



September 2015

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## In this Newsletter

Volunteer Profile .....	1
Trainings .....	2
Public Health Activities.....	3-4
Legionella Response.....	4-5
MRC in Action.....	6

## September is Preparedness Month: Go Bag and a Family Plan?

Will you be ready to respond when NYC needs you during a disaster or emergency? Part of being prepared is having a **Go Bag**, a collection of items you may need in the event of an evacuation. Back to school time is a good time to review the items in your go bag to make sure nothing has expired, and to switch out clothes for the season.

You should also have a **Family Plan** so that if your family is separated you can find each other again. Family plans are only good if you share them with your family! Post it on the refrigerator where everyone can see it. Have a family meeting to discuss it.

**Being prepared will allow you to respond quickly.**

**For more information, go to:**

<http://www.ready.gov/>



## Why I Volunteer



**Rob Wolkow, MD**

### How long have you been a member of NYC MRC?

I have been a member since March 2004, when NYC MRC was first started.

### What is your profession?

I am a Board Certified Family Physician and Fellow of the American Academy of Family Physicians.

### What MRC activities have you participated in lately?

My recent MRC service involved assisting in the provision of information regarding Legionnaire's disease to seniors in the South Bronx through dissemination of fliers and speaking at a senior center to a group of approximately 100 seniors during their lunch session.

### Are you involved in any other volunteer activities?

I have served as a docent for both the Central Park Conservancy and the American Museum of Natural History, both over the past 13 years.

### Why do you volunteer for NYC MRC?

I joined MRC as soon as I learned about it, which I believe was at its inception in the aftermath of 9/11. I felt it was important to have the proper credentials to enable me to provide emergent community services for any future occurrence. As a native New Yorker, it was also particularly important to me to participate in providing fellow New Yorker's medical services as needs arose.

# Upcoming Trainings and Events



## MRC Orientation

This training is an introduction to NYC MRC. It is a great overview for both new members and long-time members, and is the prerequisite for our most popular trainings. Orientation explores how MRC fits into the bigger emergency response picture, what NYC MRC members will do, what protections are offered, and what you can do to be prepared.

**Date:** Tuesday, September 22

**Time:** 6:00-8:00pm

**Location:** The Churchill School, 301 East 29 St., Manhattan

**Registration:** <https://a816-healthpsi.nyc.gov/MRCSelfServe/>

New York City



## CPR/AED Training

NYC MRC is providing CPR Community & Workplace training to our MRC volunteers. This class provides a professional, hands-on level training. Certification cards will be provided to those who pass. You must have attended an MRC Orientation plus at least one other training, exercise or deployment in the last year to register for this class.

**Date:** Sunday, September 13th

**Time:** 10:00am-4:00pm

**Location:** NYC Emergency Management, 165 Cadman Plaza East, Brooklyn, NY 11201

**Registration:** <https://a816-healthpsi.nyc.gov/MRCSelfServe/>



## Small Pox Tabletop Exercise

Please join us to learn about Small Pox and to learn about how decisions are made in an epidemic. This training will be given by Dr. W. Craig Vanderwagen, who was the senior federal health official in the response to Hurricanes Katrina and Rita in Louisiana, and many international responses.

In this exercise, you help to decide what the response should be.

**When:** Thurs, Oct. 22

**Time:** 6:00—8:00 p m

**Location:** the Churchill School, 301 East 29 St., Manhattan

To register, go to: <https://a816-healthpsi.nyc.gov/MRCSelfServe/>





# Upcoming Public Health Events

## BLOOD PRESSURE SCREENINGS

### Salvation Army

**Location:** 520 50 St., Brooklyn, NY

**Date and Time:** Tuesday, Sept. 8th 9:00am—1:00pm

**Language:** Chinese and Spanish

### FDNY Summer Block Party

**Location:** 107 Watkins St., Brooklyn, NY (Brownsville)

**Date and Time:** Saturday, Sept. 12, 11:00am—4:00pm

### Ephesus Seventh Day Adventist Church Fair

**Location:** 101 W. 123 St, Manhattan, NY

**Date and Time:** Sunday, Sept. 13th, 11:00am—5:30pm

### Our Lady of Refuge Church

**Location:** 2020 Foster Avenue, Brooklyn

**Dates & Time:** Wednesday from 10am—12:30pm on Sept. 16

**Language:** Creole

### Health First Health Fair—Dr. Greene Playground

**Location:** Dr. Greene Playground, Sutter Ave. at Mother Gaston Blvd, Brownsville, Brooklyn

**Date & Time:** Saturday, Sept. 19th, 11:00am—4:00pm

### FDNY Summer Block Party—Queens

**Location :** 91-02 197 St, Hollis, Queens

**Date & Time:** Saturday, Sept. 19, 11:00am—4:00pm

### Our Lady of Perpetual Help Church

**Location:** 526 59th Street, Brooklyn

**Dates & Time:** Sunday, Sept. 27 from 10:30am—12:30pm

**Language:** Spanish

### FDNY Summer Block Party

**Location:** 29 Vermilyea Ave, Inwood, Manhattan

**Date & Time:** Saturday, Sept. 26th 11:00am—4:00 pm

**Language:** Spanish



**To register for any of the above, go to:** <https://a816-healthpsi.nyc.gov/MRCSelfServe/>



## Rabies Vaccination Clinics:

**Veterinarians, Veterinarians, flow monitors and general staff needed**

As in the past 2 years, the DOHMH Bureau of Veterinary and Pest Control Services are conducting free rabies vaccination clinics for pets. These clinics are especially important for pets whose owners would not otherwise be able to afford vaccinations. We need both veterinarians and veterinarian techs for these events. We will also recruit non vet MRCs to help with line management and record keeping.

**Here are the details:**

**QUEENS:**

**DATE:** Saturday, September 19th

**LOCATION:** Boathouse at Kissena Park, Fresh Meadows Lane, Queens 11365

**TIME:** 9:00 for team meeting, vaccinations begin at 10:00. We will end at approximately 2:00 pm

**BROOKLYN:** Sunday, September 27th

**LOCATION:** Marine Park, Salt Marsh Nature Center, East 33 St. & Ave. U, Brooklyn

**TIME:** 9:00 for team meeting, vaccinations begin at 10:00. We will end at approximately 2:00 pm  
Please wear your MRC shirt. If you need a shirt, please let us know.



## NYC MRC Response to Legionnaire's Disease Outreach

8/4 & 8/6 — An MRC doctor spent 2 days at a supportive living complex doing health assessments for Legionnaire's disease

8/5 and 8/6 - Six MRC doctors and nurses partnered with DOHMH staff to visit community organizations to provide information, FAQs and to answer questions about legionella. MRC was present to offer clinical expertise. In two days, they visited 98 sites.

8/10 - Thirteen MRC doctors and nurses visited 13 senior centers to do presentations on legionella, answer questions and to do clinical assessments for the senior centers.

8/14 - One doctor and one nurse attended a public event in conjunction with NYC Emergency Management to offer clinical assessments and information.

8/15 - Ten MRC members provided legionnaire's disease FAQs and clinical expertise at a health fair in the south Bronx This is an American Diabetes Assn event, where MRC also provided blood pressure screening and education.

# NYC MRC's Response to Legionnaire's Disease



**Here's a report by Alissa Rottenstein, RN about her experiences during the response:**

Sometimes it's the smallest things that are most important. First the Legionnaire's Disease outbreak was something on the news. Then the request for NYC MRC service came. It seemed a little disappointing That we were only asked to distribute flyers. But it turned out to be so much more. After the briefing and Just In Time training, we were assigned to teams and given a zone with sites to cover. I was paired with two staff members from NYC DOHMH who were both familiar with the South Bronx. We set off with enthusiasm.

Some of the first sites were perfunctory. They received the flyers but managerial staff would not come out to speak with us. But then we came to a senior center where they were willing and our timing was spot on: the dining area was at capacity as the meal was about to be served. We were introduced and given a microphone, then presented the essential information in both Spanish & English. The questions came immediately. We were able to give information that provided peace of mind. Seeing the relief on their faces was gratifying.



In the following days I was asked to deploy to other senior centers. I brought my stethoscope & tools but they never came out of my bag. I assessed everyone I met, and thankfully no one displayed symptoms of Legionnaire's Disease. Even though I got some less than favorable looks when I politely interrupted meals, conversations, domino and bingo games, they gave me their attention. I answered almost as many questions as I asked of the seniors and centers staff. People were patient as I repeatedly stressed knowing the symptoms, more so when I spoke in my less than fluent Spanish.

*- Alissa Rottenstein, RN*



# MRC in Action



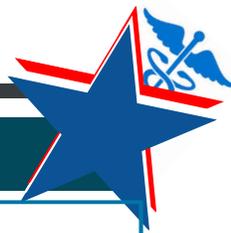
**Feria de Salud Blood Pressure Screening and Legionella Outreach**



## OLPH Blood Pressure Screening



# National MRC/ASPR thanks NYC MRC



***National MRC thanks NYC MRC for our service during the Ebola Response***



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