



Volunteer

Voice

NEWSLETTER FOR MEMBERS OF MCHD
MEDICAL RESERVE CORPS



2009 Winter Classes:

MRC Orientation

Wed. 02/11/09 7:00-8:30 pm

Influenza: Facing New Global Challenges

Thu. 02/19/09 6:30-8:30 pm

Health Ambassador/ Family Disaster Planning

Tues. 02/24/09 2:00-4:00 pm

or

Tues. 02/24/09 7:00-9:00 pm

[2.0 CE's for Nurses]

POD/SNS Training for MRC/CERT Volunteers

Thur. 03/05/09 6:30-8:30 pm

Conflict Management

Tue. 3/10/09 9:00 am-1:10 pm

or

Mon. 3/16/09 5:00 pm-9:10 pm

[4.0 CE's for nurses]

Cultural Competency

Thu. 3/26/09 5:00 pm-9:10 pm

[4.0 CE's for nurses]

To see full course descriptions and register, go online to <https://njlmn.rutgers.edu> Use your email address as your login and your MRC ID# as your password. Then search the course listings, and register by clicking on the "Register" button in the far right column.

MRC Volunteers setting up and enjoying themselves at the Healthy MRC Walk & Picnic: 1. Ellen Strack, Kristen LePore, Karen & Paul Farrell, Pauline Demkowicz & husband 2. Bob Mula, Julie Coveney, Tom Darby, Stacy Kallman & family, 3. Ellen Strack, Julie Coveney, Maria Milazzo, Jeryl Krautle & others 4. Dave McDermott (back) and all. 5. Lisa Lee, Kathie Bessinger and Andrea Plotnick

Winter 2009

Healthy MRC Walk & Appreciation Picnic !!

On Saturday Oct. 18th, the MCHD MRC enjoyed a picnic catered by Florentino's and walking in Holmdel Park! One theme of the picnic was that we can be Health Ambassadors wherever we are—which means regular exercise, eating wisely and making time to learn, rest, and have fun. The Appreciation Picnic celebrated MRC efforts in 2008 to make our communities better prepared and educated. MRC families (and a few pets) helped distribute hand sanitizers, sugar-free gum, and health education/MRC flyers to people as we walked. A nutrition/healthy living talk was given by Michele Lapidura, RN, and Pat Mannino, a MCHD nurse, came to do a program about Healthy Bones. The emphasis on health was illustrated as people jogged by our picnic shelter! The new MRC Region 2 Coordinator, Kristen LePore, gave a national MRC update, and Andrea Plotnick discussed the POD drills we'll do in Spring 2009. Participation Certificates and MRC windbreakers were given to all attendees! Special awards were given for Leadership to Health Ambassadors, MRC Trainers, and those who've gone beyond: Vinnie Adamkewich, Cindy Kleiman, Dave McDermott, Arlene & Mike Miccio, Howard Preville, Mirta San Martin, Stew Snyder, Ellen Strack, Vicki Warnock; Newcomer Participation: Sharon Cohn RN, Pamela Heine MSW, Stacey Longo, Autumn Nonnenmacher; Community Volunteer: Wayne Farmer, Beth Hessek, Bob Mula; Training: Maria Caiafa, Diane Workman; Outreach: Kathie Bessinger, Karen Farrell, and Years of Service: Tom Darby. Thanks to an awesome planning team: Arlene & Mike Miccio, Ellen Strack, Dave McDermott, Howard Preville and picnic helpers: Julie Coveney, Tom Darby, Pauline Demkowicz, Beth Hessek, Stacy Kallman, Bob Mula, & Lauren Habinowski. The day ended with a visit from the Pied Piper Ice Cream Truck and all the kids were excited!! For all who couldn't come, MRC windbreakers can be picked up at the MCHD.



MRC Volunteers On The Move—Locally and Nationally

Asbury Park Free Flu Clinic



It was a really exciting time to be able to help the Public Health Nurses with the Flu Clinic on Saturday November 29th. We had many families come through to receive their flu vaccine, even though it was a holiday weekend. We helped the clients fill out their forms and answered any questions that they had. Luckily, we had someone who could translate to the Spanish families who came through and the flow went very quickly. We had many children, and although it was hard to see them cry after the injection, we knew that we were helping prevent a worse pain. Helping others is a privilege and is also fun to do! Come and see for yourself!

By Camille Scala, RN and MRC

Although it was an early, cold morning and we just arrived ourselves, a family was already waiting to receive the flu vaccination at 8:30 am. It makes one realize how important it is to volunteer. Yes, volunteering does make one feel good, but that is not the only reason to volunteer. People need to help other people, and that is what I was doing that day. I met other volunteers, made some new friends, and helped keep adults and children healthy. Not too bad for a few hours of volunteering.

By Kathie Bessinger, RN and MRC



MRC Volunteers seated: Joan Pear, Beth Hessek, and Andrea Sykes, standing in back is Camille Scala, RN. Not shown: Kathie Bessinger, RN and Pam Heine, MSW. MCHD staff (Back: L-R: Lisa Lee, Toni Skipwith, Terry Ruane, RN, Pat Mannino, RN, & Jeryl Krautle, RN).

A POD Drill Experience

By Bob Mula, MRC & retired policeman

Have you ever wondered, as a First Responder, OEM, or MRC member, how that needed antibiotic would get to you in case of an emergency? Antibiotics would be needed to help protect you and your loved ones before you could become part of a POD (Point of Distribution Center) to disburse medications to help the public.

Being an MRC member, I was asked to be part of a warehouse distribution drill on Nov. 6th. Working out of a warehouse building, our task was to try out new software and find out how easy it would be to teach others to use the program. Using a laptop, I made worksheets that listed each municipality and OEM disbursement center. Included was how many containers of antibiotics would be needed for the township's First Responder personnel. I was given step by step instructions on how and where to provide needed information for the spreadsheets. Overall it was an interesting morning seeing our program in action. The proper amount of boxes were labeled and filled with the simulated containers of antibiotics. Then the boxes were sent out to the township locations. At the end of the drill I was asked for feedback about this program and if I thought anything needed to change. The system worked very well and it was interesting being part of this drill program.

Note: Bob helped with Operation Yellow Alert (see page 4 for the overview)

Help Us Recruit New MRC Volunteers!!

Know any medical professionals, community leaders or friends you think would be good additions to our MRC team? Please tell them about our mission, goals, training and invite them to join us!

The larger our MRC team/network is, the better equipped we'll be to serve the public in case of a county-wide health crisis.

Readiness Begins with You...

2008 Hurricane Season

The ability of local MRC units to enhance their communities' resiliency and capacity to respond to a public health emergency was proven. Over 1,500 MRC members volunteered more than 30,000 hours locally in response to Hurricanes Ike and Gustav and Tropical Storm Hanna. Volunteers came from 63 MRC units in 14 states, and they performed a myriad of tasks such as:

- Staffing general shelters, special/medical needs shelters and Federal Medical Stations
- Providing evacuation support prior to landfall and re-entry support for returning evacuees
- Immunizing responders & community members
- Supporting communications, operations and logistics at Emergency Operations Centers
- Establishing a co-located animal shelter for evacuees' pets
- Delivering meals and conducting medical observations for home-bound medically fragile community members
- Conducting behavioral health evaluations
- Providing staffing support for family clinics, hospitals and comfort stations

The Office of Civilian Volunteer Medical Reserve Corps has compiled a report documenting the MRC Units' activities; using information provided by MRC unit leaders and the MRC Regional Coordinators. The link to the report is: <http://www.medicalreservecorps.gov/Hurricane/2008Report> and it can be obtained through the MRC News and Events page.



MCHD MRC Assist at State Police/CERT Drill

On Saturday September 20, 2008, 13 MCHD MRC volunteers met at the State Police Academy in Sea Girt with more than 700 other NJ volunteers to take part in a State Police/CERT Team Drill. Here are some photos from the drill



We also toured medical tent facilities and got a chance to build relationships with other MRC and CERT teams. Thanks to the following MCHD MRC participants: Kathie Bessinger, RN; Paul Chaballa, RN; Sharon Cohn, RN; Wayne Farmer, MD; Pam Heine, MSW; Michael Kowal, Lisa Lee, Bob Mula, Pam Rossano, RN, Ellen Strack, RN; Maureen Tegethoff, Chuck Wich; Diane Workman, RN; and several Boy Scouts from Maureen's troop.

CERT teams practiced fire suppression, bus rescue, missing persons search, cribbing, donations management, incident command setup, first aid, and hospital review. Non-medical MRC helped by acting as victims. Medical MRC triaged bus victims and came up with creative scenarios to evaluate CERT volunteers who attempted to give first aid.

What's Your Readiness Quotient?

Local, State and Federal government agencies have urged the public to "get ready" and prepare for emergencies-from natural disasters to terrorist attacks. Some members of the public have heeded the advice but others have not. The Council for Excellence in Government has created a simple quiz to assess your Readiness Quotient (RQ). The RQ is a first of its kind tool for individuals, families and communities to evaluate their readiness. See how you stack up against the national average and learn specific steps you can take to prepare. The test takes less than a minute to complete. Go to <http://www.whatsyourrq.org/>.

MRC Ambassadors Spread the Preparedness Message and Promote MRC at Local Fairs!

MRC recruiting efforts went on the road last year in different venues and yielded a good number of new volunteers. As of mid-January 2009, we're at 299 MRC volunteers!!

Last June, Vicki Warnock, RN setup a meeting with PTA leaders and faculty at Freehold Learning Center to deliver the Family Disaster Planning presentation. Lisa also presented a talk about the MRC and we even had one parent join.

In July, Lisa helped staff the County booth for two evenings at the County Fair, spoke about the MRC to two separate groups of County Social Services employees, and spoke to the Medical Coordination Committee at Robert Wood Johnson Hospital on behalf of the MRC Coordinators in Mercer, Middlesex, Monmouth, Ocean, and Union County. More than 275 brochures about the MRC and Preparedness were distributed.

In August, Lisa made the ESAR-VHP (Emergency System for the Advanced Registration of Volunteer Health Professionals) presentation to the local I.C.P. (Infection Control Practitioners) at their meeting.

On Sept. 2, Lisa and Ellen Strack, RN attended the Staff Meeting at JSUMC. Lisa spoke about ESAR-VHP and Ellen shared her reasons for joining the MRC and what she's learned. We passed out pens, badge holders and stress balls and four physicians decided to join our team.

On Sunday September 21, Lisa staffed the MRC booth at Millstone Day and passed out over 75 Preparedness brochures, hand sanitizers, and pencil packets. A new EMT was recruited.

On September 27, Stacy Longo, MD and Lisa staffed the MRC Booth at Holmdel Community Day. We passed out more than 75 NJ Ready Together brochures, special needs registry brochures, lead info, hand sanitizers, and stress balls. We spoke with passersby and recruited one physician.

On October 17, Lisa, Autumn Nonnenmacher, and Diane Workman, RN staffed the MCHD table at County Wellness Day and passed out lead info, MRC info, hand sanitizers and pot holders.

On October 27, Pauline Demkowicz, Sharon Cohn, RN, and Lisa worked the MRC table at Keansburg 's Family Festival. We met several nurses and passed out more than 50 preparedness brochures, MRC info, hand sanitizers, sugar-free gum, and stress balls.



Questions? Ideas?

Contact Lisa Lee,

Volunteer Coordinator

732-683-8516

LLee@co.monmouth.nj.us

- Sign up to Keep Learning and update your ID cards
 - Join our Volunteer Ranks
 - Recruit a Friend/Colleague
 - Become A Health Ambassador



A Message from the Public Health Coordinator, Michael Meddis

Health Department Happenings : Operation "Yellow Alert"

On Nov. 6th, 2008 the Health Department conducted a full-scale exercise to test the distribution of medication and supplies to First Responders during a bio-terrorism event or other emergency. The exercise, called Operation "Yellow Alert", focused on only one of the four primary Regional Receipt, Stage, and Storage (RRSS) sites listed in Monmouth County's SNS (Strategic National Stockpile) Plan. Yellow refers to the Region which was involved on our color-coded map. Yellow is the color for Region One.

All municipalities have been assigned to each of four (4) regional warehouses to pick up supplies based on location and population density. The main objectives of this exercise were to evaluate Region One's RRSS plan, evaluate the municipalities' use of the Health Department's Dark Website (this is a site that will be used in emergencies) to obtain documents and messages, and to test communications systems. Eventually the remaining three regions will take part in an RRSS exercise.

Overall, Region One's plan was well-organized and reinforced that the County's Strategic National Stockpile Plan is sound and can efficiently move supplies from State to the County to the local level. If you would like a copy of the Exercise After-Action report, give Lisa Lee a call.

Best wishes to all for a Healthy and Happy New Year!



**Newsletter for
Members of MCHD
Medical Reserve
Corps**



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**Our Mission is to Provide
Education and
Information for
Emergency Preparedness
to Our Community**

**MRC: VOLUNTEERS
BUILDING STRONG,
HEALTHY, AND
PREPARED
COMMUNITIES!**

Check These Sites Out!

Emergency County First Responder site (FREP): www.mchd3435.com

Class registration site: <https://NJLMN.rutgers.edu>

Monmouth County Health Department: www.visitmonmouth.com/health

NJ Medical Reserve Corps site & Online Application: www.njmrc.nj.gov

National MRC Site: www.medicalreservecorps.gov

Online MRC Training :www.mrc.train.org

MRC Reminders!!

Don't forget to sign up for emergency medications at the FREP site (see left). This is our County Emergency dark website where you can get announcements from OEM and the MCHD!

Please activate your NJLMN account at <https://NJLMN.rutgers.edu>. Your login is your email address and your password is your MRC ID#.



Monmouth County Department of Health

Amy Mallett, *Freeholder Liaison*

Robert Peters, *President*

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