will add you to the committee.

The training conference will include simultaneous course offerings, volunteer recognition at lunch, and time set aside for a quick annual membership meeting. We may survey our membership this fall to assist in choosing training courses. We also plan to send out an email request early in 2013 to get a feel for dates. Take the time to respond to these requests as they will help us make the conference a success.

Funding for this event is provided by the 2012 NACCHO-MRC Capacity Building Award as well as MMRS funds administered by the Onondaga County Health Department.

I hope you join us—in planning as well as attending the conference.

*Bobbi Alcock*

Your CNYMRC Coordinator

# Welcome

The CNYMRC welcomes our new members joining the CNYMRC July-September 2012:

**Katie Batchelor**, Oswego, Non-HC

**Briana Button**, Oneida, Registered Nurse

**Michelle Cooney**, Onondaga, Physical Therapist

**Ashley Creque**, Nassau, Health Care Student

**Joseph Guss**, Onondaga, Registered Nurse

**Sarah Lillie**, Cortland, Licensed Practical Nurse

**Aaron Mathews**, Oneida, Non-HC

**Heather Mathews**, Oneida, Licensed Practical Nurse

**Margaret O'Connor**, Madison, Licensed Clinical Social Worker

**Arnold Scott**, Tompkins, Non-HC

**Melissa Thomas**, Jefferson, EMT

## Autumn Birthdays

### October

Mary Boucher ✕ Linda Coe ✕ Richard Cohen ✕ Patricia Cupernall ✕  
Dianne Donovan-Colin ✕ Diana Doughty ✕ Chantel Eckert ✕ James Elrod ✕  
Alyssa Endres ✕ Nancy Girard ✕ Kristina Hingre ✕ Brett Holberg ✕  
Peter Lemke ✕ Philip Lyman ✕ Stephen Maheux ✕ Peggy Merrill ✕  
Stacey Rickert Fedder ✕ Sallie Russell ✕ Martin Schaeffer ✕ Patricia Snider ✕  
Jessica Thompson ✕ Erik Tubolino ✕ Lynne Wallace ✕ Pamela Wellman ✕  
Wendi Zufelt

### November

Tammy Allen ✕ Patricia Andrews ✕ Diane Avery ✕ Sharon Bliss-Chandler ✕  
Kathleen Cuddy ✕ F. Lee Dutton ✕ James Fey ✕ Peter Gallaresi ✕  
Paul Garvey ✕ Phillip Gioia ✕ Patricia Hudelson ✕ Pamela Keville ✕  
Daniel Maas ✕ Daniel Mackay ✕ Carrie Manning ✕ Pamela Marmon ✕  
Sue Ann McGovern ✕ Brenda McGrath ✕ Margaret O'Connor ✕ Lynne Odell ✕  
Joseph Pierz ✕ Jack Resnick ✕ Denise Russell ✕ Brenda Siegfried ✕  
Harold Small ✕ Michelle Strom ✕ Vera Turk ✕ Sarah Upfold-Harrell ✕  
Margaret Wade

### December

Keith Alexander ✕ Maritza Alvarado ✕ Tammy Balamut ✕ Theresa Baxter ✕  
Steven Berkowitz ✕ Jay Brenner ✕ Judith Brenon ✕ Donald Brooker ✕  
Briana Button ✕ John Endres ✕ Pauline Frazier ✕ Brenda Jackson ✕  
Paul Little ✕ Paul Marciniak ✕ Mary Jo Marvar ✕ Victoria Meguid ✕  
Ashley Murfitt ✕ David Newman ✕ Kathrin Petterelli ✕ Colleen Redding ✕  
Carol Sherwood ✕ Cheryl Stuper ✕ Steven Tiernan ✕ Christine Vecchio

# CNYMRC Member Spotlight

Seven CNYMRC members assisted with four Onondaga County Health Department rabies vaccination clinics this summer. Members **Sheila Chiumento, Diane GreenPope, Patricia Hudelson, Elaine Lostumbo, Michael Williamson, and Leigh Wilson** completed rabies vaccination certificates and filled rabies vaccine syringes. Member **Robert Fluck** educated pet owners on preparing their pets for a disaster at the clinic at Alliance Bank Stadium. More than 1,500 pets have been vaccinated at these clinics this year.

**Coordinator's Note:** An article about the CNYMRC assisting at these rabies clinics was published in Summer 2012 *MRC In Focus*, the national MRC newsletter. [www.naccho.org/topics/emergency/MRC/newsletter.cfm](http://www.naccho.org/topics/emergency/MRC/newsletter.cfm)

Eight CNYMRC members conducted responder rehabilitation as part of a full-scale exercise being held by

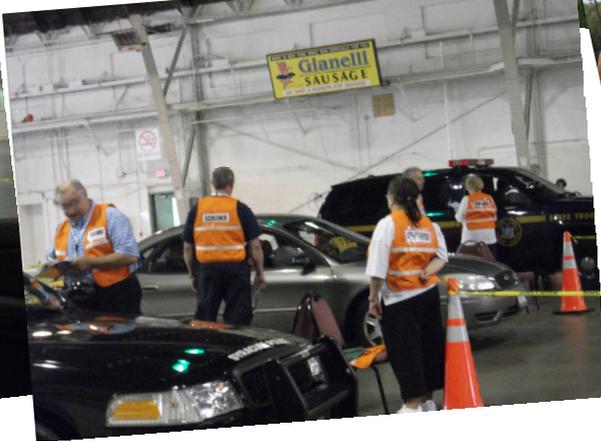
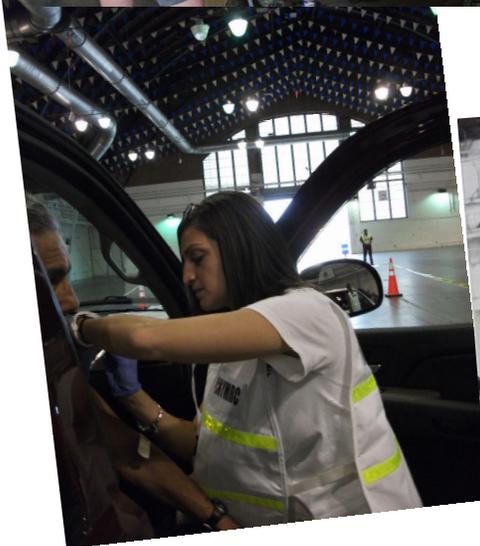
Onondaga, Madison, and Oswego Counties. Members **Dave Bregard, June Chamberlin, Robert Fluck, Sheila Kirby, Elaine Lostumbo, Barbara McDonal, Jamla Rizek and Michele Wilson** kept first responders hydrated and checked vital signs before releasing the responders back to the exercise.

CNYMRC members **Jean Brown** conducted hypertension screenings as part of a pre-test toward kidney tests. This was done at the Senior Health and Wellness Fair in Jefferson County.

CNYMRC members **Diane GreenPope and Elaine Lostumbo** drew blood for prostate screenings at Onondaga County's Get Health Connected. This event connected uninsured and underinsured residents with free health screenings, valuable tests they may not receive otherwise.

Seven CNYMRC members participated in the Onondaga County Health Department's mass prophylaxis exercise, testing the health department's ability to vaccinate large volumes of people in a short period of time. More than 700 first responders received their flu shot as part of the exercise. Members **Lu Ann Berlinski, Dave Bregard, Robert Fluck, Elaine Lostumbo, Harold Mandel, Jamla Rizek and Michael Williamson** controlled the flow of cars through the route, provided medical screening and vaccinated responders during the exercise.

CNYMRC members **Sheila Chiumento and Diane GreenPope** registered participants at the American Cancer Society Making Strides Against Breast Cancer walk in Syracuse.



# Central New York Medical Reserve Corps Training Day



Friday October 26, 9:30 am-4:00 pm  
Liverpool Public Library, Sargent Meeting Room  
310 Tulip St., Liverpool

## Schedule of Courses

9:30	Check-In (unless attending later course)
9:40-10:25	CNYMRC Orientation
10:30-12:45	IS-700a and IS-100b
12:45-1:30	Lunch (on your own)
1:30-2:20	Personal Preparedness
2:25-3:25	Psychological First Aid
3:30-3:45	CNYMRC—What we do, what you will do
3:45	CNYMRC ID Badge Photos/T-shirt Distribution

### CENTRAL NEW YORK MEDICAL RESERVE CORPS

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

**REGISTRATION DEADLINE: Friday October 19**

**Training to Serve Our Communities**

# Training Calendar

## CNYMRC Training Day

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.

**Onondaga County:** Friday October 26, 9:30 a.m.-4:00 p.m. Liverpool Public Library (Sargent Meeting Room), 310 Tulip St., Liverpool. Contact the CNYMRC Coordinator by October 19 to register. See the attached flyer for further information.

## CNYMRC Orientation

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

### IN PERSON:

**Onondaga County:** Friday October 26, 9:30-10:30 a.m. Liverpool Public Library, 310 Tulip St., Liverpool. Contact the CNYMRC Coordinator by October 19 to register.

### WEBINAR:

Saturday November 3, 10:00-11:00 a.m. (meeting.syntela.com Meeting ID: 7788311)\*\*\*

\*\*\*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 ServNY Phone/Email Notification Drill

On **Wednesday October 31** during 9:00-11:00 a.m. the CNYMRC is conducting an emergency notification drill. All registered members will be called at the telephone number(s) listed on their ServNY registration. No emails will be sent with this notification. Need to opt out? Contact the CNYMRC Coordinator to be removed from the notification list for the drill.

## Supplemental Training Opportunities

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

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

### Central New York Medical Reserve Corps

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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!

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