



New York City Medical Reserve Corps



December 2013

42-09 28 St., Queens NY 11101

347-723-1696

healthmrc@health.nyc.gov

**Wishing you a happy and safe
holiday season from NYC MRC!**

Volunteers Needed:

FDNY Full Scale Exercise

DATE: Monday, December 2nd

TIME: 5:00pm-9:00pm

LOCATION: Manhattan College 4513 Manhattan
College Parkway Riverdale, NY 10471

FDNY will be conducting a Full Scale Exercise in conjunction with Con Edison the scenario will be an electrical vault fire escalating in size which impacts the dormitory it is connected with. MRC victim actors will be placed within the dormitories' student lounges and require to be evacuated by College Staff once the fire alarm is sounded. MRC actors will play a range of respiratory conditions exacerbated by the smoke as well as burns and chest pains.

We hope that you will consider participating in this exercise!

To register for this event, please send an email to:

healthmrc@health.nyc.gov

Please include, your name, profession, phone, and email



Why I Volunteer

**Melissa Shah,
Health Care Student**

How many years have you been a member of NYC MRC?

I have been a MRC volunteer since 2006

What is your profession?

I am currently a student preparing for Medical school!!!

What MRC activities have you participated in lately? (trainings, exercises, etc.)?

I have participated in the FDNY mass causality exercises for emergency preparedness (all 3 sessions) and also a Vaccination POD activation in the Bronx. And the Coney Island Hospital exercise most recently.

Are you involved in any other volunteer activities?

I am currently involved in a few different projects; I am the Brooklyn Regional Ambassador for Girl Rising- a program that is working to promote educating young girls in under privileged countries. I am also a Youth Mentor for at Risk Youths, a volunteer at the Morgan Stanley Children's Hospital and New York Cares. I also served as a volunteer at the NYC Marathon.

Why do you volunteer for NYC MRC?

I volunteer with MRC because I am inspired by both the work they do and the individuals that I have met through the organization. I truly believe that it is important to give back by any means necessary to better the community. I am honored to assist in the programs that benefit the community and the trained professionals that put their lives on the line for the community each day. MRC offers a unique opportunity to not only be involved in helping make a difference, but also teaches how to be better prepared in dealing with any type of emergencies that can happen at any time. I am able to put my knowledge and experience to use BUT I also learn a great deal in the process!!!

COMING SOON:



**NYC MRC
FACEBOOK PAGE**



Stay tuned for more info!

MRC In Action

Diabetes Awareness Fair– St. Francis College



On Wednesday Morning, November 13th, MRC was invited to the Diabetes awareness at St. Francis College. MRC hosted a table at the fair and called on our volunteers to come and answer questions about MRC. The fair was attended by both students at the college and community members.

Staten Island University Hospital (SIUH) Critical Care Surge Functional Exercise

On Thursday November 14th, Staten Island University Hospital invited MRC members to act as patients in a mass casualty exercise at two separate facilities in Staten Island. The exercise simulated an explosive device detonated at the NYC marathon, and MRC members played injured patients. Our role as patients helped SIUH better understand how to manage flow of patients in a mass casualty. Thanks to all who participated!



Mass Prophylaxis Training at BMCC

Wednesday Evening, November 13th, MRC hosted a Mass Prophylaxis training at BMCC. The training was given by David Star, Director of the Countermeasures and Response Unit. David talked about the NYC plan for emergencies requiring mass dispensing of medication for bio-terrorism events such as anthrax. to all 8.3 million residents This training was really interesting to both MRC and CERT members.



MRC In Action

Continued...

Disaster Simulator Exercise at OEM

The Office of Emergency Management invited MRC members to participate in a disaster simulator exercise on Thursday, November 14th. Participants were able to experience disaster scenes in a virtual reality setting and gained a better understanding of field operations during a disaster.



Coney Island Hospital Multi-Agency Radiation Dispersal Device Exercise

Very early on Sunday Morning, November 17th MRC members participated in a radiation exercise at Coney Island Hospital. This was a collaborative exercise including Dept. of Health, Office of Emergency management, Coney Island Hospital, Kings Country Medical Center and SUNY Downstate Hospital. MRC members played injured patients.



Beth Israel Hospital Full Scale Patient Influx Exercise

On Thursday November 21st, MRC was called to action to play patients in a full scale exercise at Beth Israel Hospital. The hospital exercise tested the ability for the hospital to respond to a large influx of patients during a major disaster. Thanks to all who participated!



Beth Israel

MRC TRAININGS

Introduction to Pediatric Mental Health In Disasters

Date: Tuesday, December 3rd

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

Time: 5:30 – registration and light supper

6:00 – 8:00 - training

To register, go to: <https://nycmrccpediatricmhdisasters.eventbrite.com/>



Lead by the NYC Pediatric Disaster Coalition (PDC), this brief training session will introduce participants to the issues surrounding pediatric mental health during and after disasters. Participants will learn to identify at risk patients and different reactions to stressors. They will be presented with strategies to manage these reactions, including the basic principles of Psychological First Aid. Additional topics will include working in a post-disaster environment and lessons learned from previous disasters.



Commodity Distribution Point Training

Date: Tuesday, December 10th

Location: Office of Emergency Management (OEM) 165 Cadman Plaza East

Time: 6:00 – 8:00 - training

To register, go to: <https://nycmrccommoditydistributionpointtraining.eventbrite.com/>

MRC is working with the Office of Emergency Management (OEM) to recruit a group of volunteers to staff Commodity Distribution Points (CDP) in times of emergency. As seen with Super Storm Sandy, it is imperative to have a group of volunteers to deploy in times of need. Volunteers would help support the distribution of essential items like food, water, and blankets to the community.

Vulnerable People and Functional Access in Disasters Training

Dates: Thursday, December 19th

Location: Public Health Laboratories 455 1st Ave, Auditorium

Time: 5:30 – registration and light supper

6:00 – 8:00 - training

To register, go to: <http://www.eventbrite.com/e/nyc-medical-reserve-corps-vulnerable-people-and-functional-access-in-disasters-training-registration-9442032373>

As medical professionals know, vulnerability can include a range of factors in a person's life. Factors might include susceptibility to injury or death because of a physical or social condition. It can also be related to exposure.

Increasingly the word "vulnerable" is used as a catch all phrase that includes diverse people, including functional access issues for people with disabilities. In this workshop we will consider differences and similarities between vulnerable populations groups. Attendees will also explore practical approaches to make disaster services accessible for people with disabilities.

Volunteer with HOPE

On **January 27, 2014**, the Department of Homeless Services will conduct its annual Homeless Outreach Population Estimate (HOPE). It is a unique opportunity to volunteer and participate in an extraordinary citywide effort. Homeless Services needs approximately 3,000 volunteers to help survey the number of homeless individuals living on city streets, parks, and in other public spaces in New York City.

Those who are interested in volunteering should visit www.nyc.gov/dhs to register. Volunteers assist from approximately 10:30 pm to 4:00 am performing HOPE to help the City best project service needs and allocate resources for the street homeless population.



Articles of Interest

Do One Thing: Power

CDC shares a list of things people can do this month to be prepared for a power outage.

<http://blogs.cdc.gov/publichealthmatters/2013/10/do-1-thing-power/>

Good Infection Prevention Habits Don't Just Happen

Elaine Larson, RN, PhD, CIC, FAAN, Associate Dean for Research at Columbia University's School of Nursing, discusses a recent study in which nursing students reported clinicians failing to perform hand hygiene before patient contact. Student nurses recognize trained nurses as important role models, but little is known about the examples set by qualified practitioners.

<http://blogs.cdc.gov/safehealthcare/2013/11/06/good-infection-prevention-habits-don%E2%80%99t-just-happen/>

Twelve Health and Safety Tips for the Holidays

Pay special attention to your health and be safe this holiday season.

<http://www.cdc.gov/features/healthytips/>

Flu Fighting Facts: How to stay healthy this flu season

The best time to start getting prepared for flu season is early, when flu activity is still low. CDC has a weekly FluView report that gives an overview of the current seasonal flu activity.

<http://blogs.cdc.gov/publichealthmatters/2013/11/flu-fighting-facts/>

Typhoon Haiyan: A look at public health's role in disaster recovery

Seeing images of the devastation in the Philippines reminded me of my own experiences with Hurricane Katrina and the Asian Tsunami. During both of those events, I had the honor to join CDC (and WHO in the case of Indonesia) teams to help re-establish crucial public health services and support the impacted communities. Disaster recovery isn't just about rebuilding damaged homes and businesses; it has everything to do with health.

<http://blogs.cdc.gov/publichealthmatters/2013/11/typhoon-haiyan/>