



New York City
Medical Reserve
Corps



November 2013

42-09 28 St., Queens NY 11101

347-723-1696

healthmrc@health.nyc.gov

Volunteers Needed For Disaster Exercises

Staten Island University Hospital Critical Care Surge Exercise Thursday November 14th:

Two Locations:

North Campus – 30 volunteers needed
475 Seaview Avenue, Staten Island 10305

South Campus – 15 volunteers needed
275 Seguine Avenue, Staten Island, NY 10309

Time: 1:45pm– approximately 4:30pm

Staten Island University Hospital (SIUH) is conducting a Critical Care Surge Functional Exercise, and they have invited MRC members to act as patients. This exercise will simulate an explosive device detonated at the NYC marathon, and MRC members will play injured patients. Your participation in this event is critical to the exercise's success.

Multi-agency Radiation Dispersal Device Exercise – 35 volunteers needed Sunday, November 17th:

Location: Coney Island Hospital

2601 Ocean Pkwy Brooklyn, NY 11235

Time: 6:45 am– approximately 10:00 am

MRC members have been asked to play patients. This exercise is a collaborative exercise including Dept. of Health, Office of Emergency Management, Coney Island Hospital, Kings County Medical Center, and SUNY Downstate Hospital. MRC members will report to Coney Island Hospital where they will play injured patients.

To register for either/both of these events, please send an email to: healthmrc@health.nyc.gov

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

Why I Volunteer



Alan Podber,
LMSW

How many years have you been a member of NYC MRC?
I have been a member of MRC since October 2006

What is your profession?
I am an LMSW (Licensed Master Social Worker in NYS).

What MRC activities have you participated in lately? (trainings, exercises, etc.)?
My most recent trainings were the Geographic information Systems training as part of the REST unit, and the MRC Psychological First Aid training. I was also honored to have been selected to appear in the Citizen Corps film "It Takes a City" for the Seventh Annual Disaster Conference, representing the REST unit.

Are you involved in any other volunteer activities?
I am currently a volunteer co-producer of "Big Road in Chelsea," a series of not-for-profit world-music concerts/mini-festivals celebrating the diversity of New York. As a musician, I have performed at many benefit fund-raisers for a wide range of worthy causes and organizations over the past six decades. I have also volunteered in numerous progressive political and social activist campaigns.

Why do you volunteer for NYC MRC?
I believe that we can and should jointly share both the benefit from, and the responsibility for, maintaining the quality of life in our communities. As a function of the inherent "give and take" that derives from social living, one must recognize that "today I can provide assistance, but tomorrow I might need it," and respond accordingly. It is at times like these that volunteering becomes necessary. I also take great satisfaction from helping others--it makes me feel like a better person, and I hope it reinforces the value of volunteerism, as well.

COMING SOON:

NYC MRC
FACEBOOK PAGE

Stay tuned for more info!



Public Health Event: MRC needed

Location: St. Francis College, 180 Remsen St., Brooklyn Heights

Date: Wednesday, November 13th

Time: 10:00 am – 4:00 pm

St. Francis College will sponsor a Diabetes Awareness Day on Wednesday, November 13th from 10 am to 4 pm.

MRC hopes to provide blood pressure screenings to those who attend.

If you are willing to come and help us to staff our table, either for the whole day or for part of the day, please send an email to healthmrc@health.nyc.gov Please include your name, profession, phone and email, and the hours you are available. Please indicate if you have experience with blood pressure screening.

MRC In Action

NYFD Mass Casualty Exercises at Randall's Island

Very early on October 6th and 13th NYC MRC members participated in an exercise at Randalls Island to simulate an IED explosion. MRC members were heavily moulaged, including shrapnel in wounds and amputations. MRC members simulated real life reactions for the first responders, crying, yelling and moaning. Our role as victims allows the FDNY and EMS to have a more realistic simulation of a disaster. It also allows MRC members to experience what it's like to be in the midst of a disaster.

Thanks for all those who participated! Stay tuned for further exercises with FDNY and with hospitals!



H5N1 Exercise at Institute for Family Health

Early on Tuesday October 22nd, MRC participated in an exercise simulating a response for an H5N1 outbreak. Members acted as exposed patients at four different facilities in the Bronx and Manhattan. Everyone was given a role to play and put the nursing staff to the test. It was a great learning experience for the Institute for Family Health and a fun morning for MRC.

Thanks to everyone who participated. Stay Tuned for similar exercises!

MRC TRAININGS

MRC Orientation

Date: Tuesday, November 12th

Location: 125 Worth St., 3rd floor boardroom, Manhattan

Time: 5:30 – registration and light supper

6:00 – 8:00 - training

To register, go to: <https://nycmrcorientation2013.eventbrite.com/>



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

Mass Prophylaxis Training

Date: Wednesday, November 13th

Location: Borough of Manhattan Community College 199 Chambers Street, Lecture Hall N452

Time: 5:30 – registration and light supper

6:00 – 8:00 - training

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



In the event of a biological emergency, such as anthrax, NYC would have to provide medication to all 8.3 million residents (and anyone else, such as tourists) within 48 hours. Learn about NYC plans for the Strategic National Stockpile of medications, where PODs will be set up, how medications will be

dispensed, including the screening form that will be used, and what your role as an MRC member may be. This training is being conducted by David Starr, Director of Countermeasures and Response Team

Disaster Simulator

Date: Thursday, November 14th

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

Time: 5:30 – registration

6:00 – 8:00 - training

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



The purpose of the Disaster simulator workshop is to provide an opportunity for *Medical Reserve Corps* members to experience on scene emergency operations from the point of view of first responders. By allowing participants to survey disaster scenes in a virtual reality environment, they will come away with a better understanding of field operations. Additionally, during the training, *Medical Reserve Corps* members will explore how citizen groups can support their communities.

Commodity Distribution Point Training

Dates: Tuesday, November 19th **AND** Tuesday, December 10th

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

Time: 5:30 – registration

6:00 – 8:00 - training

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.

MRC Trainings Ctd...

Bystander Training

Date: Thursday, November 21

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://nycmrcbystandertraining.eventbrite.com/>

We often hear the term “first responders” where people mean police, fire and other emergency personnel. But the people most often first on the scene are people who just happen to be in the area: doormen, shoppers, business owners. Learn how to respond if you are near when a disaster or emergency occurs. This training will be given by Tom Mauro, Director of Education and Training, Office of Emergency Preparedness and response.

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://nycmrcpediatricmhdisasters.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.

MRC In Action!

**Happy Halloween from the
MRC Superheroes!**



Check your stocks as you reset your clocks!

The switch back to Standard Time was this past Sunday, and now is the perfect opportunity to check your family emergency stockpiles, change batteries in radios, smoke detectors and carbon dioxide alarms, replace expired food items, rotate items in the kit, update family information, or determine if there are any items that are missing.



Recommendations for a family emergency preparedness kit include:

- Prescription and over-the-counter medications
- Toiletries, including soap
- First-aid kit
- Baby formula and diapers
- Extra eyeglasses
- Pet food/medications/leashes/collars/ID tags
- Extra batteries for flashlight(s) and radio(s)
- Garbage bags
- Cash
- Non-perishable food, ready-to-eat canned meats, soups, fruits, vegetables, peanut butter, protein bars, utensils, can openers, sterno heating
- One gallon of water per person per day and fluids with electrolytes that will last for up to two weeks



Training Update

New Medical Reserve Corps Training Series:

The Medical Reserve Corps (MRC) is a national network of local groups of volunteers committed to improving the public health, emergency response, and resiliency of their communities. To help prepare MRC or other volunteers provide surge capacity to state, regional, or local epidemiology staff during a public health emergency, the UNC Center for Public Health Preparedness developed a 3-module training series with a particular focus on conducting outbreak investigations.

Medical Reserve Corps training series:

- Introduction to Epidemiology
- Outbreak Investigations
- Interviewing Techniques

For Training and More information:

http://cphp.sph.unc.edu/training/training_list/?mode=view_subcat_detail&subcat_id=441

UPDATE YOUR RECORD

We rely on the data in ServNY to reach you in times of emergency or disaster, so it's very important to keep your record up to date. You can do this in three ways:

- go to: <https://apps.health.ny.gov/public/publogin.html> and update your own record,
- send your new data to healthmrc@health.nyc.gov
- call us at **347-396-2780** or **347-396-2781**

Indicate in the subject line that you are updating your record. Either way, you will ensure that we can reach you in the event of a disaster or emergency.

Thanks!



Articles of Interest

Helping Children Cope With a Disaster

Children often become distressed after a disaster, especially if it has directly impacted them or someone they care about. They may also feel sad or sorry for others and want very much to help them. Worries that something similar will happen to them or their family may lead them to ask a lot of questions so that they can better understand what has happened and therefore what they can do to protect themselves and their family. Parents and other adults who care for children can do a lot to help them understand and cope.

<http://blogs.cdc.gov/publichealthmatters/2013/09/helping-children-cope-with-a-disaster/>

Beyond Debriefing: How to Address Responders' Emotional Health

Traumatic events take an emotional toll on first responders. The American Group Psychotherapy Association likewise offers a number of best practices for supporting first responders.

<http://www.emergencymgmt.com/training/Beyond-Debriefing-Responders-Emotional-Health.html>

Hospital Preparedness and the Boston Marathon Bombing

Brigham and Women's Hospital in Boston has conducted 78 large scale emergency drills over the past eight years. They were able to put their plans into action immediately following the Boston Marathon tragedy.

<http://blogs.cdc.gov/publichealthmatters/2013/09/hospital-preparedness-and-the-boston-marathon-bombing/>

Do 1 Thing: Be Informed

Getting correct information during an emergency is critical to making the right decisions. There are many ways to stay informed, from staying connected to information from local authorities to knowing how your community alerts residents of dangerous situations. Make sure your family can receive, understand, and act on information in an emergency.