



New York City Medical Reserve Corps



November 2012

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Happy Thanksgiving!

This year, NYC has a lot to be thankful for, but we are especially thankful for each of you who helped in shelters, data collection, and who provided (and will provide) mental health

support in the shelters and in the NYC Restoration Centers. Your kindness, ability and professionalism are truly impressive. I am honored to work with each of you.



Hurricane Sandy – Tell us your stories

Please share your thoughts, stories and photos from your MRC assignments during Hurricane Sandy. Also, please send the dates and hours and location you served. We want to be sure we capture the full picture of the MRC response.

You will also receive an invitation to attend a “hotwash” or debriefing, where you will have the opportunity to share your concerns, ideas and suggestions. Please try to attend this important event. It’s MRC’s chance to share your expertise.



Why I Volunteer



Joan Flanigan

Name: Joan Flanigan

MRC Member since 2005

Profession: M.D. Pediatrics, semi-retired

What MRC/CCC activities have you participated in lately?

LIJ Decon Exercise

NYU Decon Exercise

POD

Mass Prophylaxis

Sarin Gas Incident training

Hurricane Irene – Physicians Access Line

In the early MRC days, I trained as a Small pox vaccinator. Over the years I’ve participated in POD training session, the making of POD operations video and several actual Influenza PODs. Working in these was great – a chance to actually do something for people while working on improving POD processes. I was glad to serve a vaccinator when needed (not just do medical consultation) as that gave a chance to talk with more families and answer questions.

Hurricane Sandy

Are You Involved In Any Other Volunteer Activities? Not right now.

Why do you volunteer?

Just want to “give back” a little even though not available all the time. It makes sense for the City DOH to have a network of volunteer professionals who can be contacted quickly to step up and help. At each occasion I meet quite of the variety of committed and caring professionals who volunteer.



NYU Langone Medical Center Decon

Exercise - On a cool and drizzly October morning, 22 intrepid MRC members reported to NYU Hospital to participate in a full decontamination exercise. The scenario was an explosion at the second avenue subway excavation, with widespread asbestos contamination. MRC members played “patients” for this exercise. They

heroically went through outdoor showers (the water was warm but the air was cool!) and went through triage in the ER. According to Rose Jones, Emergency Management at NYU, “The exercise was a great success



and we couldn’t have done it without your (MRC) help. We received a lot of positive feedback about the number of volunteers in attendance and their enthusiasm about participating. I hope we can continue to work together in the future – we’d love to have you guys back!” Thanks to all of you who braved the weather and the water to participate.



MRC Orientation – On Oct. 24th, seventy enthusiastic



new MRC members attended the MRC Orientation at Baruch College. This training was conducted by Betty Duggan, MRC Manager. The group brought interesting questions, insights and dedication to this training.

Planning for Mass Prophylaxis Training –



On Oct. 10th, we were privileged to have David Starr, Director of the Countermeasures Response Unit. David explained why PODS are important to disaster response, how the Strategic National Stockpile works, and MRC’s role in supporting mass prophylaxis. Thanks to OEM for providing

space for this training.

WELCOME NEW MRC NYC MEMBERS!

A LETTER FROM COMMISSIONER OF HEALTH THOMAS FARLEY WAS SENT TO ALL HEALTH CARE PROFESSIONALS IN NYC IN THE BEGINNING OF SEPTEMBER. AND THEN WE HAD A HURRICANE. AS A RESULT OF THESE TWO EVENTS, NYC MRC HAS **OVER 1350 NEW MEMBERS**, BRINGING OUR MEMBERSHIP UP TO **7,184**. **PLEASE BE PATIENT IF YOU ARE WAITING FOR ID AND WELCOME PACKETS.**

WELCOME NEW MEMBERS!!

MRC Training Opportunities

Because of Hurricane Sandy, and the devastation it wrought on NYC, NYC MRC has been deployed since October 26th. As a result, many of the trainings scheduled for the fall have been postponed, and will be rescheduled after the new year. Please Continue to check the NYC MRC newsletter for further information about trainings. Thank you for your patience.

~~**Canceled Thurs., Nov. 29 – Pediatric Disasters – 6:00 – 8:00pm**~~

This training will be rescheduled in the new year.

Fri., Nov. 30 – MRC REST Mental Health Responder Training – 9:00 – 5:00

Location: NYC Department of Health and Mental Hygiene, 42-09 28 St, Room 8-25 (John Snow) LIC, NY

This training is still being offered.

~~**Canceled Tues., Dec. 4 – Field Preparedness – 6:00 – 8:00pm**~~

Hurricane Sandy – ways to help

Some of you have asked where you can donate cash as well as materials. See below:

- **Cash Donations:** Cash donations are the best way to support relief efforts. To give cash donations visit the [Mayor's Fund to Advance New York City](#). You can also text NYCFUND to 50555 to give \$10 to the Mayor's Fund that will help provide essential aid and supplies to New Yorkers in need.
- **AidMatrix:** If you are a company or organization with access to a large volume of items and would like to donate them to the disaster relief effort, visit the [AidMatrix portal](#). At this site you can match a posted need or make a general offer of supplies.

Give Blood: Giving blood is incredibly helpful right now. For more information visit:

www.nybloodcenter.org

Hurricane Sandy – Post Storm Resources

If you or your family or friends were affected by the storm, here are some resources that may be helpful:

Benefits Plus: For a list of some disaster related services and resources post Hurricane Sandy, [click here](#).

Shelters: If your home has been damaged due to the storm and you need shelter or relocation assistance, please visit one of the Restoration Centers. [Click here](#) for more information.

ASPCA Emergency Boarding Facility: The ASPCA has opened a temporary, emergency pet boarding facility. Pet owners who are currently unable to care for their animals due to Hurricane Sandy can place them in this temporary facility now through December 17. Pets can be visited daily or picked up at any time. For more information, call 347-573-1561.

United States Postal Service: For the latest updates on USPS service, [click here](#).

Health Department: As the recovery from Hurricane Sandy continues, the Health Department urges New Yorkers to protect themselves from health and injury risks during cleanup.

- [Properly using portable generators to avoid carbon monoxide poisoning](#)
- [Safety recommendations for cleaning up homes](#)
- [Information for food service operators post Sandy](#)
- [Information on hypothermia for those without heat](#)

Mobile Medical Vans: Mobile medical vans staffed with primary care providers who will be able to provide medical care and distribute commonly prescribed drugs are now available at several locations in the Rockaways, Brooklyn, and Staten Island. Locations can be found [here](#).

Insurance Information Institute: For answers to questions regarding insurance policies and claims, check out www.iii.org, a great resource for improving the public's understanding of insurance.

- [What you need to know about filing and settling an insurance claim after a disaster](#)
- [FAQs on what is and is not covered in insurance policies](#)
- [If your business has been affected by the hurricane](#)

Prepare Your Homes for the Winter: Hurricane Sandy has left many homes without heat just as temperatures are dipping below freezing. If your home will be without heat for an extended period of time you should consider hiring a qualified plumber who can safely "winterize" the home by shutting off water and draining the pipes until the heating system can be restored. Failure to do this could result in burst pipes and thousands of dollars in additional water damage.

Replacement SNAP (formerly food stamps) Benefits for New Yorkers Impacted by Hurricane Sandy:

New York has received a waiver for areas hardest hit by Hurricane Sandy. Current recipients of SNAP will be automatically issued 50 percent of monthly benefits to replace food lost as a result of the storm. A list of eligible zip codes can be found [here](#).

Small Businesses: For information about services to assist small businesses in recovering from Hurricane Sandy visit: www.nycedc.com/backtobusiness.

Articles of interest:

Four NYC Hospitals Still Closed by Hurricane Sandy

NYU Langone Medical Center, Bellevue Hospital Center, the Manhattan VA Medical Center, and Coney Island Hospital are all still closed due to Hurricane Sandy. As a result, other nearby hospitals have experienced increased business. To read more, go to:

http://www.kaiserhealthnews.org/Stories/2012/November/19/nyc-hospitals-still-closed-hurricane-sandy.aspx?utm_source=BNT%2C+November+19%2C+2012&utm_campaign=BNT111912&utm_medium=archive

Multistate Fungal Meningitis Outbreak Investigation

The CDC provided updated clinician guidance this month regarding the multistate fungal meningitis outbreak. This guidance includes frequently asked questions and information on the Health Alert Network. To read more, go to: <http://www.cdc.gov/hai/outbreaks/clinicians/index.html>