



New York City Medical Reserve Corps



November 2011

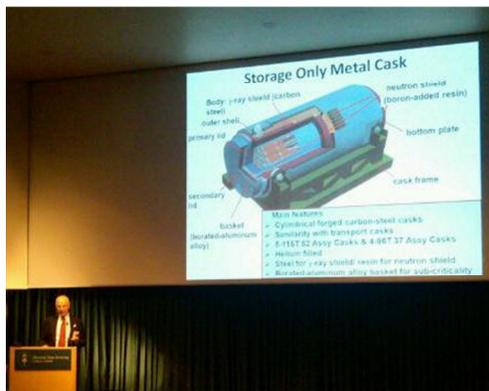
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Emergency Notification Drill

Thanks to all of you who responded to the Emergency Notification Drill on October 25th. We had a 75.2% response. Bravo!



Fourth Annual Radiation Safety Officer Symposium: The Nuclear Accident in Fukushima, Japan

On November 2, 2011, I attended the day-long Fourth Annual Radiation Safety Officer Symposium entitled "The Nuclear Accident in Fukushima, Japan". A panel of invited experts as assembled to give presentations at the symposium, including experts from the NRC, the US Department of Energy, the Brookhaven National Laboratory, an energy consultant, a Japanese radiation health researcher, an expert from the department of environmental health sciences, and a representative of the Japanese Foreign Ministry. The audience consisted of more than 300 attendees, comprised of greater New York radiation safety



Why I Volunteer



Name: Elizabeth Campos, PT
MRC Member since 2006

Profession: NYS Licensed Physical Therapist and a Member of the American Physical Therapy Association

What MRC activities have you participated in lately?

* AIDS Walk 2011

* NYC Marathon 2011

Why do you volunteer? I'm proud of being part of the NYC MRC volunteer team, because we can make a difference strengthening public health, working towards increasing disease prevention, supporting communities in need and improving public health preparedness.

officers, physicians, nurses and other health care workers, and representatives from the US government, New York State and City of New York governments. All assembled to learn about the nuclear accident in Fukushima, Japan, in consequence of the earthquake and tsunami of



March 11, 2011 and its effects on the environment, health, and mental health of the people in the area. The symposium elevated our understanding of the disaster, the response to the disaster by the Japanese people and government, and the great assistance provided by the US and other governments, as well as private citizens and NGOs from all over the world. The day concluded with a discussion of the lessons learned from this disaster for possible application in the future.

Josef Machac, M.D. NYC MRC member

ING NYC Marathon 2011

On Sunday, November 6, 2011 the 41st NYC Marathon was run by 47,000 runners through all five boroughs of NYC with an age range of 18 – 84 and a wide range of abilities. Medical assistance was an essential part of the race and MRC members were there to help by providing medical assistance throughout the marathon route and in the medical tent in Central Park.



Photo courtesy of Jon Bloomberg

Planning for Mass Prophylaxis

On the very rainy night of October 9th, NYC's experts on Mass Prophylaxis braved the weather to give an excellent presentation on Mass Prophylaxis at the Red Cross to NYC MRC members, as well as members of CERT, Red Cross and other Citizens Corps organizations. David Starr, Ryan McKay, Eric Medina, Seth Guthartz and Allison Scaccia shared the vision of NYC on medicating all 8.2 million residents of NYC within 48 hours of a biological terrorism attack. The team discussed obtaining and storing medications and opening PODS.

MRC OPINION:

If you had a specific site assignment that you knew about before a disaster/emergency, would that increase the likelihood that you would respond?

Please send your opinion to

healthmrc@health.nyc.gov

Have a question for your fellow MRC members?

Send it to

healthmrc@health.nyc.gov

and see it published in the MRC newsletter

People Who Volunteer Live Longer, Studies Suggest

People who volunteer for selfless reasons, such as helping others, live longer than those who don't lend a helping hand, a new study shows. However, those who volunteer for more self-centered reasons do not reap the same life-extending benefits.

LiveScience.com, 09/17/2011



a hands-on workshop about using meters, which meters are appropriate, measuring ambient radiation, and practicing measuring radiation with radioactive and non-radioactive materials.

Using Instruments to Measure Radiation

On October 25th Dr. Andy Karam and Hailu Teda, members of the Bureau of Environmental Emergency Preparedness and Response provided



Happy Thanksgiving!