

## CNYMRC Times

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

Winter 2014

Volume 6, Issue 1

### Member Resources

[Required Training Courses](#)

[CNYMRC Calendar](#)

[CNYMRC Unit Manual](#)

### Welcome New CNYMRC Members

Welcome to our newest members, joining during October 1-December 31.

Jennifer Bellerdine, LPN  
Onondaga County

Bruce Silverstein, MD  
Onondaga County

Hilary Soj dak, NP  
Onondaga County

Alyson Tighe, Student  
Oswego County



CNYMRC nurses Robin Drypolcher and Sheila Kirby (background) providing flu shots at Upstate University Hospital.

Dear CNYMRC Members,

Welcome to a new year! As we begin our sixth year as a renewed organization, we have much to look forward to in 2014.

We are continuing our efforts to provide supplementary courses. A survey on desired training was sent out in November. You can still access the [Training Survey](#) through January 15. Let us know your interests! A major component of our supplementary training plan is the annual CNYMRC Capacity Building Conference. I am looking for volunteers interested in planning the program. With your involvement, we can offer a more meaningful and robust experience. We meet by conference call roughly twice a month. Interested? Contact me soon!

The CNYMRC is tightening up its roster. CNYMRC Level 1 (have only registered) and Level 2 (have registered and participated in a unit activity but have not completed required training) members who registered before January 2013 will receive a letter this month asking them to renew their commitment to the CNYMRC. We know life gets hectic and things get delayed. Fortunately the CNYMRC has an "At-the-Ready" option (Level 3) that allows volunteers, once they complete required courses, to be contacted only during a disaster response. More information on membership levels can be found in the CNYMRC Unit Manual (see Member Resources to the left). Members who would like to renew their commitment should contact me with their wish to remain on the roster and work to complete required courses in 2014. Required courses are available online or in-person at Required Courses Training Days. Members must respond by March 1 to remain on the roster.

Have a healthy and safe winter!  
Bobbi Alcock, CNYMRC Coordinator

### Winter Preparedness

Winter is already upon us. It is not too late to get your home and auto ready for winter, saving you time and aggravation when harsh winter weather strikes. Winter is also a great time to update your family emergency kit. Check to make sure batteries work and that food, water, medications, and first aid supplies have not passed the expiration dates.

For further tips and winterizing your home and auto, visit the Center for Disease Control and Prevention's section on [winter health and safety](#).

### CNYMRC at Partner Events

#### Upstate University Hospital Influenza Vaccination Clinic

The CNYMRC and Upstate University Hospital partnered for the first time to hold a joint employee influenza vaccination clinic. Eight CNYMRC members worked side-by-side with

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## Winter Birthdays

### January

Samuel Barr, Julie Bush, Sheila Chiumento, Robert Constantine, Christina Coughlin, Amy Deavers, Michael Dyer, George Eiholzer, Lynne Fitzpatrick, Joseph Flanagan, Theo Gilmore, Stephen Jennings, Patricia Jubinville, Jonathon Just, Richard Kavey, Carol Kolodziejski, Jason Landry, Carmen Lucero, Sherri Mahaney, Mary Mills, Deborah Patterson, Suzanne Reid, Allyson Stephenson

### February

Anthony Andrews, James Bergman, Christine Bilynski, Anne Brandolini, Jean Brown, Donna Dello-Stritto, Mary Ditzer, Robin Drypolcher, Debbie Foringer, Catherine Greacen, Michelle Grobsmith, Molly Landerkin, Andrea Liedka, Sharon Mandurano, Janette Miller, Elizabeth Mizro, Patricia Moulton, Daniel Pisaniello, Brian Pompo, Christian Shaefer, Xhem Shehu, Ashley Stallings, Judith Watson

### March

Jones Abankwa, Deborah Baker, Daniel Coty, Erin Denis, Jennifer Flagg, Linda Gerow, Liam Gleeson, Joseph Guss, Brendan Hind, Diane King, Maureen Kinney, Michael Krzyzak, Betsy Loughlin, Christine Matijas, Phyllis McIntosh, Marcia Newsom, Marcus Niessen, Chryl Race Robinson, Kelly Rosebush, Robert Schaefer, Richard Tait, Jason Terranova, Patricia Terranova

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Upstate Employee Health personnel to provide vaccinations to more than 1,000 staff at the downtown campus. This partnership was developed for hospitals to practice connecting with needed medical personnel during a crisis. By adding the CNYMRC to their normal operations, Upstate was able to vaccinate more employees during the same period of time. Thank you to members Jim Bergman, Lu Ann Berlinski, Robin Drypolcher, Sheila Kirby, Elaine Lostumbo, Barb McDonald, Charlie Miller and Lynne Odell for participating in this activity.

### Cortland County Health Department POD Exercise

Three CNYMRC volunteers provided vaccinations and evaluation as part of a Points of Distribution exercise in Cortland County. This exercise assists the health department in fine-tuning their POD plan for providing mass vaccinations in their community. During this exercise, 328 residents were vaccinated. Thank you to Jim Bergman, Lynne Fitzpatrick, and Jamla Rizek for participating in this activity.

### Jefferson County Public Health Service Rabies Vaccination Clinics

Two CNYMRC members provided clerical support at two rabies vaccination clinics hosted by the Jefferson County Public Health Service. More than 400 pets received rabies shots. Thank you to Jean Brown and Pattie Moulton for assisting with this activity.

### Madison County Health Department Kit Distribution

CNYMRC member Karen Ziomek assisted the Madison County Health Department in providing disaster preparedness information and distributing emergency kits to more than 70 families in need at the Karing Kitchen toy drive.

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## CNYMRC at Community Events

### Salvation Army Christmas Bureau

The CNYMRC once again participated as personal shoppers at the Salvation Army's annual Christmas Bureau in Onondaga County. CNYMRC member Elaine Lostumbo guided families around the Christmas Bureau assisting them in choosing toys and books for their children. The Salvation Army Christmas Bureau provided toys and holiday dinner to more than 2,600 Onondaga County families.

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## Special Medical Needs Shelter (SMNS) Team

It took longer than expected but special medical needs planning and training is coming to CNY! We are forming a SMNS team consisting of health department personnel from our partner counties and CNYMRC volunteers, both medical and support. Special medical needs personnel take care of those clients in a mass care shelter that need medical assistance but do not warrant admission to an already overtaxed hospital or long term care facility. Medical needs may include diabetes, wound care, drug administration, ostomy care, and psychological first aid. While the medical side seems obvious, support may not. Support volunteers are also needed on this team to assist with tasks such as paperwork, client mobility, communications, and security.

To be a member of the SMNS team, you must complete the CNYMRC required training courses. Team members should also complete online training for IS-200 and cultural competency as well as attend the American Red Cross Mass Care Shelter Fundamentals course (Saturday February 8), SMNS training (Saturday March 1), and a SMNS tabletop exercise (Saturday May 3). Links and schedule information are in the Calendar of Events.

If you are interested and have yet to sign up for the SMNS team, contact the [CNYMRC Coordinator](#) by January 31.

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



## CNYMRC Times

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

Spring 2014

Volume 6, Issue 2

### Resources

[Web Site](#)  
[Calendar of Events](#)  
[CNYMRC Unit Manual](#)  
[Online Training Links](#)

### New Members

Welcome to our newest members joining January-March 2014.

Katielynn Alcock  
Onondaga, Support

Melissa Babcock  
Cortland, Support

Donald Baker  
Tompkins, Physician

David Berkstresser  
Herkimer, EMT

Rebecca Bettinger  
Oswego, RN

Daniel Hutchings  
Madison, Support

Kathleen Lollman  
Madison, RN

Valerie Petrie  
Oneida, RN, EMT

Carter Riley  
Onondaga, Support

Spring! It's a wonderful feeling, isn't it? After an unusually cold winter, I think many of us are ready to not just push but bulldoze our way into the ever-increasing sunshine and warmth. The CNYMRC has some great activities to knock out your winter doldrums.

Saturday April 12 is our annual Capacity Building Conference with sessions on deployment, personal financial preparedness, and leadership development along with our annual unit meeting and member appreciation. The event is 8:30 am-3:45 pm at Mulroy Hall (OCC), 4926 Onondaga Road, Syracuse. For more information and to register (by April 4), go to [www.surveymonkey.com/s/2014CNYMRCCBC](http://www.surveymonkey.com/s/2014CNYMRCCBC) or contact the CNYMRC Coordinator at [cnymrc@ongov.net](mailto:cnymrc@ongov.net) or 315-435-5262.

The CNYMRC Leadership Committee invites you to join the CNYMRC teams for the [Susan G. Komen Race for the Cure](#) on Saturday May 17 at the NYS Fairgrounds in Syracuse.

- If you are interested in volunteering for the event (assisting with registration, handing out water, directing the course), join our volunteer team. Plan on 7:00 am-12:00 noon.
- If you are interested in participating in the event, join the CNY Medical Reserve Corps walk team (\$30 registration fee).
- We are also recruiting EMTs and ER Nurses for first aid stations. You must be processed through the Volunteer Center by 7:00 am.

To participate on the event volunteer or walk teams, [pre-register](#) by April 30. Walk team members need to additionally [register](#) with the event. To participate on the first aid team, contact the [CNYMRC Coordinator](#) directly by April 25. Not able to attend? You can also [donate](#) to the team. We set the goal of raising \$1,000.

The CNYMRC Leadership Committee is looking for new members to take part in the committee. Committee members phone conference quarterly to discuss and advise on unit activities, unit policies, and improving the unit. If you are interested, contact the CNYMRC Coordinator at [cnymrc@ongov.net](mailto:cnymrc@ongov.net) or 315-435-5262. The next Leadership Committee meeting is Tuesday April 8 at 7:00 pm.

Enjoy your Spring!

Bobbi Alcock, CNYMRC Coordinator

### Vacationing by Car: Travel Tips

Spring in Central New York, for some, means road trips! What better way to feel like we are blowing out our winter cob webs than to pile in the car and drive? Even though we may no longer need to worry about snow and ice, potential hazards may await.

Laurie Stoffel  
Lewis, Support

Charles Uttech  
Cortland, Support

Vaughn Whittaker  
Onondaga, Physician



Click [here](#) to learn more from Independent Traveler about avoiding traffic, saving money, and staying safe and staying awake. In other words, be well prepared for your next road trip.

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## Birthdays

### April

David Bregard/David  
Canfield/AnnaCruikshank/  
Alida de Jong/Gayanna  
Gilbraith/Geri Hall/  
Sharon Jasek/Rodney  
Kester/ Katherine  
McCarthy/ Elizabeth  
McGrath-Scott/Charles  
Miller/Patrick  
Poirier/Janet Rasbeck/  
Gracia Roulan/Bruce  
Silverstein/Diane  
Snyder/Elana  
Sukert/Janet  
Wakefield/Michele Wilson

### May

John Barbato/Jamla  
Bergman/Charles Brenon/  
June Chamberlin/Dawn  
Conley/Cathleen Dowe/  
Robert Fluck/Linda  
Graves/Lynn Hale/  
Andrew Innerfield/Virginia  
Jones/Sheila Kirby/  
Kathleen Lollman/Elaine  
Lostumbo/Patricia Lowry/  
Daniel Pauls/Michael  
Shaw/Hilary  
Sojdak/Alyson  
Tighe/Tiffany Tucker/John  
Valdina/Leigh Wilson

### June

Donna Berthoff/Tracy  
Brown/Joanne Hirsch/  
Daniel Hutchings/Sheena  
King/Gerald Levy/Janet  
Lottermoser/Colleen  
O'Leary/Mark  
Paddock/Dan  
Vick/Michael Williamson/  
Karen Ziomek/Robert  
Zysk

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## CNYMRC @Community Events



### Heart Healthy Month @Bank of New York Mellon

Two CNYMRC Nurses--Bonnie Gallauresi and Jay Guss-- provided hypertension screening and education to employees of BNY Mellon, an investment management firm in East Syracuse, as part of February's Heart Healthy Month. According to the CDC, heart disease remains the #1 cause of death in the US. While many factors lead to heart disease, monitoring and controlling blood pressure is among the top recommendations

physicians make to their patients. Forty-four BNY Mellon employees received screening and education.

### New York State Special Olympics Winter Games

Nine CNYMRC volunteers participated at two activities-- snowshoeing and alpine skiing--at the winter games. Katielynn Alcock, Jamla Bergman, Jay Guss, Harold Mandel, Paul Marciniak, Lynne Odell, and Michele Wilson mainly cheered on athletes at the snowshoeing event at Syracuse's Thornden Park as well as helping with set-up, getting athletes to the starting line, and distributing lunches. MJ and Chuck Uttech did the same at the alpine skiing event at Greek Peaks. More than 500 athletes participated in the Winter Games.



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## SMNS Team Update

The Special Medical Needs Shelter team started the training component of this project this winter. CNYMRC volunteers and local health department personnel attended an American Red Cross Shelter Fundamentals course to learn about when and how the Red Cross opens and operates mass care shelters. The team then worked on SMNS operations at our next training. Our counties discussed priority areas in developing an SMNS plan, what operations may look like for each county based on their capabilities, and analyzing obstacles we may face in planning. For example, if staffing is a major concern a county may find it easier to refer clients to facilities that are better equipped to care for the clients rather than trying to staff a shelter. If a referral center is a better plan, the county would need to work out these partnerships in advance of a disaster.

Our next activity is a tabletop exercise working through different client scenarios in shelter operations. A variety of partners are being invited to the exercise so we can build toward effective planning in each of our counties. The exercise is open to all CNYMRC volunteers.

**Date and Time:** Saturday May 3, 10:00 am-2:00 pm

**Location:** Moyers Corners Fire Department Station 1, 8481 Oswego Rd. (Route 57), Baldwinsville

Register with the [CNYMRC Coordinator](#) by April 23.

## CNYMRC Times

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

Summer 2014

Volume 6, Issue 3

### Resources

[Web Site](#)  
[CNYMRC Unit Manual](#)  
[Online Training Links](#)

### New Members

Welcome to our newest members joining April through June 2014.

Penny Francis  
St. Lawrence, RN

Jessica Gilbert  
Onondaga, Support

Justine Schaff  
Tompkins, MD

### Happy Birthday

to our members  
celebrating birthdays this  
summer!

Lori-Anne Allen,  
Rebecca Bargher, Lu  
Ann Berlinski, Donna  
Berthoff, Rebecca  
Bettinger, Sharon  
Boland, Theresa  
Bruneau, Kathleen  
Burnham, Joshua Calley,  
Frank Cantone, Ann  
Chase, Deborah Church,  
Diane Clark, Penny  
Clark, Jean Comiskey,  
Rochelle Crouch, Jack  
Cymerman, Anthony

Dear CNYMRC Members,

Happy Summer! I wanted to take this time to bring you up-to-date on my activities related to the Medical Reserve Corps as an organization.

Last fall, the CNYMRC was fortunate to receive an award from NACCHO (National Association of City and County Health Officials) to create guidance and resource documents related to Unit Administration. This work was submitted and is currently being reviewed by NACCHO and the DCVMRC (Division of the Civilian Volunteer Medical Reserve Corps, our national office) for use in Factors For Success and NACCHO University. I will keep you posted on what resources are chosen for national dissemination.

I have been part of NACCHO's MRC Workgroup for the last three years and its chairperson for the last two. The workgroup collaborates with NACCHO and the DCVMRC to increase the national visibility of the MRC program and to enhance the capacity of local MRC units to support their communities' disaster preparedness and public health initiatives. The workgroup has also developed resources and guidance materials for Factors for Success. I advised on and am very excited about *MRC Connect*. *MRC Connect* is a web and mobile-based application to connect MRC leaders, allowing them to easily discuss many topics related to our work. We are also able to create a community for unit volunteers, connecting you to each other and serving as a repository for your comments and photos of CNYMRC activities. *MRC Connect* is rolling out this summer for unit leaders. Stay tuned for when the CNYMRC creates its own online community!

Our health departments and the CNYMRC recently trained on planning for special medical needs sheltering (SMNS). Planning is now in the hands of the individual counties. Part of the planning for some counties is finding out what resources may be available as an alternative to opening a shelter. I am looking for training related to actual shelter operations for volunteers--such as understanding cultural, physical and mental competencies; mobility assistance; and mental health. If you have ideas or connections to resources, please let me know.

Bobbi Alcock, CNYMRC Coordinator

### Summer Safety

Summer! Just the word brings to mind outdoor barbecues, swimming, boating, hiking, gardening, and all the other fun things we do just to be outside. While enjoying yourself, remember how to stay healthy during the summer months. Use your sunscreen, stay hydrated, and watch out for those pesky mosquitos!



DeFrank, Anita Derby,  
Diane Donovan, Cinthia  
Elkins, Keelie  
Fradenburgh, Bonnie  
Gallauresi, Stephanie  
Goodell, Diane  
GreenPope, Alan Hale,  
Judy Homer, Vonnice  
Joels, Victoria Jordan,  
Michael Jorolemon, Judy  
Kilpatrick, Robert Kirk,  
Melissa Knox-Algarin,  
Barbara Lea, Jeffrey  
Leiendecker, Julie  
Levine, Brenda Lotito,  
Harold Mandel, Barbara  
McDonald, Roxanne  
Nazel, Lewis Otto, Mary  
Parker, Catherine Petite,  
Valerie Petrie, Marianne  
Porter, Sonia Robinson,  
Benjamin Rudd, Gerald  
Sawyer, Melissa  
Schmidt, Arnold Scott,  
Joanne Seguin, Kay  
Sharpe, Melinda  
Silverstein, Mary Slade,  
Jessica Soule, Betty  
Spafford, Patricia Stoiko,  
Eric Wagner, and  
Melanie Watson



CNYMRC volunteer  
Kathy Lollman  
handing out water to  
Race for the Cure  
participants.

Click [here](#) for more tips from the CDC on keeping you and your family safe this summer!

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## Madison County Providing Liability Protections

The Madison County Health Department has recently been able to confirm that Madison County offers defense and indemnification protections for volunteers through the county's adoption of Public Officer Law § 18 (POL § 18). This confirmation allows the Madison County Health Department to utilize the CNYMRC for non-disaster event activities such as seasonal influenza vaccination clinics and drills and exercises.

Volunteer liability protections are currently offered by Cayuga, Cortland, Jefferson, Madison, and Onondaga Counties for all activities the CNYMRC is requested for. Volunteer liability protections are offered in all counties during a declared emergency for response and recovery activities.

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## National Day of Service and Remembrance

Calling all CNYMRC Volunteers! September 11 is our National Day of Service and Remembrance. I am asking you how the CNYMRC should acknowledge this occasion. Is there a volunteer opportunity or event we should be involved in? Or is there an activity of our own we should do? Please submit your ideas to [cnymrc@ongov.net](mailto:cnymrc@ongov.net) by August 1.

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## CNYMRC Going Social

Many of you have asked for it! The CNYMRC is diving into social media. In early September, the CNYMRC is launching its Facebook page. This will be followed in coming months with Twitter and LinkedIn. We are looking at social media as another tool in our kit to stay connected with you, our partners, and our communities. Look for preparedness resources, information on volunteer opportunities, and the sharing of ideas. Stay tuned for details.



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## CNYMRC Featured in *MRC In Touch*

The CNYMRC volunteering with the Special Olympics Winter Games was chosen for the feature article for *MRC In Touch*, a monthly MRC e-newsletter by NACCHO. Click [HERE](#) to read the article. Click [HERE](#) to access archive issues of *MRC In Touch* and *MRC In Focus*.

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## Upcoming CNYMRC Volunteer Opportunities

See the *Calendar of Events* email for details and additional information.

CNYMRC Required Courses Training Days--Monday July 14 and Friday September 26  
Personal Preparedness @Madison-Bouckville Antique Festival--Saturday August 16  
Evacuation Exercise--Thursday September 4  
Pit Stop @Ride for Life--Saturday September 13  
CNYMRC Capacity Building Conference--Saturday October 4  
Aid Station @Empire State Marathon--Sunday October 19  
Rabies Clinics in CNYMRC Counties--various dates and locations

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## CNYMRC Collecting DVDs for Charity

The CNYMRC is accepting your donation of children and teen DVDs this summer and fall to donate to [kidflicks.org](http://kidflicks.org). Kidflicks.org bundles DVDs with the goal of sending a library of 100 to every children's hospital and pediatric department in the US and South Africa, providing pediatric patients with an entertainment option. Two hospitals in our region have already received DVD libraries.

To donate your DVDs:

- bring them to a CNYMRC activity,
- drop them off M-F 8-4 at the Civic Center (9th floor) at 421 Montgomery St., Syracuse,
- mail them c/o CNYMRC/OCHD, 421 Montgomery St.-9th fl., Syracuse, NY 13202

Our goal is to collect 100 to send to kidflicks.org by November 30.

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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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## CNYMRC Times

Fall 2014  
Volume 6, Issue 4

Helping to Build Strong, Healthy and Prepared Communities

Dear CNYMRC Members,

Happy Autumn! Fall is one of my favorite times of the year--colorful leaves, pumpkins, and the briskness of the approaching winter.

Fall is also a great time to sit down with your family to discuss your emergency plan--how to escape your home, where to meet during emergencies, who to contact and how. Plan for your school-aged children--what happens if school closes early? Where do they go, how do they get in touch with you? Plan for your college-aged student--how do you stay in touch if there's an emergency on campus? Plan for your work--what happens if you are unable to get home? Plan for older adults who may be living with you or are at a care facility--how do you stay in touch if there's an emergency? Resources to help you plan are available at <http://www.ready.gov/make-a-plan>. One more thing to plan--what would you and your family do if you are requested by the CNYMRC to deploy to a disaster operation?

It's best to work on your emergency plans in advance of something happening. This way everyone knows what to do.

Bobbi Alcock, CNYMRC Coordinator

### Growing Concerns About Ebola, Enterovirus

In recent months, Ebola Virus Disease has made headlines of news sources everywhere. While cases of Ebola have not occurred in the United States, there is a growing concern amongst health care providers about how to manage the disease should cases occur here. The CDC has a wealth of information including disease information, where outbreaks have occurred, and the latest updates. [Click HERE for CDC information on Ebola.](#)

Cases of Enterovirus D68 (EV-D68) popped up throughout the mid-west United States this summer. It has now made its way here to central New York. EV-D68 is a non-polio enterovirus, causing mild to severe respiratory illness. The virus appears to be affecting children especially those with asthma. EV-D68 was first identified in 1962. [Click HERE for CDC information on EV-D68.](#)

In mid September, Upstate University Hospital/Golisano Children's Hospital requested the aid of the CNYMRC to assist the hospital with the surge of pediatric patients coming to the emergency department and being admitted for respiratory illnesses. As of September 30, Enterovirus D68 has seen a down swing locally, with less pediatric patients seen at emergency departments and admitted to hospitals.

**Coordinator's Note:** In light of the recent down swing in pediatric respiratory cases, the CNYMRC is lowering its activation level as we wait to see if cases continue to drop. CNYMRC members who had planned to assist with the response should continue the required pre-deployment paperwork so that we are ready if there is resurgence of the virus.

### Resources

- [CNYMRC Web Site](#)
- [CNYMRC Unit Manual](#)
- [Training Links](#)
- [Activities Calendar](#)

Like us on Facebook

### New CNYMRC Members

The following are new CNYMRC members during July-September 2014:

Vanessa Bhimanpommachak  
Tompkins, Support

Jennae Numo  
Onondaga, Pharmacy Student

Thomas Polony  
Cayuga, Support

Beth Seamans  
Cortland, RN

Sabrina Ulrich  
Chenango, Support



New CNYMRC recruitment flyer

In spite of no deployment at this time, the CNYMRC and Upstate University Hospital were given a unique opportunity. There are very few medical reserve corps units that have deployed to a hospital and those who have are typically responding to a widespread natural disaster.

## CNYMRC Recruitment

The CNYMRC continuously recruits new volunteers to the unit. Recruitment is necessary to keep the unit at a level that is needed for disaster response. Volunteers move, leave the unit, or have changes in their lives that affect involvement.

Changes have been made to print materials such as the recruitment brochure and flyer. These materials are available to members for use at their discretion at the [CNYMRC web site](#). These materials are being made available to each of the county health departments for their individual use.

Presentations are an in-person way that the CNYMRC can reach potential volunteers. Ithaca College's Community Health class learned about the CNYMRC in September. Another presentation will be done for a nursing class at Cayuga Community College in October. If you have access to a class or to a professional organization meeting and would like to schedule a presentation, contact the CNYMRC Coordinator.

On occasion, the CNYMRC is present at events for recruitment purposes. This works better when it is a targeted group of attendees. An example would be a day-long professional development day with booths to visit during breaks.

Share your ideas for recruitment with the CNYMRC Coordinator.

## CNYMRC in the Community

CNYMRC activities during July-September include:

- **Rabies Vaccination Clinics** in Onondaga and Madison Counties
- **Personal Preparedness Education** at the Madison-Bouckville Antique Show
- **Orientation and Personal Preparedness** for Ithaca College's Community Health Class
- **First Aid Services** at the First Responders 5K Run
- **Required Courses Training Day** in Tompkins County
- **CNYMRC Leadership Committee Quarterly Meeting**

Thank you to Sheila Chiumento, Mike Williamson, Elaine Lostumbo, Jamla Bergman, Jim Bergman, Bob Fluck, Sharon Bliss-Chandler, Patricia Hudelson, Leigh Wilson, Barbara Lea, Katielynn Alcock, Paul Marciniak, June Chamberlin and Barb McDonald for participating in the above activities.

## Upcoming CNYMRC Activities

### Exercises

**October 14: CNYMRC ServNY Notification Drill**

October 15: Syracuse University Influenza Vaccination POD Exercise

October 28: Radiological Reception Center Exercise

### Activities

October 19: Empire State Marathon

December 22: Salvation Army Christmas Bureau

### Training

October 22: Basic Disaster Life Support (BDLS)

November 15: CNYMRC Required Courses Trainign Day (Madison County)

December (Date TBD): Mobility and Daily Activities Assistance Workshop

For more information, go to the [CNYMRC Calendar](#).

## 3DayOK Partnership of Onondaga County

The 3DayOK Partnership is a collaboration of the American Red Cross of CNY, the Food Bank of CNY, the City of Syracuse, and the Onondaga County Departments of Emergency Management and Health along with a network of government agencies, community groups, and businesses with the mission of empowering residents to be self-reliant for three days after a disaster strikes. This fall the 3DayOK Partnership is holding a video contest, searching for the

## Happy Birthday

The following CNYMRC members are celebrating birthdays this fall:

Tammy Allen  
Maritza Alvarado  
Patricia Andrews  
Diane Avery  
Donald Baker  
Theresa Baxter  
Jennifer Bellerdine  
David Berkstresser  
Sharon Bliss-Chandler  
Mary Boucher  
Judith Brenon  
Jean Brown  
John-Paul Couce  
Kathleen Cuddy  
Patricia Cupernall  
F. Lee Dutton  
John Endres  
Madeline Fostveit  
Peter Gallauresi  
Paul Garvey  
Jessica Gilbert  
Phillip Gioia  
Samantha Grard  
William Haddad  
Christine Harrington  
Dawn Heffron  
Kristina Hingre  
Patricia Hudelson  
Brenda Jackson  
Pamela Keville  
Philip Lyman  
Daniel Maas  
Daniel Mackey  
Paul Marciniak  
Brenda McGrath  
Peggy Merrill  
Angella Novotny  
Margaret O'Connor  
Lynne Odell  
Thomas Polony  
Denise Russell  
Sallie Russell  
Nina Saeli  
Justine Schaff  
Carol Sherwood  
Cheryl Stuper  
Vera Turk  
Christine Vecchio  
Margaret Wade  
Donna White  
Briana Zeck  
Wendi Zufelt

## New PFA Course

The online PFA courses the CNYMRC has utilized in the past as part of its required courses are defunct. The CNYMRC is now using a course from the Johns Hopkins Bloomberg School of Public Health.

[Click HERE](#) to access the course. You will need to register for an account. Then do a search for *Mental Health Consequences of Disaster*.

video to represent the project in upcoming media. For more information on the 3DayOK Partnership and the video contest, go to [www.3dayok.org](http://www.3dayok.org).

The CNYMRC may be involved in future projects of the 3DayOK Partnership. Stay tuned for details.