

New York City



New York City Medical Reserve Corps



November 2015

42-09 28 St., Queens NY 11101

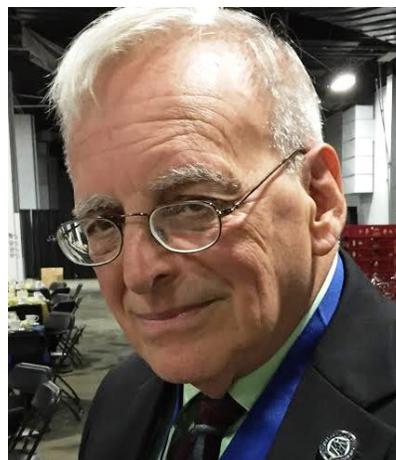
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Why I Volunteer



Jacob Bimblich

Board Certified Hypnotherapist

How long have you been a member of NYC MRC?

I have been a member of NYC MRC since 2007.

What is your profession?

I am a Board Certified Hypnotherapist and I have lectured for many colleges and universities such as Barnard, Columbia, the Bronx Psychiatric Center, and Harlem Hospital Center.

What MRC activities have you participated in lately?

I have participated in many MRC activities and trainings, such as: CPR and AED training, Working in a POD, Advanced Life Support, and All Hazards Disaster Mental Health Training. During Hurricane Sandy I helped in the Coney Island Center. I have participated in many more trainings and activities, too many to mention.

Are you involved in any other volunteer activities?

I am a proud member of the R.E.S.T team and the Radiation Reserve Corps.

Why do you volunteer for NYC MRC?

One of the many reasons I joined the Medical Reserve Corps was my love for the people of New York. I came to this wonderful country 60 years ago and lived in New York most of my life. I consider even complete strangers as an extension of my family, and I believe that when you help someone up a hill you get nearer the top yourself.

Welcome New MRC Members!

In response to a recruitment letter from Dr. Mary Bassett, NYC Commissioner of Health, NYC MRC has had 630+ new members. This brings our current membership to 8,225 and growing...

Welcome to all of you who answered the call from our Commissioner!

If you have not already done so, please attend one of the upcoming MRC Orientations. It will give you a better understanding of what NYC MRC is all about.

In the next few weeks you will receive a package with your new NYC MRC ID card, MRC shirt, lanyard, lapel pin and printed materials. Take a few minutes to read through the materials. It has lots of information about MRC.

Please feel free to email NYC MRC at healthmrc@health.nyc.gov or call Matt at 347-396-6248 or Sorrel at 347-396-6210 with your questions, comments and concerns. We love to hear from NYC MRC members.

Once again, welcome aboard!

Yours in service,
Betty Duggan
Director





Upcoming Trainings and Events

Post-Emergency Canvassing Operations (PECO) Drill

We are pleased to announce a new date and time for our full-scale PECO drill!

Join the Department of Health for a test of our Post-Emergency Canvassing Operations (PECO) protocols! In the event of a disaster or emergency, city personnel will be expected to go door-to-door, verifying the safety of residents in every affected household. We will be holding a full-scale, all-day exercise to test the current version of our procedures and software. We need approximately 30 volunteers to help make this test a success.

Date: Thursday, November 5th

Time: 9:00am — 4:00pm

Location: 116-15 Rockaway Beach Blvd

To register, please send an email to:

healthmrc@health.nyc.gov

Please include your name, profession and cell #



Smallpox Tabletop

We are pleased to announce a new date and time for our Smallpox Tabletop exercise!

Please join us to learn about smallpox 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 decide what the response will be.

Date: Thursday, November 12th

Time: 6:00 pm — 8:00 pm, registration & light supper at 5:30pm

Location: The Churchill School and Center, 301 E 29th St, 10016

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



Ready Senior Center of the Year

Join MRC as we help New York City Emergency Management honor the best-prepared Senior Center in NYC! We will participate in the celebration by providing Blood Pressure Screenings.

Date: Friday, November 6th

Time: 10:00am—12:00pm

Location: United Senior Center—475 53rd St., Brooklyn

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

Language: Spanish and Chinese

NYC
Emergency
Management

Upcoming Trainings and Events



NYC MRC Orientation

This training is an introduction to NYC MRC. It is a great overview for both new members and longtime members, and is the prerequisite for our most popular trainings. NYC MRC 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, November 17th

Time: 6:00 pm - 8:00 pm, registration & light supper at 5:30pm

Location: 125 Worth St, 3rd Floor Boardroom, Manhattan

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



Active Shooter: What Can You Do?

We are pleased to announce a new date and time for our Active Shooter training.

An “active shooter” is an individual actively engaged in killing or attempting to kill people in a confined space or other populated area. Typically, the immediate deployment of law enforcement is required to stop the shooting and mitigate harm to victims. This course provides guidance to individuals so that they can prepare to respond to an active shooter situation. By the end of this course, participants will be able to:

- Describe actions to take when confronted with an active shooter .
- Describe actions to take to prevent and prepare for potential active shooter incidents.
- Describe how to manage the consequences of an active shooter incident.

Date: Monday, November 16

Time: 6:00 pm - 8:00 pm, registration & light supper at 5:30pm

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

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



Testing the NYC MRC Self-Scheduling Application

After extensive changes to the NYC MRC Self-Scheduling App, we are conducting an exercise to test the usability of the app. You will be asked to log on to the app and choose shifts for a fictional disaster event. Your part in this exercise should take 5 – 10 minutes, and you can participate from any computer.

Date: Wednesday, December 9th

Time: 8:00am—8:00pm

Please watch for an emergency notification on the morning of December 9th with instructions on how to participate. We need everyone in NYC MRC to participate in this drill so that we can make sure that the system will work well during emergencies.



Upcoming Public Health Events



BLOOD PRESSURE SCREENINGS

In collaboration with our community partners, the MRC has been asked to provide volunteers to help with blood pressure screenings at several locations throughout the city:

To register for any or all of these events, go to <https://a816-healthpsi.nyc.gov/MRCSelfServe/>

Our Lady of Refuge, 2020 Foster Ave., Brooklyn
Wednesday, November 4th — 10:00am —12:30pm
Language: Creole

The Church of God Prophecies, 3915 Church Ave., Brooklyn
Saturday, November 7th — 9:00am —2:00pm
Language: English

Salvation Army, 520 50th St, Brooklyn
Tuesday, November 10th — 10:00am—2:00pm
Language: Spanish, Chinese

St. Elizabeth's, 268 Wadsworth Avenue, Manhattan
Wednesday, November 15th — 9:00am—2:00pm
Language: Spanish

PLEASE NOTE: *This event will also include Rx Medication Reviews and BMI Screenings. Both pharmacists and blood pressure screeners needed for this event.*

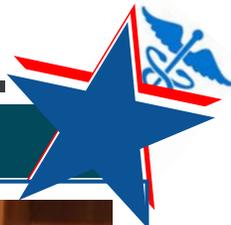
Our Lady of Refuge, 2020 Foster Ave, Brooklyn
Wednesday, November 18th — 10:00am—12:30pm
Language: Creole

Our Lady of Perpetual Help, 526 59th St, Brooklyn
Sunday, November 22nd — 10:30am—1:00pm
Language: Spanish

Marriott Hotel, 1776 Eastchester Road, Bronx
Saturday, November 21st — 6:00pm—9:00pm
Language: English

Our Lady of Perpetual Help, 526 59th St, Brooklyn
Sunday, November 22nd — 10:30am—1:00pm
Language: Spanish





Voices of MRC

NYC MRC Member Kathleen A. Lavelle (RN) Shares Her Impression of the FDNY Gas Explosion Exercise

This was my first time participating in an exercise such as this and it was a blast! (as well as an eye opening experience).

I am the wife of a seasoned firefighter and now have a greater appreciation of how hard it is to work with all that weight and gear AND keeping calm. We certainly made it difficult for them.

I would certainly do this again.



Kathleen in moulage

NYC MRC on Social Media

Join Us on Facebook!

The NYC MRC Facebook page is a great way to find the latest information on upcoming trainings, exercises and public health events! Our page is updated daily, and event information is updated continuously. We also share photos of our members in action, and the latest statistics from our public health activities. Our Facebook page can keep you updated in real-time better than ever before!

Come take a look: www.facebook.com/nycmrc



Articles of Interest

Jarrett Murphy, "[3 Years After Hurricane Sandy, Is New York Prepared for the Next Great Storm?](#),"

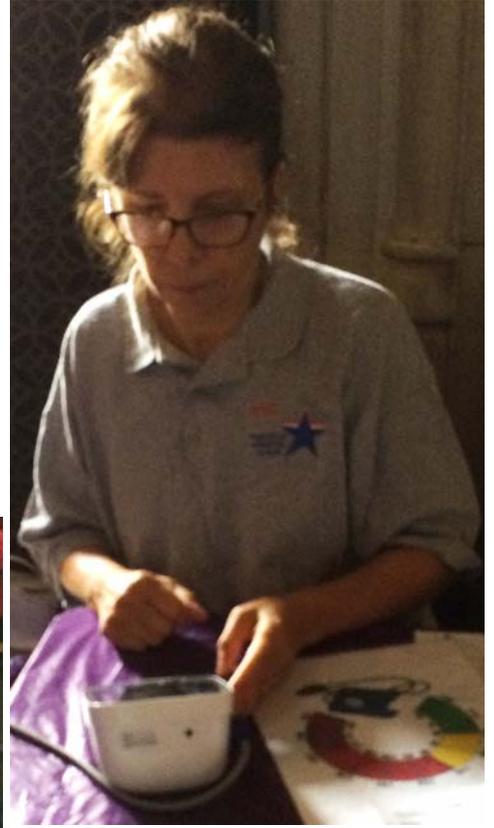
The Nation, October 14, 2015. Some experts champion "managed retreat" from floodplains; for New York City, this isn't the first option.

Eric Klinenberg, "[Is New York Ready for Another Sandy?](#)," *The New Yorker*, October 27, 2015. Throughout New York City, public and private institutions alike have implemented new policies and built new structures to prepare for coastal storms. Are these changes enough?

Sharon Medcalf, et al., "[Smallpox Vaccination of Laboratory Workers at US Variola Testing Sites](#)," *Emerging Infectious Diseases*, 21.8 (August 2015): 1437-1439, doi: 10.3201/eid2108.140956. How often should laboratory workers be revaccinated against Smallpox? Which workers are most in need of revaccination?



NYC MRC in Action



BP Screenings at OLPH Church



Latino Family Health Awareness Day Fair





NYC MRC in Action



**NYC MRC Volunteers
Participate
in an FDNY
Gas Explosion
Exercise at SIUH**

