

# Deployment Demystified

Winter 2013

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Central New York Medical Reserve Corps

# CNYMRC Times

Helping Our Communities, Ready to Respond

In terms of disasters, Central New York has been lucky. Devastating storms missed our region, while wreaking havoc in other parts of the state. During the last two large storms, New York State deployed volunteers from all over the state (including CNY) to assist recovery efforts. Whether you've already answered the call or you became a member of the CNYMRC to join such efforts, being ready to deploy is key. By taking a few steps in advance of deployment, preparing to deploy is easier and less stressful.

## Talk to your employer in advance

Find out what your employer's policy is regarding employees assisting with response and recovery. Employers may have provisions allowing employees to take part without using personal leave time. Find out how much lead time you need to request time off and whether you are required to take personal leave. Deployments are usually a minimum of three days. Many are four to six days.

## Talk to your family in advance

Leaving for several days may affect your household. Have a conversation in advance about how everyday responsibilities can be managed. If children are involved, discuss how you may be able to communicate while you are away. Make arrangements to take care of your pets and home, if necessary.

## Update your contact information

If your information is not correct you can not be contacted for possible deployment. Update your information by contacting the CNYMRC Coordinator at [cnymrc@ongov.net](mailto:cnymrc@ongov.net) or (315) 435-5262.

## Pay attention to alerts

The media is a great resource for informing you of possible disasters, especially forecasted weather events. If it looks like areas of New York may be affected, the CNYMRC sends an alert. This alert informs you of potential outcomes for CNY and may put you on standby for response and recovery efforts. If the alert informs you the CNYMRC may be activated and you may be available to assist, start the conversation with your family and employer.

## Transportation

You may be responsible for providing your own transportation when deploying. You may need to reach a meeting site to catch transportation to the disaster site. Or, as recovery efforts stretch out over weeks, you may need to get to the disaster site on your own. Every effort will

be made to arrange carpooling. Keep your receipts (fuel, parking, tolls) as you may be able to claim them as a charitable donation on your taxes.

## Pack your deployment bag

Gather the items you need to deploy as soon as you are alerted of a potential activation. Typically the requesting county only provides meals and austere accommodations. (See the suggested packing list on Page 2.) Do not wait to get some of the items, such as bottled water or batteries. These items were almost depleted locally in advance of Hurricane Sandy. Pack enough for the entire deployment. The last thing you want to happen when assisting others is to become someone in need.

## Do not deploy without being activated and scheduled

It is very important to ONLY deploy as a CNYMRC or state volunteer if you are activated and scheduled by the CNYMRC or state. Being a CNYMRC or state volunteer provides you with liability coverage during your deployment. However, liability only kicks in when you are formally scheduled by the requesting organization.

## I want to help but was not asked

It is very hard to see our fellow human beings in crisis and not be asked to help. Requests from other counties seek specific professions for specific needs. If you were not activated but want to assist, there is a possible alternative. You should always register as a state volunteer first. However, other counties may feel they can fill some needs from their own volunteer roster. You can register with the specific county in need for the duration of response and recovery efforts. You become a volunteer of the county in crisis and it is at their discretion to activate you. You would be responsible for your own transportation and possibly your own accommodations. Adding the state or other counties to your registration can be done by contacting the CNYMRC Coordinator.

## Back home? Check in!

Once you return home, remember to check in with your MRC Unit Coordinator, even if deployed by the state. The few minutes needed to debrief you assists us immensely.

Deploying and helping those in need is a gracious act of kindness. Make it less stressful for you and your family by doing as much as possible in advance to ready yourself for deployment.

## Suggested Deployment Packing List

Below are the suggested items you should pack for deployment. Pack as light as possible. These items should be packed and kept on standby as soon as you receive an alert that there may be a need for the CNYMRC to deploy. Do not wait until you are scheduled as you may not have enough time to gather supplies.

- ⇒ Driver's License/Photo ID
- ⇒ CNYMRC Badge
- ⇒ Copy of Professional License
- ⇒ Clothing, appropriate for weather and length of deployment
- ⇒ Extra pair of comfortable shoes (no open-toed shoes or sandals)
- ⇒ Seasonal items (as needed)—bug repellent, sunscreen, raingear, coat, hat, gloves, boots
- ⇒ Personal hygiene items—soap, shampoo, deodorant, toothbrush, toothpaste, brush/comb, feminine products
- ⇒ Towels, washcloth
- ⇒ Prescription medications, medical alert jewelry
- ⇒ OTC medications
- ⇒ Alcohol-based hand sanitizer
- ⇒ Small first aid kit
- ⇒ Spare eyeglasses or contacts
- ⇒ Sleeping bag or blanket
- ⇒ Pillow
- ⇒ Additional bottles of water
- ⇒ Energy bars or non-perishable food, your favorite snacks
- ⇒ Flashlight and batteries
- ⇒ Small writing pad (for notes)
- ⇒ Pens
- ⇒ Ear plugs (for sleeping)
- ⇒ Small plastic bags/trash bags
- ⇒ Charger for cell phone
- ⇒ Phone cards for landline phone use
- ⇒ Off-duty entertainment (books, cards, music, etc.)
- ⇒ CASH (no ATMs)
- ⇒ Contact information for CNYMRC Unit Coordinator
- ⇒ If requested by state: Contact information for state coordinator
  
- ⇒ Keep your valuables at home!

# CNYMRC Unit News

## CNYMRC Planning 2013 Capacity Building Conference

As the CNYMRC grows and evolves, so does our training. The Capacity Building Conference is the next step in the evolution of the CNYMRC Annual Meeting and Appreciation. A planning committee of CNYMRC members and county health department liaisons have spent the last few months brainstorming and organizing the format of this event.

The theme for 2013 is *Volunteers Building Strong, Healthy, and Prepared Communities*. The unit meeting and appreciation remain part of the event. Courses on topics such as special medical needs shelters, responder rehabilitation, radiological reception center, points of dispensing, and pet sheltering and preparedness as well as CPR are slated to be offered. Also planned is a unit activity to better understand ICS—the Incident Command System. Members will have the choice to attend part or all of the conference. Lunch is provided to all attendees.

The Capacity Building Conference is slated for a Saturday in April or May. A survey will be sent to CNYMRC members in late January to assist in choosing the date. Stay tuned!

## CNYMRC Applies for Capacity Building Awards

The CNYMRC recently applied for two Capacity Building Awards from the National Association of City and County Health Officials (NACCHO). We should hear about receiving these awards once the federal budget is in place.

The first award helps increase public awareness of the CNYMRC in our region. The funds will be used on a variety of publicity activities to attract new, qualified members. The amount awarded is based on the number of MRC units applying.

The second Capacity Building Award is new for 2013. This award is granted

to approved projects that increase an MRC unit's capabilities. The CNYMRC applied for \$7,500 to implement its proposed project.

In the first phase of our proposal, the CNYMRC acts as facilitator, bringing government and volunteer organizations together to discuss volunteer management during disasters and to begin establishing an action plan to manage these volunteers. The CNYMRC, like many other volunteer organizations, competes for qualified volunteers. That competition increases during a disaster. Can organizations recruit and train volunteers in advance of a disaster without knowing what their roles will be? As a volunteer organization serving eight counties, the CNYMRC has connections with community organizations and government to promote the start of this discussion.

The second phase of the project is establishing and training teams for special medical needs sheltering (SpMNS). Our health departments plan for sheltering individuals whose medical needs are more serious than what is usually cared for in general population shelters but is not serious enough for hospital care. Plans include utilizing the CNYMRC for medical personnel, very similar to what we saw with Hurricane Sandy. However, since CNY rarely experiences opening shelters, plans need to be practiced. The CNYMRC SpMNS teams will train in conjunction with the American Red Cross to better assist our health departments when this need arises. The teams will learn about sheltering operations and what our role in special medical needs would be. This training culminates in a full-scale exercise—setting up a shelter with the Red Cross, opening the special medical needs piece, and working with “patients.”

These two awards will go far in continuing to move the CNYMRC forward, making us a viable organization in aiding our communities.

# Volunteer Spotlight

## Hurricane Sandy Response

A **HUGE THANK YOU** to the CNYMRC members who were able to take part in the response and recovery efforts after Hurricane Sandy. Additionally, so many of you were willing to help and were not requested. You are greatly appreciated!

CNYMRC members **Anita Derby, Andrew Innerfield, and Patricia Stoiko** took part in the first deployment of volunteers to shelters in Nassau County, providing basic care to people in need during the initial response phase. Members **Jean Brown** and **Robin Drypolcher** were scheduled for the second deployment to Nassau County shelters but were deactivated when a DMAT was able to deploy. Members **Lynne Fitzpatrick, Diane GreenPope, and Robert Zysk** took part in the third deployment request, providing care to American Red Cross workers in shelters on Long Island.

## Exercises and Drills

CNYMRC members **Diane Avery, Bob Fluck, and Geri Hall** assisted with the Radiological Reception Center (RRC) drill conducted by Oswego and Onondaga Counties. They provided traffic control, registration support, and first aid services to the “victims” in the drill. The RRC is opened by Onondaga County if there is a radiological emergency in Oswego County. The Department of Social Services aids evacuees with obtaining needed assistance while the Health Department’s Environmental Health team decontaminates evacuees, pets, and vehicles.

## CNYMRC Participates in Point of Dispensing (POD) Exercises

**Cayuga County** conducted a Medical Countermeasure Clinical Operations Full Scale Influenza Vaccine Exercise on October 18th during 9-11am in the gymnasium of Cayuga Community College. During the POD, the county

tested its ability to vaccinate a large number of people should an emergent situation arise. First responders, county employees, and Cayuga Community College students were invited to participate. Buses were utilized to transport people to the college. Vision and hearing aids along with wheelchairs and walkers were available to simulate these services providing clinic staff with practice in all situations. Two CNYMRC members participated in this POD. Dr. **John Valdina** reviewed medical information input by patients when scheduling their appointment. **Christine Matijas, N.P.** administered flu vaccinations during the POD.

**Jefferson County** Public Health Service utilized two CNYMRC members to serve as vaccinators during the department’s emergency preparedness exercise. This exercise tests the capabilities of JCPHS to rapidly and effectively operate mass vaccination clinics across Jefferson County in times of public health emergencies. This year’s exercise included some new enhancements to operational response efforts, but also incorporated past and proven best practices that help insure an effective response. One of the critical aspects of what makes it an operational success is the incorporation of CNYMRC volunteers. The ability to call upon the CNYMRC for talented, trained, professional and dedicated volunteers like **Jean Brown** and **Jamla Rizek** help JCPHS plan for, respond to and recover from health

emergencies that may impact our community. The staff at JCPHS will never be able to say “Thank you!” enough to the volunteers in the CNYMRC for their on-going dedication and commitment!

**Madison County** conducted a similar POD exercise, providing influenza vaccine to target populations while testing the county’s ability to manage a surge. CNYMRC members **Barbara McDonald** and **Roxanne Nazel** provided clerical support.

In **Onondaga County**, the Health Department partnered with Social Services and Emergency Management to distribute grab and go emergency kits to foster care families. The exercise tested what it would be like to distribute medications to heads of households rather than have the entire family come to a clinic, as they do when people need to be vaccinated. A special needs line was established to assist those with physical challenges that would prevent them from easily traversing the clinic. CNYMRC members **Patricia Cupernall, Lynn Hale, Geri Hall, Sharon Jasek, Paul Marciniak, and Barbara McDonald** registered and screened participants and distributed kits to each family.

## Public Health Activities

CNYMRC members **Lu Ann Berlinski, Sharon Bliss-Chandler, Elaine Lostumbo, Harold Mandel, Mary Jo Marvar, Jamla Rizek, and Betty Spafford** assisted with public and staff influenza vaccination clinics in Onondaga County by vaccinating, providing medical screening, and overseeing the rest and recovery of clinic clients.

CNYMRC members **Sheila Chimento, Michael Williamson** and **Leigh Wilson** provided clerical support and filled vaccine syringes at an Onondaga County rabies clinic.



CNYMRC members Barbara McDonald and Lynn Hale processing participants through registration at the Onondaga County POD exercise.

Continue Page 4

# Volunteer Spotlight (Continued)

## Community Partnerships

CNYMRC member **Diane GreenPope** participated in an aid station at the Empire State Marathon, busily handing out water and sports drinks to thousands of runners.

The CNYMRC participated in the Salvation Army Christmas Bureau, helping the organization bring Christmas to families in need. CNYMRC member **Betty Spafford** distributed holiday food baskets while members **Diane GreenPope, Elaine Lostumbo, Harold Mandel,** and **Gracia Roulan** served as personal shoppers for participating families.

Both of these events are examples of the partnerships the CNYMRC is

building in the community, providing meaningful assistance to community projects. The Christmas Bureau is also an example of a POD conducted by a community organization, one that reaches thousands of families. What we learned assisting with the event may help our health departments.

## Training Conferences

CNYMRC Leadership Committee member **Pam Keville** was chosen to attend the new Seasonal Leadership and Training Summit (SLaTS). SLaTS combines the Integrated Training Summit and regional MRC meetings. She attended the Summit session hosted December 5-7.

## *From Your Coordinator...*

I began putting this newsletter together during the first week of recovery from Hurricane Sandy. The NYSDOH (Department of Health) activated volunteers in the first week to assist in shelters in Nassau County. Three CNYMRC members answered this call. The following week, NYSDOH again activated volunteers and the CNYMRC had two volunteers preparing to deploy. Within hours, we were deactivated when Nassau County received the services of a DMAT (Disaster Medical Assistance Team). That same week, a nor'easter blew in to the NYC region and 750,000 residents were (still/again) without electricity and heat. Just before Thanksgiving, volunteers were activated to care for American Red Cross workers who had been tirelessly caring for people in shelters. Three members took part in this deployment. The state has estimated the cost of damages and repairs to be \$32 billion (Syracuse Post-Standard 11/26/12). Still on my mind are all the people who want to return home but can not or those who have decided to stay in their homes even though temperatures are near freezing.

Once again, we were very fortunate here in CNY that the effects of the hurricane were minimal. However, in advance of the storm, we saw store shelves become vacant of flashlights, batteries, water and food staples. If you have not already done so, I encourage you to assemble your emergency kit and create your household emergency plan. A list of items that should be in your emergency kit as well as assistance in creating your household emergency plan are in the appendices of your CNYMRC Unit Manual or can be found at <http://ready.ongov.net/prepare/>. Having your emergency kit stocked in advance of a disaster means you may not need to hit the stores or rely on others before, during, and after a disaster.

Have a safe and healthy winter!

YOUR Unit Coordinator,  
*Bobbi Alcock*

## New Member Challenge



### You are our best recruiter!

Who do you know—  
personally or professionally, medical or non-medical  
—that would make a great CNYMRC member,  
gaining satisfaction while helping our communities?

Refer one new member to register  
and complete required training—  
Receive a FREE CNYMRC gift!

# New CNYMRC Members

**Welcome** to our newest CNYMRC members! These members joined via ServNY between October 1 and December 31, 2012.

Teresa Corrigan, Onondaga County, Registered Nurse  
Paul Fuller, Oneida County, Physician  
Susan Kelleher, Onondaga County, Non-healthcare  
Barbara Lea, Onondaga County, Registered Nurse  
Angelia Mack, Cayuga County, Licensed Master Social Worker  
Nichole Marioni, Onondaga County, Psychologist  
Christopher McCarthy, Jefferson County, Respiratory Therapist  
Christian Shaefer, Otsego County, Emergency Medical Technician  
Briana Zeck, Schoharie County, Non-healthcare

## Training Opportunity: Center for Domestic Preparedness Anniston, Alabama

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

### **MGT-901 Healthcare Leadership for Mass Casualty Incidents**

(Course RR)

**Dates:** January 27-February 2, March 3-8 or March 17-23

Pre-requisites: IS-100HC, IS-200HC, and IS-700

### **PER-267 Emergency Medical Operations for CBRNE Incidents/**

### **PER-900 Intermediate Hands-on Training for CBRNE Incidents**

(Course Y)

**Date:** March 3-9

This course is offered only to state-licensed paramedics, EMTs, or emergency department physicians and nurses.

### **PER-902 Hospital Emergency Response Training for Mass Casualty Incidents (HERT)/ PER-262 Hands-on Training for CBRNE Incidents (Course NN)**

**Dates:** January 13-19 or March 31-April 6

Pre-requisites: IS-100HC, IS-200HC, and IS-700

Further information and other courses is available at:  
<http://cdp.dhs.gov/index.html>

# Happy Birthday

## January

Samuel Barr \* Sheila Chiumento  
Robert Constantine \* Christina Coughlin  
Amy Deavers \* Laura Dibble  
George Eiholzer \* Lynne Fitzpatrick  
Theo Gilmore \* Matthew Green  
Stephen Jennings \* Patricia Jubinville  
Jonathon Just \* Richard Kavey  
Carol Kolodziejski \* Jason Landey  
Carmen Lucero \* Frank Mayosky  
Deborah Patterson \* Suzanne Reid  
Allyson Stephenson \* Mark Vadney  
Kathy Williams

## February

Elizabeth Ahl \* Anthony Andrews  
Christine Bilynski \* Jean Brown  
Donna Dello-Stritto \* Mary Ditzer  
Robin Drypolcher \* Debbie Foringer  
Catherine Greacen \* Michelle Grobsmith  
Molly Landerkin \* Andrea Liedka  
Sharon Mandurano \* Alfred McDonell  
Janette Miller \* Elizabeth Mizro  
Daniel Pisaniello \* Brian Pompo  
Christian Shaefer \* Xhem Shehu  
Ashley Stallings \* Leanne Waterman

## March

Jones Abankwa \* Deborah Baker  
Amanda Cieslik \* John Comisi  
Karen Comisi \* Daniel Coty  
Erin Denis \* Jennifer Flagg  
Linda Gerow \* Robert Gilman  
Liam Gleeson \* Joseph Guss  
Brendan Hind \* Lisa Keough  
Diane King \* Maureen Kinney  
Michael Krzyzak \* Betsy Loughlin  
Christine Matijas \* Phyllis McIntosh  
Marcia Newsom \* Marcus Niessen  
Cheryl Race Robinson \* Kelly Rosebush  
Robert Schaefer \* Richard Tait  
Jason Terranova \* Patricia Terranova

### Required Courses On-line Links

**CNYMRC Orientation:** [meeting.syntela.com](http://meeting.syntela.com)—Offered by webinar. See Training Calendar for dates and times.

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

**Psychological First Aid:** [www.adph.org/ALPHTN/index.asp?id=3227](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)

# Training Calendar

## CNYMRC Required Training Courses

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:** Wednesday January 30, 9:30 a.m.-4:00 p.m. Liverpool Public Library (Sargent Meeting Room), 310 Tulip St., Liverpool. Contact the CNYMRC Coordinator by January 25 to register. See Page 7 for further information.

**Cortland County:** Thursday March 28, 9:00 a.m.-3:30 p.m. Cortland County Office Building (Room 302), 60 Central Ave. Cortland. Contact the CNYMRC Coordinator by March 24 to register. See Page 7 for further information.

**Madison County:** Tuesday April 9, 9:00 a.m.-3:30 p.m. Madison County Health Department (Building 5), 138 N. Court St., Wampsville. Contact the CNYMRC Coordinator by April 5 to register. See Page 7 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 CNYMRC, and our 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 PERSON:

**Onondaga County:** Wednesday January 30, 9:40-10:25 a.m. Liverpool Public Library, 310 Tulip St., Liverpool. Contact the CNYMRC Coordinator by January 25 to register.

**Cortland County:** Thursday March 28, 9:10-9:55 a.m. Cortland County Office Building (Room 302), 60 Central Ave. Cortland. Contact the CNYMRC Coordinator by March 24 to register.

**Madison County:** Tuesday April 9, 9:10-9:55 a.m. Madison County Health Department (Building 5), 138 N. Court St., Wampsville. Contact the CNYMRC Coordinator by April 5 to register.

### WEBINAR:

Wednesday January 9, 7:00-8:00 p.m. (meeting.syntela.com Meeting ID: 8605289)\*\*\*

Tuesday March 5, 9:00-10:00 a.m. (meeting.syntela.com Meeting ID: 6935754)\*\*\*

\*\*\*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 Phone Notification Drill

On **Wednesday February 13** during 9:00-11:00 a.m. the CNYMRC is conducting an emergency phone 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.

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

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

Phone: (315) 435-5262  
Fax: (315) 435-3613  
Email: [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

## Required Course

## Training Days



Wednesday January 30, 9:30-4:00, Onondaga County

Thursday March 28, 9:00-3:30, Cortland County

Tuesday April 9, 9:00-3:30, Madison County

(See Calendar of Events for location information)

### Sample 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)
1:35-2:20	Personal Preparedness
2:25-3:10	Psychological First Aid
3:10-3:20	CNYMRC—What we do, what you will do
3:20	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*



## What's a Disaster (and Other Important Words)

From [disasterdoc.net](http://disasterdoc.net),  
Sheila Sund, MD  
Posted November 12, 2012

### Disaster – the Word of a Thousand Definitions

What's a **DISASTER**, anyway? I know, I know – we all know one when we see one. If you drop the food on the kitchen floor just before the boss arrives for dinner, you think “what a disaster”, and maybe say a bit more! But 20,000 people killed in an earthquake is also a disaster. Should we use the same word for personal and global catastrophes? If we use a common emergency planning definition of disaster, it turns out that your ruined dinner truly qualifies (although admittedly a bit different in scope than an earthquake).

Disaster is a sudden event in which needs exceed immediately available resources. Putting it more simply, if you need to feed 8 people and dinner is being licked up by your Great Dane, it could be a personal disaster (providing replacement food isn't just a microwave away). Compare this to a bad hair day, which is annoying, but not a disaster. For the purpose of “real” disaster response, we add the caveat that a disaster “interferes severely with community functioning, creating human, material, or economic losses” (Basic Disaster Life Support Training). It's a BIG DEAL.

Disasters cause sudden problems with citizens being safe, fed, watered, and sheltered – i.e., human needs exceed what the community can provide, at least until outside help arrives. Usually it's natural disasters that cut power, water, and communications, damage structures, and cause injuries or deaths, but human disasters such as war, terrorism, or even human error can have the same consequences. (An interesting question is whether loss of smart phone service is part of a disaster or just an inconvenience – New Yorkers seem to have strong opinions on this.)

### Surge – Not Just A Hurricane Effect

Disasters also occur if too many people suddenly need something essential, like an epidemic overwhelming healthcare, or an influx of refugees. This is called “**SURGE**”, and the ability to meet increased demand without running out of resources is called “surge capacity”. Think back to H1N1 (a whopping 3 years ago), with concerns for ventilators and then vaccination shortages. Luckily things

calmed down fairly quickly, but flu could be a major disaster.

### Emergency – 70s TV Show or What?

Now you're an expert on defining disasters! Let's continue with Emergency Response English 101. After all, common language is the key to communication. So what's an “**EMERGENCY**”? How about a serious, unexpected, and often dangerous situation requiring immediate action? The main difference from a disaster is that resources are adequate to meet the needs (thanks to our great firemen, police officers, and emergency rooms). They do emergencies every day, whereas disasters, thank goodness, are rare. With our dinner example, an emergency might be learning 3 more people are coming, but as long as you can increase what you cook, you will avoid disaster.

### Mitigation – It Might Prevent Litigation

I love “**MITIGATION**”, because it is the most important word you can work on now. It means “any action taken to eliminate or minimize the impact of a disaster on people, property and environment”. If you have a second meal in the frig to quickly cook, you are mitigating against the loss of your dinner to the dog. When you make an emergency plan and gather emergency supplies, you are doing personal mitigation against disasters. Mitigation includes physical things such as earthquake proofing your house. From a governmental standpoint, retrofitting building and bridges, and updating seismic building codes are important (and expensive) examples of earthquake mitigation. As for my bad litigation rhyme, you had better believe that people sue if a building collapses because it was not built to code.

### The Three R's

And we have the three R's (not readin, 'riting, and 'rithmetic).

“**RESPONSE**” is urgent actions taken after a disaster to minimize injury and loss. For an earthquake, examples of personal response include drop, cover, and hold, checking on family members, and turning off the gas. Hopefully your response also includes activating neighborhood plans to help each other. Higher level response doesn't need much explanation. You see it daily on the news, because it's exciting. In any case, the

## Disasters (cont.)

key to good response is advance planning and drilling, both as individuals and professionals.

“RECOVERY” is the long-term actions needed to return to full community function. Repeated apologies, kissing up, and possibly looking for a new job are the recovery actions for my overused dinner party example. Community recovery means rebuilding, return of businesses, and dealing with chronic mental health consequences of disaster survival. Unfortunately, recovery is not sexy, so the attention and help of the rest of the world strays long before the months and years it takes to carry out recovery.

And last, but not least, is “RESILIENCE” – how well a community withstands and rapidly recovers from a disaster. How well do people know each other, and how willing are they to help each other? The stronger the sense of “community” before a disaster, the better citizens will recover. Resilience includes issues like sustainability – the community helps provide food and resources to themselves, tying in nicely to the “eat local” and community garden concept. Since disasters will continue, and response will never be ideal (after all, that is the point of the disaster definition), everyone is hanging their hat on resilience as the best long-term solution.

I agree with the resilience concept most of all. Living in a resilient community where we all know and help each other would be pretty cool, even if a disaster never occurs. Don't you agree?

### Community Resiliency Project

Onondaga County residents: How prepared are you for a disaster? What are your viewpoints on personal preparedness? Participate in the American Red Cross project by completing this survey:

<https://www.surveymonkey.com/s/CNYPrepare>

CNY REGIONAL

# Medical Reserve Corps



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

## SATURDAY MAY 4, 2013

### CNYMRC Capacity Building Conference

### Volunteers Building Strong, Healthy & Prepared Communities

## REGISTER BY APRIL 19

[www.surveymonkey.com/s/cnymrccbc](http://www.surveymonkey.com/s/cnymrccbc)

### *From Your Coordinator...*

While it seems like all has been quiet on the CNYMRC front, there has been much going on behind the scenes. Here's a report on some of the projects in the works.

The Capacity Building Conference Planning Committee has been hard at work putting together the annual CNYMRC conference building on the annual meetings of years past. This year's conference on Saturday May 5 includes a variety of sessions as well as a membership meeting, member recognition, and an activity to better understand ICS—Incident Command System. Members have the option to attend half or full day. This conference is free to CNYMRC members and includes a continental breakfast and lunch. Funding for the conference is provided by a Metropolitan Medical Response System grant.

The Leadership Committee is putting together a series of social mixers, providing members with opportunities to meet. The first of four was held recently in Tompkins County as a potluck lunch. Cindy Rotella of the Southern Tier AIDS Program (STAP) presented on their programs, including

projects the CNYMRC can assist with. The main task for the committee in 2013 is to locate and develop potential community partnerships. If you have ideas, please contact me.

Representing the CNYMRC, I have been involved in a project of the CNY American Red Cross. CNYARC received a major grant to learn about how citizens in Onondaga County view personal preparedness and to begin a culture shift to improve community resiliency. The Community Resiliency Project is currently in its first phase with a community-wide survey on personal preparedness. Future phases include community meetings and education.

The CNYMRC received both its Capacity Building Awards. One award will allow us to market the unit throughout the region. The other allows us to develop a regional Special Medical Needs Sheltering team. Stay tuned for details on how you can become part of this team.

YOUR Unit Coordinator,

*Bobbi Alcock*

## Spring Birthdays

### April

Lori Anderson \* Carolyn Backes  
Keith Brandis \* Dave Bregard  
David Canfield \* Ray Caprin  
Jennifer Carey \* Anna Cruikshank  
Alida de Jong \* Gayanna Gilbraith  
Lisa GreenPope \* Geri Hall  
Sharon Jasek \* Rodney Kester  
Sarah Lillie \* Christopher McCarthy  
Katherine McCarthy  
Elizabeth McGrath-Scott \* Charlie Miller  
Patrick Poirier \* Janet Rasbeck  
Brian Richardson \* Daniel Root  
Grace Roulan \* Adrienne Ruzic  
Diane Snyder \* Elana Sukert  
Melissa Thomas \* Janet Wakefield  
Michele Wilson \* Brandon Wolfenden  
Han Woo

### May

Katie Batchelor \* Jonathan Braiman  
Charlie Brenon \* Arlene Brouillette  
June Chamberlin \* Dawn Conley  
Jeanne Dolly \* Cathy Dowe  
Bob Fluck \* Brenda Geloff  
Linda Graves \* Lynn Hale  
William Hoff \* Frank Horvath  
Andrew Innerfield \* Jinny Jones  
John Kennedy \* Sheila Kirby  
Elaine Lostumbo \* Patty Lowry  
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 \* Joanne Hirsch  
Susan Kerns \* Gerald Levy  
Janet Lottermoser \* Kathleen Meadows  
Colleen O'Leary \* Mark Paddock  
Gina Rapp \* John Sharkey  
Mary Stanley \* Beverly Todd  
Dan Vick \* Mike Williamson  
Karen Ziomek \* Bob Zysk

## New CNYMRC Members

Welcome to our newest CNYMRC members! These members joined via ServNY between January 1 and March 31, 2013.

Anne Brandolini, Non-healthcare, Madison  
John-Paul Couce, Emergency Medical Technician, Tompkins  
Anthony DeFrank, Non-healthcare, Oneida  
William Haddad, Non-healthcare, Madison  
Christine Harrison, Nurse Practitioner/Registered Nurse, Onondaga  
Dawn Heffron, Non-healthcare, Madison  
Mary Mills, Registered Nurse, Jefferson  
Angella Novotny, Licensed Practical Nurse, Oswego  
Benjamin Rudd, Physician, Jefferson  
Melissa Schmidt, Registered Nurse, Oneida

## Amateur Radio Field Days

Cortland County's Skyline Amateur Radio Club (SARC) invites CNYMRC members to observe their Amateur Radio Field Days. Field Days are amateur (ham) radio's annual emergency communications exercise, communicating via amateur radio with other operators across the country. Amateur radio is an alternate communication method used during disaster operations. For more information about Field Days, go to <http://www.arrl.org/files/file/Field-Day/2013/2013%20FD%20Flier.pdf>

**WHEN:** Saturday June 22, during 2:00-8:00 pm and Sunday June 23, during 9:00 am-1:00 pm

**WHERE:** Camp Owahta, 4826 Knecht Road, McGraw (Cortland County)

## Training Opportunity: Center for Domestic Preparedness Anniston, Alabama

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

### PER-260 Technical Emergency Response Training for CBRNE Incidents (Course B)

**Dates:** April 28-May 4, May 19-25, or June 2-8  
This class is not a HAZMAT technician course.

### PER-267 Emergency Medical Operations for CBRNE Incidents/ PER-900 Intermediate Hands-on Training for CBRNE Incidents (Course Y)

**Date:** May 5-11

This course is offered only to state-licensed paramedics, EMTs, or emergency department physicians and nurses.

### PER-902 Hospital Emergency Response Training for Mass Casualty Incidents (HERT)/ PER-262 Hands-on Training for CBRNE Incidents (Course NN)

**Dates:** April 28-May 4, May 19-25, or June 23-29  
Pre-requisites: IS-100HC, IS-200HC, and IS-700

Further information and other courses is available at:  
<http://cdp.dhs.gov/index.html>

# Training Calendar

## CNYMRC Capacity Building Workshop Volunteers Building Strong, Healthy, & Prepared Communities

Saturday May 4, 8:00 a.m.-5:00 p.m. (or 8:00 a.m.-1:00 p.m., your preference). Comfort Suites Conference and Banquet Center, 5875 Carmenica Dr., Cicero, NY 13039. Register at [www.surveymonkey/s/cnymrccbc](http://www.surveymonkey/s/cnymrccbc) by April 19.

## CNYMRC Required Training Courses

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.

**Madison County:** Tuesday April 9, 9:00 a.m.-3:30 p.m. Madison County Health Department (Building 5), 138 N. Court St., Wampsville. Contact the [CNYMRC Coordinator](#) by April 5 to register. See Page 5 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 CNYMRC, and our 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 PERSON:

**Madison County:** Tuesday April 9, 9:10-9:55 a.m. Madison County Health Department (Building 5), 138 N. Court St., Wampsville. Contact the [CNYMRC Coordinator](#) by April 5 to register.

## CNYMRC Phone/Email Notification Drill

On **Monday June 17** during **6:00-8:00 p.m.** (yes, during the evening hours) the CNYMRC is conducting an emergency phone and email notification drill. All registered members will be called at the telephone number(s) and emailed at the addresses listed on their ServNY registration. Need to opt out? Contact the CNYMRC Coordinator to be held 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).

## Central New York Medical Reserve Corps

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

Phone: **(315) 435-5262**  
Fax: (315) 435-3613  
Email: [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.



# Central New York Medical Reserve Corps Required Course Training Days

**Tuesday April 9, 9:00-3:30, Madison County**

Madison County Health Dept., 138 N. Court St., Wampsville (Bldg. 5 behind DMV)

## Course Agenda

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)
1:35-2:20	Personal Preparedness
2:25-3:10	Psychological First Aid
3:10-3:20	CNYMRC—What we do, what you will do
3:20	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 you are responsible for. If you do not need all the courses, come for the ones you do!

**COST: FREE!**

**Register by April 5**

## Training to Serve Our Communities

### Required Courses On-line Links

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

Psychological First Aid: [www.adph.org/ALPHTN/index.asp?id=3227](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)

CNY REGIONAL

# Medical Reserve Corps



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

## CNYMRC Times

Central New York Medical Reserve Corps  
Helping to Build Strong, Healthy and Prepared Communities

Summer 2013

Volume 5, Issue 3

### In This Issue

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CNYMRC members discussing ICS chart to "plan" a wedding.

## Training Opportunities

### CNYMRC Orientation

The CNYMRC Orientation is now offered as an on-line video.

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

To receive credit for viewing the orientation, you must complete the survey linked to the end of the video. You can still attend orientation as part of a required courses training day.

### CNYMRC Required Courses Training Days

Complete the required courses (orientation, IS-100, IS-700, personal preparedness and psychological first aid) during this one-day in-person

Welcome to the first electronic edition of the CNYMRC Times! So why did I change formats? It all comes down to time. Time I would rather spend advancing the CNYMRC in our counties.

And my time this summer is all about getting the word out, about increasing the visibility of the CNYMRC, developing and strengthening partnerships, and working toward getting the CNYMRC written into response plans. So I am going on a "Summer Road Tour" through our counties, meeting with and talking to organizations and businesses each of our counties feel are important to make connections with. I am also meeting with the Health and Emergency Management Departments in each county to discuss the importance of including the CNYMRC in their response plans. I am very excited about this opportunity! The CNYMRC is on the cusp of becoming a major resource in each of our counties and I am striving to make that happen. Look for my progress report in the fall edition of the CNYMRC Times.

I plan to use this format for all non-emergency information distribution--newsletters, event notifications, training calendars and more. ServNY will continue to be used for disaster notifications, notification drills, and response management. As we continue to use this format, drop me an [email](#) to let me know what you think.

YOUR CNYMRC Coordinator,  
Bobbi Alcock  
(315) 435-5262  
[cnymrc@ongov.net](mailto:cnymrc@ongov.net)

PS There are so many benefits to volunteering--helping your community, networking, sharpening your skills. CNYMRC volunteer Harold Mandel, MD forwarded this article to me--*Hypertension Risk is Lowered by Volunteering*: <http://exm.nr/18HCH4M>. Volunteering makes you feel good and may help you to feel healthy!

## Map Your Neighborhood

What is **Map Your Neighborhood**? Knowing who your neighbors are and who may need immediate assistance during and after a disaster makes a huge difference in saving lives. It also identifies who has skills and equipment

course. The course is free but lunch is on your own.

### Onondaga County

Date: Monday July 22

Time: 9:30 am-4:00 pm

Location: Liverpool Public Library, 310 Tulip St., Liverpool (Sargent Meeting Room)

Register: by July 17 by contacting the [Coordinator](#)

### Tompkins County

Date: Tuesday September 10

Time: 9:30 am-4:00pm

Location: Tompkins County Health Dept.,  
55 Brown Rd., Ithaca (Rice Conference Room)

Register: by September 5 by contacting the [Coordinator](#)

### Center for Disaster Preparedness

CDP courses are free, including travel to and accommodations in Anniston, AL, once approved by the State Administrative Agency Training Point of Contact. More information can be found at <http://cdp.dhs.gov/index.html>



CNYMRC NP Geri Hall providing responder rehabilitation at Fire Training Center.

that may help in an emergency. Map Your Neighborhood teaches a team approach to keeping those in your neighborhood safe and making the best use of available resources.

To learn more about Map Your Neighborhood: Map Your Neighborhood guides and planning tools, click [here](#).

## CNYMRC Unit News

### CNYMRC Forming Special Medical Needs Shelter Team

The CNYMRC is forming and training a regional Special Medical Needs Shelter (SpMNS) team to assist our Health Departments. The trained team will know what to do in advance of a major disaster where sheltering is necessary. We are recruiting medical, mental health, and support volunteers to this team. Volunteers need to make the commitment to complete the necessary training--the required CNYMRC training courses plus American Red Cross Shelter Operations, SpMNS Operations, cultural competency, PFA Online (a 6-hour interactive course), and IS-200: ICS for Single Resources and Initial Action Incidents. The training culminates in a joint exercise with the American Red Cross, our partner in shelter operations. The CNYMRC is training alongside Health Department staff assigned to SpMNS roles.

Interested in being part of the SpMNS team? Contact the Coordinator

### CNYMRC Hosted State-wide MRC Coordinators Meeting

The CNYMRC hosted a state-wide meeting for MRC Coordinators May 30-31. This meeting provided an opportunity for MRC Coordinators to learn from each other on topics such as volunteer recruitment and retention, training and exercises, and deployment. More important was the informal time to talk with each other about unit activities and unit management. More than 40 leaders, including liaisons from six CNYMRC counties, attended. Funding for this meeting was provided by the Onondaga County Health Department's Metropolitan Medical Response Systems grant.

## Volunteer Opportunities

### Iron Girl-Syracuse

**Date:** Sunday August 4

**Time:** 7:00-11:00 a.m.

**Location:** Oneida Shores, Brewerton

**Needed:** The CNYMRC is forming a team to volunteer for several duties at the competition.

Interested? Contact the [Coordinator](#)

### Rabies Clinics-Onondaga

**Dates and Locations:**

Thurs July 18, Schiller Park/Bova Community Center, Farmer St., Syracuse

Thurs Aug 1, Village of Minoa DPW, 100 Kalin Dr., Minoa

## CNYMRC Volunteer Spotlight

### Capacity Building Conference

Twenty of our members were able to attend the 2013 Capacity Building Conference, the first of our annual meetings in conference format. Attendees learned about responder rehabilitation, special medical needs sheltering, points of distribution, and the radiological reception center--all activities the CNYMRC is slated to become involved in. At the unit meeting, we discussed 2012 activities and upcoming events. From this meeting came the suggestion of CNYMRC members forming a team to create a social media strategy for the CNYMRC. We, as a unit, need to have a plan for its use that we can present to our Health Departments for approval. In the afternoon, the CNYMRC used the Incident Command System to create a plan to execute a wedding. ICS really is as simple as figuring out the tasks and resources you have, assigning them, and making sure the tasks are completed with adequate supervision.

Interested in being part of the 2014 Capacity Building Conference planning team? Contact the [Coordinator](#)

Thurs Aug 22, St. Lucy's Church, 432 Gifford St., Syracuse

Thurs Sept 19, Marcellus Fire Dept., 4242 Slate Hill Rd., Marcellus

Thurs Oct 10, Beaver Lake Nature Center, East Mud Lake Rd., Baldwinsville

**Time:** 4:30-7:00 p.m.

**Needed:** Nurse volunteers to draw rabies vaccines and clerical volunteers to complete rabies vaccination certificates.

Interested? Contact the [Coordinator](#) to sign up.

### **AIDS Ride for Life: First Aid**

**Date:** Saturday September 7

**Locations and Times:**

**Bellwether Hard Cider**, 11:30-4:30  
9070 Route 89, Trumansburg

**King Ferry Winery**, 7:00-11:00  
658 Lake Rd., King Ferry

**Frontenac Park**, 8:00-11:30  
Union Springs

**Verdi Signs**, 9:30-1:30  
526 Route 31, Montezuma

**Needed:** Medical volunteers to provide first aid to cyclists at four pit stop locations in CNYMRC region.

### **AIDS Ride for Life: Pit Stop Team**

**Date and Time:** Saturday September 7, 8:00-11:30

**Location:** Frontenac Park, Union Springs

**Needed:** Volunteers to provide beverages, food, and encouragement to cyclists.

Interested in either Ride for Life activity? Contact the [Coordinator](#) to sign up.

More CNYMRC volunteer training, events, and opportunities are listed in the Calendar of Events (separate email) or in the [online calendar](#).

Interested in being part of the Social Media Strategy team? Contact the [Coordinator](#)

### **Pet Preparedness at Rabies Vaccination Clinics**

This Spring, the CNYMRC distributed literature and spoke with clients at rabies vaccination clinics about pet preparedness. Our Health Departments in Cortland, Jefferson, Madison, Onondaga, and Tompkins counties arranged for the CNYMRC to educate our residents on this important piece of personal preparedness. We were able to participate in Jefferson, Madison, Cortland, and Onondaga Counties. The CNYMRC plans to continue pet preparedness education at clinics this fall. Stay tuned for more information.

### **CNYMRC Observers at Partner Events**

CNYMRC members observed at partner events this Spring. We were invited to observe the American Red Cross as they planned for and set up a mass care shelter. While this shelter exercise occurred in Onondaga County, participating Red Cross volunteers were from all over the CNY region.

Brian Falise of the Syracuse City Fire Department invited the CNYMRC to observe responder rehabilitation during training at the Onondaga Fire Training Center in Onondaga County.

The Skyline Amateur Radio Club (SARC) of Cortland County invited the CNYMRC to observe their part of a nationwide communications exercise.

## **New CNYMRC Members**

Welcome to our newest members who joined during April-June 2013:

John Barbato, Onondaga, Non-healthcare

Greta Burghdurf, Wayne, Healthcare Student

Ann Chase, Madison, Registered Nurse

Joseph Flanagan, Onondaga, Physician

Madeline Fostveit, Onondaga, Registered Nurse

Patricia Moulton, Jefferson, Non-healthcare

Joanne Sequin, Madison, Non-healthcare

Diane Ward, Herkimer, Registered Nurse

## **Contact Information**

**CNYMRC Coordinator: Bobbi Alcock**

Phone: 315-435-5262

Email: [cnymrc@ongov.net](mailto:cnymrc@ongov.net)

Central New York Medical Reserve Corps | (315) 435-5262 | [cnymrc@ongov.net](mailto:cnymrc@ongov.net) | <http://www.ongov.net/health/mrc>

Lead Agency: Onondaga County Health Department

421 Montgomery Street, 9th Floor

Syracuse, NY 13202

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Central New York Medical Reserve Corps | Lead Agency: Onondaga County Health Department | 421 Montgomery Street, 9th Floor | Syracuse | NY | 13202

CNY REGIONAL

# Medical Reserve Corps



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

## CNYMRC Times

Central New York Medical Reserve Corps:  
Helping to Build Strong, Healthy, and Prepared Communities

Autumn 2013

Volume 5, Issue 4

### In This Issue

[CNYMRC Award](#)[CNYMRC Deployment](#)[@Partner Events](#)[@Community Events](#)

### Quick Links

[Required Training Courses](#)[CNYMRC Calendar](#)[CNYMRC Unit Manual](#)

### Welcome New CNYMRC Members

Welcome to our newest members, joining during July 1-September 30.

James Bergman, EMT  
Onondaga

Julie Bush, LCSW  
Jefferson

Michael Dyer, Support  
Jefferson

Cynthia Elkins, MD  
Onondaga

Samantha Grard, RadTech  
Oswego

Sheena King, LPN  
Onondaga

Sherri Mahaney, RN  
Oswego

Mary Parker, NP  
Jefferson

Sonia Robinson, Support

Dear CNYMRC Members,

For me, like many others, summer flew by. This was a great summer, one spent traveling throughout the CNYMRC region meeting partners and forging relationships. I learned so much about our communities, their needs, and the opportunities available. I met with health departments, emergency management, American Red Cross units, colleges and universities, hospitals and other partners throughout our region. The visits fostered and strengthened partnerships, the results you will see in the coming months. Each county has a different focus and has many ideas on how to grow the CNYMRC, not only in volunteers but in training and activities. Challenges still exist. Liability protection remains one of the biggest hurdles in some CNYMRC counties to requesting medical assistance for non-response activities.

The CNYMRC Leadership Committee is also full of great ideas. Some of the activities we are considering and/or planning include mini-Capacity Building Workshops scattered throughout our region, training and lectures related to current and future CNYMRC activities, and community events. Watch for calendar listings and emails for details. I encourage you to attend or participate whenever you can. Your participation is what drives unit training and activities.

CBS Money Watch recently named Syracuse the U.S. city safest from natural disasters. Yes you read that correctly! The reasoning is that Syracuse sees little in terms of major disasters. Our snow fall levels didn't even rate a mention. I choose to believe that we, as a region, are very good at managing our weather challenges. To read the article and see the remaining cities in the Top 10, click on the [link](#). Thank you to CNYMRC member Bob Gilman for forwarding the article.

As we go into Fall, don't forget to make your preparations for Winter--at home, school, work, and car. The Farmer's Almanac is predicting a harsh winter. While I put little credit in such things, it never hurts to be prepared! Great tips on winter preparedness, including winterizing your home and vehicle, are available at [Ready.gov](#). Be the reason Syracuse is considered safest from natural disasters.

Sincerely,  
Bobbi Alcock, CNYMRC Coordinator

### CNYMRC Receives \$20K Award

Oswego

Nina Saeli, Support  
Tompkins

Jessica Soule, Support  
Cayuga

Donna White, RN  
Onondaga

### **Leadership Committee Seeking New Members**

The CNYMRC Leadership Committee is recruiting new members. The Leadership Committee, made up of CNYMRC volunteers and health department staff, meets quarterly by phone to discuss and advise on unit protocols and potential unit activities. The LC is looking for members throughout our region but especially in Jefferson, Lewis, Oswego, and Cayuga counties. If you are interested in joining the LC, contact the [CNYMRC Coordinator](#).

### **Capacity Building Conference Planning**

This Fall, the CBC Planning Committee begins its work on organizing the CNYMRC Capacity Building Conference, tentatively scheduled for April 12. The Capacity Building Conference is the unit's annual meeting and advanced training. If you are interested in being part of the planning committee or if you have suggestions for topics and speakers, contact the [CNYMRC Coordinator](#).

### **Managing Volunteers in Disasters**

The CNYMRC hosted a Managing Volunteers in Disasters workshop for health departments, emergency management, hospitals, and community organizations to begin to work together to make response efforts utilizing volunteers successful. Twenty-five representatives from 20 organizations in 9 counties met to set the

The CNYMRC received a \$20,000 award to cultivate Unit Administration and Policy resources for the Factors for Success project. In early August, the CNYMRC was recommended by our State and Regional Administrators and invited by the National Association of City and County Health Officials (NACCHO) to submit a proposal to the Factors for Success Initiative. Factors for Success is guidance created by the Division of the Civilian Volunteer Medical Reserve Corps (DCVMRC) to assist MRC unit leaders in building and sustaining their organizations. The CNYMRC is tasked with creating templates for unit handbooks, job action sheets, and volunteer performance reviews as well as administrative guidance and how-to guides.

Fewer than 30 units were invited to submit proposals and seven were chosen to work on the project. While this does not add to anything the unit is currently doing, it gives the CNYMRC national recognition for work already exceptionally done.

## **CNYMRC Deployment**

Repeated rainstorms hitting eastern NY lead to flooding, some major, in areas within and to the east of our counties. Herkimer County requested nursing assistance to provide tetanus vaccinations to county residents cleaning up their homes and communities after the flooding. CNYMRC nurses Ann Chase and June Chamberlin answered the call, providing hundreds of vaccinations to those who needed them.

## **CNYMRC at Partner Events**

The CNYMRC participated in six Health Department events this summer. CNYMRC members Sheila Chiumento, Gerry Levy, Elaine Lostumbo, and Mike Williamson assisted at four rabies vaccination clinics in Onondaga County.

CNYMRC members James Bergman, Lu Ann Berlinski, Robin Drypolcher, Sharon Jasek, Elaine Lostumbo, Jamla Rizek, and Mike Williamson conducted medical screening and provided vaccinations at the Onondaga County Health Department's first responder drive-thru vaccination exercise. More than 680 fire, law enforcement, EMS, and DOT plow drivers received flu vaccinations as part of this exercise.



The Onondaga County Soil and Water Conservation District invited the CNYMRC to participate in a Basic Large Animal Technical Rescue Training. CNYMRC members June Chamberlin, Michael Dyer, and Geri Hall attended the three-hour lecture on how (and how not) to perform rescue operations on larger livestock. The CNYMRC was also invited to continue training on this topic with a two-day Technical Large Animal Emergency Rescue participatory training on October 4-5. Funding for these courses is provided by an Onondaga County Department of Emergency Management Homeland Security grant.

## **CNYMRC at Community Events**

The CNYMRC participated in two community events this summer.

groundwork for volunteer management in our counties. Colleen Smallfield, Director of Service Events for New York Cares, presented on how to engage and manage affiliated and spontaneous volunteers during both the response and recovery phases.

Funds to host this workshop were part of the 2013 NACCHO competitive Capacity Building Award.

CNYMRC members June Chamberlin, Peggy Merrill, and Betty Spafford ran a water station for the running portion of the Syracuse Iron Girl. More than 1,100 women swam, biked, and ran in the triathlon at Oneida Shores in Onondaga County.



CNYMRC members Madeline Fostveit, Peggy Merrill, and Suzanne Reid provided first aid services to cyclists at separate pit stops of the Southern Tier AIDS Program Ride for Life while Paul Marciniak provided food and beverages at one of the pit stops. Cyclists completed 42, 85, or 100 miles for this fundraising event. The CNYMRC supplied peanut butter and jelly sandwiches (12 loaves of bread, 8 pounds of peanut butter, 5 jars of jelly), 13 gallons of Gatorade, 17 gallons of water and loads of encouragement to over 200 cyclists at the Union Springs pit stop in Cayuga County.

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