



CNYMRC Times

Citizen Volunteers: Helping Our Communities, Ready to Respond

Volume 1, Issue 1

A Newsletter of the
Central New York Regional Medical Reserve Corps

Spring 2009

INSIDE THIS ISSUE:

News From Around the Region	2
From the Coordinator...	2
Volunteer Spotlight	2
Calendar of Events	3

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MRC Finds Home in CNY Health Departments

In September 2008, management of the Central New York Medical Reserve Corps (CNYMRC) moved from Upstate Emergency Medicine, Inc. to the Onondaga County Health Department. Health Departments in Cayuga, Cortland, Jefferson, Lewis, Oswego and Tompkins Counties, through the Epidemiological Alliance, made the decision to be active partners in this exciting endeavor. Each county is looking forward to its involvement with volunteers, whether through hosting orientations and trainings, providing opportunities with department exercises, or utilizing members in an emergency. The goal of the CNYMRC is to create a fully trained, active group of volunteers. A variety of training opportunities is being provided. There is training that is required to qualify for activation, as well as supplementary training to increase the volunteers' knowledge base and comfort in responding to community needs. Once required training is completed, volunteers are qualified to be activated by the county health commissioners/directors to respond to a community emergency. CNYMRC volunteers can participate in training exercises, like the Special Needs Shelter Tabletop exercise or the First Responders Drive-Through Clinic that CNYMRC members participated in last fall. The drive-through clinic at the CNY Regional Market tested Onondaga County's mass prophylaxis plan by providing the flu vaccine to more than 600 emergency responders (police, fire, EMS) during a four-hour period. CNYMRC volunteers can participate in other activities, such as clinics

following anthrax detection at the post office and assisting with hot-lines. However, the CNYMRC is not just about crisis response. Volunteers can assist in flu clinics, health fairs, and community events to increase awareness of the need for individual and community preparedness. The assortment of activities makes it easy for each volunteer to find something to suit individual interests.

NYSDOH Launches ServNY in CNY

The New York State Department of Health (NYSDOH) recently provided the seven CNYMRC counties the opportunity to join ServNY, the state's web-based registry of health-care and mental health professionals who wish to volunteer during an emergency or major disaster. The CNYMRC has already integrated its registered volunteers into ServNY. Registered volunteers are being asked to log on to ServNY to update and verify information. Future CNYMRC volunteers will register through ServNY, then be contacted by the unit for additional information. The decision to be a part of ServNY was made so that credentials and privileges are automatically verified. When registering, volunteers can choose the counties they are willing to volunteer with or deploy to. The CNYMRC will continue to manage all volunteers in our region, unless the NYSDOH is activating volunteers for a major incident. The anticipated "roll out" date for the CNYMRC to be part of ServNY is April 14, 2009.

News from Across the Region

From Cortland County...

The Cortland County Health Dept. welcomes you to our volunteer staff! We look forward to working with you. We offer CPR/AED training at the health care provider level every three months. For more information, see the Calendar of Events. For questions about volunteering in Cortland County, please contact MJ Uttech at (607) 753-5139 or mjuttech@cortland-co.org.

From Onondaga County...

The Regional Resource Center is offering to sponsor a Trauma Nursing Care Course for CNYMRC members. This 16-hour course, targeted to RNs, teaches the basics of emergency trauma nursing. Other disciplines can audit the course but do not receive a certificate of completion or CEUs. If you are interested in this course, please contact Anne Ryan at (315) 464-2982 or ryana@upstate.edu.

From Oswego County...

The Oswego County Health Dept. would like to welcome you as a member of the CNYMRC. If you have

any questions about being a volunteer for Oswego County, please contact Eliza St. Onge at (315) 349-3573 or estonge@oswegocounty.com. You can also find more information about Oswego County at its web page—www.oswegocounty.com.

County Contacts

Overall/Onondaga: Bobbi Alcock, bobbialcock@ongov.net, (315) 435-3648 or (315) 380-3488

Cayuga: Joan Knight, (315) 253-1454, joan.knight@dfa.state.ny.us

Cortland: MJ Uttech, (607) 753-5139, mjuttech@cortland-co.org

Jefferson: Jeffrey Leiendecker, (315) 786-3720, jeffreyl@co.jefferson.ny.us

Lewis: John Ingham, (315) 376-5453, john@health.co.lewis.ny.us

Oswego: Eliza St. Onge, (315) 349-3573, estonge@oswegocounty.com

Tompkins: Carol Hill, (607) 274-6681, chill@tompkins-co.org

Volunteer Spotlight

Just for starters...As of March 17, 75 people registered as members of the newly reorganized CNYMRC! You live and work (or enjoy retirement) in six CNY counties and span the gamut of healthcare professions.



Spring Birthdays

April Birthdays

Anna DeWitt
Geri Hall
Sharon Jasek
Gracia Marquis
Janet Rasbeck
Michele Wilson

May Birthdays

Virginia Jones
Sheila Kirby
Elaine Lostumbo
David O'Brien Jr.
Peg Maxwell
Michael Shaw
Leigh Wilson

June Birthdays

Kathleen Meadows
Michael Williamson
Robert Zysk

From Your Coordinator...

For this inaugural issue, I wanted to take a little time to introduce myself to you. In the future, this space is dedicated to tidbits of information I think you may find of interest. I am fortunate that the Onondaga County Health Department and our partner counties consider me to be the right leader for you. I come to the OCHD from another four-letter acronym—the MOST, the Museum of Science & Technology. During my fourteen years at the MOST, I did everything from design programs to train staff and volunteers to organize multiple-county events—skills that come together nicely to coordinate the CNYMRC. I know how vital, how necessary volunteers are. You—your skills, time, and generosity—help our families and friends, neighbors, and communities in ways that are too vast to mention.

The chance to work with dedicated individuals on such a community-minded project is what drew me to this position.

On the personal side, I am the new mother to a beautiful 13 year-old. We spend what little “free” time we have on a multitude of things—time with friends and family, biking, reading, camping, movies, and volunteering. We are always on the lookout for a new “adventure.”

I am very excited about what’s ahead for the CNYMRC. I look at each task as an opportunity to serve you and address your needs. I look forward to meeting and getting to know each of you. How involved you want to be is really up to you. As we re-establish the CNYMRC, I plan to look to you, as

members, to guide me in how to sustain this organization—how to keep you involved and how to grow. Please feel free to contact me with suggestions and concerns. After all, this is your Medical Reserve Corps.

Bobbi Alcock
Your CNYMRC Coordinator



Calendar of Events

CNYMRC Orientation

Meet your coordinator and your fellow volunteers while getting an overview of the CNYMRC—what it is, your role in the MRC and the MRC's role in the community. The orientation is required to begin your work with the CNYMRC, so attend a session as soon as possible. Do you know someone who might be interested in joining the CNYMRC? Bring them along! Please RSVP by May 1 to (315) 380-3488 or bobbialcock@ongov.net, indicating which session you plan to attend. To paraphrase that famous movie line, "This could be the beginning of a beautiful partnership."

Wednesday, May 6, 7:00-8:00 p.m.

Curtin Auditorium, Central Library, The Galleries of Syracuse (2nd level), 447 S. Salina Street, Syracuse

Saturday, May 9, 10:30-11:30 a.m.

Buckland Community Room, Dewitt Public Library, Shoppingtown Mall (rear entrance by food court), 3649 Erie Boulevard East, Syracuse

Wednesday, May 20, 7:00-8:00 p.m.

Sargeant Meeting Room, Liverpool Public Library, 310 Tulip Street, Liverpool

IS-100/IS-700

Onondaga County Emergency Management is offering an in-person class for IS-100 (Introduction to the Incident Command System) and IS-700 (National Incident Management System, An Introduction) for those unable to take these courses on-line or would like the personal contact of a class. Please RSVP by June 1 to (315) 380-3488 or bobbialcock@ongov.net.

Tuesday, June 16, 6:00-9:30 p.m.

Public Safety Training Center (J. Stanley Coyne Hall), Onondaga Community College, 4969 Onondaga Road (Route 173), Syracuse

CPR/AED

Cortland County Health Department is offering a CPR Recertification course at the Healthcare Provider level. The class is \$5 for CNYMRC members or free if you volunteer to give shots at a Cortland County Health Department flu clinic. Call (607) 753-5139 to register.

Monday, June 15, 1:00-5:00 p.m.

Cortland County Health Dept., 60 Central Ave., Cortland

Check with the American Heart Association (www.americanheart.org) or American Red Cross (www.redcross.org) to locate CPR courses near you. Local organizations like the North Area Volunteer Ambulance Corps (315-458-7514) in Onondaga County, Auburn Memorial Hospital (315-255-7123) in Cayuga County, and Samaritan Medical Center (315-785-4575) in Jefferson County regularly offer the AHA course. There is also the option of taking the ARC course online with the skills test completed at the Onondaga/Oswego chapter office within 14 days. For more information, go to www.syrarc.org/Education/catalog.aspx.

Coming Summer 2009...stay tuned!

CNYMRC Orientation, IS-100 and IS-700, CPR, Standard First Aid, Emergency Preparedness, and Psychological First Aid Classes

Plus...Social Opportunities!

September is...

...National Preparedness Month. Now is the time to think about activities the CNYMRC can host or participate in to spread the word about personal and community preparedness. Your ideas are appreciated.