



North Idaho

Medical Reserve Corps

Vision: We will have a robust corps of members trained to support response efforts in the event of a public health emergency or community public health need.

Mission: We will: **RECRUIT** healthcare professionals and other citizens into service; **TRAIN** healthcare professionals and the necessary support staff in order to respond more efficiently and be prepared to function in a public health emergency; **RESPOND** as needed in a public health emergency; **SUSTAIN** the interest and commitment of the membership.

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Volunteer Idaho is now our MRC of North Idaho Database

For those who don't know, I have been running about 3 different databases for the Medical Reserve Corps—and so some of the contact information for volunteers hasn't been up-to-date and errors have been made in mailings and emails.

We worked with our Volunteer Idaho providers and have been able to get all of our MRC members moved into one database, at last! This should make my job a little easier, once I get a few glitches worked out.

.....**What does it mean for you?** You will likely receive an email in the next month asking you to update your information in the database. You will receive a link to your record in the database and from there, you will be asked to choose a user name and password. Then you will be able to look at your record, correct any address or phone number information, and update your professional information. **It is important that we have current contact information, so we can alert you in the case of an emergency.** Please be assured that your personal information is not shared with anyone outside the MRC.

When you do receive the email inviting you to update your information, please do so as soon as you can. When you go into the Volunteer Idaho database, there will be four "drawers" that ask for information. They include: "General Information" where you provide name and contact information, and level of participation. "Credentials and Licenses" tells us your profession and any licenses you hold. "Background Information" provides any training you have taken, and a "fit for duty" survey" - and this section is optional, but helpful when assigning you to a team. "Acknowledgement" needs to be completed, this gives us permission to contact you in an emergency.

In the meantime, while we are getting the records organized, you may receive an email from "no-reply@emsystem.com" - this is not spam, EM System is the provider of our Volunteer Idaho registration site. Please look at these emails and if you have any questions, call me—I am here to answer your questions.

Thank you for your patience as we complete this database transfer. And call me if you have any questions at all!

On the National Front: At recent meetings and in communications from our National office, we have been told of cuts to the grants that support our work with the MRC. It was suggested that MRC members write to their representatives and encourage support of the MRC budget. Now is a good time to send a personal message about what the MRC has done in each of our communities, tribes, or neighborhoods. Here is a sample letter:

To my Senator or Representative, **To find out how to contact your representatives, look here: <http://www.usa.gov/Contact/Elected.shtml>**

Are you aware of the work the volunteer Medical Reserve Corps has done since its creation almost 10 years ago? As an example, in response to Hurricane Irene, MRC volunteers from 155 units logged over 11,000 volunteer hours in support of shelters and emergency responses. I am a Medical Reserve Corps volunteer and this is why: (Insert your personal story here.)

I am asking you to support the efforts of the MRC volunteers and the hours of service that they have freely provided. Your support will benefit the MRC and will result in a multiplied return on this volunteer investment. Results will be measured by increased community safety, improved health, and a nation that is better prepared to cope with the unexpected.

Can I count on your support for the Medical Reserve Corps?

Thank you for the work that you do as my representative in creating and working on legislation that allows us all to live in a free country.

Signed your Constituent.....Please consider sending this or a similar message. Call me if you have any questions. Thanks! Judith

MRC Message Phone --- 208-415-5185


The MRC phone includes an information message, with the latest news on MRC activities. **You should call the line before reporting to any event or class,** for the latest news or if we have to cancel an event. **Call before you drive!**

MRC of North Idaho, Panhandle Health District, 8500 N. Atlas Rd., Hayden, ID 83835

mrc@phd1.idaho.gov

<http://www.phd1.idaho.gov/publichealth/mrc.cfm>

Information Desk Greeters at Panhandle Health

Our first group of Front Desk volunteers started in May after a one-hour training. The staff at Panhandle Health welcomed the greeters with open arms since many of them had had clients who were confused about where to go when they entered the building. All you need is a smile and a welcome greeting—and you can choose what days & times you'd like to volunteer. 



If you'd like to give this a try, we have openings, call 208-415-5185 or email mrc@phd1.idaho.gov. Thank you!

Formidable Footprint—Training Opportunity



This is a series of national neighborhood tabletop exercises that help the various community responders prepare for an emergency. I would invite you to participate in the Influenza Pandemic exercise on Saturday, January 28, 2012—time to be determined— but probably 9:00 am to Noon. The exercise is facilitated online and projected onto a screen. It gives participating agencies the opportunity to assess their capability to prepare for, respond to, and recover from a variety of natural disasters which affect communities. You can find out more at www.formidablefootprint.org. There is no charge to participate. If this is something you would like to do, please register by sending an email or calling.

I need at least 5 “players” prior to January 20 to schedule this training. Thank you!

Trainings Available Online

For those who enjoy computer learning, and haven't taken the NIMS classes yet, here is the link to IS-700:

<http://training.fema.gov/emiweb/is/is700a.asp>

And here is the link to IS-100:

<http://training.fema.gov/emiweb/is/is100b.asp>

And if you really like this, you can take IS-200:

<http://training.fema.gov/emiweb/is/is200b.asp>

For even more on the National Response Framework:

<http://training.fema.gov/emiweb/is/is800b.asp>

Just remember if you want the MRC blue tote bag after you've completed 700 and 100, let me know and we'll put it in the mail. Thank you for your continued commitment to the MRC and to training!

Training & Orientation Meetings

New members are asked to attend Orientation, and then take IS-700 and ICS-100, either online, or in the classroom. Also offered are MRC Core Competencies, and Write Your Own Disaster Plan which could be a good start to getting your winter car survival kit together.

At least 5 people must be registered one week prior to the class date in order to hold the class. Here's the schedule:

Wed., Dec. 7: Hayden PHD: Orientation, 2-4 OR 6-8 pm—choose the time that works for you.

Wed., Jan. 11: Hayden PHD: NIMS Training: IS-700 Introduction to National Incident Management System from 0830 to Noon; ICS-100 Introduction to the Incident Command System from 1300-1630.

Wed., Feb. 15: Hayden PHD: MRC Core Competencies & Create YOUR Disaster Plan. 9:00 am to Noon

All members are welcome at Orientation—it provides an introduction to what it means to be a Medical Reserve Corps member, and is a good refresher if you haven't been in a few years.

HIPAA* Training

*Health Insurance Portability & Accountability Act

When we respond with the Medical Reserve Corps, we become de facto healthcare workers, in line with our Panhandle Health District colleagues. Therefore, we are subject to the rules governing patient privacy set forth in HIPAA, enacted in 1996. I have been asked to ensure that all MRC members receive training in this.

To that end, I have added a training component on HIPAA to all future MRC orientations, so those attending will receive the required information. As well, there is a HIPAA acknowledgment in our Just In Time Training for events.

Those of you who work in the healthcare field have no doubt received HIPAA training from your employer. If you have had HIPAA training, please call our MRC line at 208-415-5185 and state your name and that you have had the training and I will update our records. (You can call the line at any time and leave a message—press the # key so you don't have to listen to all the announcements.)

In the meantime, the basic tenet of HIPAA confidentiality is that we don't discuss or release any personal information about any of our clients. It's that simple! Thank you.

A note about MRC Training Activities: If your schedule prevents you from taking classes before an event, don't let that discourage you from volunteering. Just In Time Training is provided at all MRC events that includes the basics of the Incident Command System and gives all you need to know for that event. You can then take the training at your convenience. It is our intention to comply with the request of the National Office (DCVMRC) to train to IS-700, ICS-100, and MRC Core Competencies, and we encourage our members to take them as time permits. Thank you! If you have any questions about training, please call me 208-415-5185.

Training Insert— If you haven't taken the **MRC Core Competencies** course, we have included a sheet that describes them, and a training that shows where in the Member Guide (available online) you can find information that relates to them. Any questions, please call.

What We Do

Volunteers from the **Medical Reserve Corps of North Idaho** work to build strong, healthy communities that will be prepared in times of public health crises or disasters.

We work to

- ◆ Support local health by promoting disease prevention, improving health literacy, eliminating health disparities in the population, and enhancing public health preparedness
- ◆ Participate in mass prophylaxis and vaccination clinics, exercises, and community disaster drills
- ◆ Train with local emergency response partners
- ◆ Assist in special community events

Ask a friend to join you in this worthy endeavor.

Call or email or sign up at www.volunteeridaho.com

The Tax Man Cometh

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This is just a reminder that for those who itemize deductions on their taxes, volunteers are allowed a mileage deduction for travel to and from service events. The 2011 mileage rate for volunteers is \$.14 a mile. You may consult IRS Publication 526 which gives the complete ruling on allowable deductions for volunteers.

Once again, what you do as a volunteer is priceless and we appreciate all you do!

Bulletin Board

- ⇒ **MRC of North Idaho DOES NOT have an active FACEBOOK Page.** If you found our test page and tried to "friend" us—we are always your friend, **but just not on Facebook.** I apologize for the confusion on this one.
- ⇒ Did you receive this newsletter by US Mail, but prefer to get it by email? If so, please be sure I have your current email address—send an email with a request for "Email Newsletter" to mrc@phd1.idaho.gov. PLEASE NOTE: The newsletter has photos, so you need high-speed internet to download the large PDF file.
- ⇒ Have you checked out our page on the Panhandle web site? It is updated monthly—find it here: <http://www.phd1.idaho.gov/publichealth/mrc.cfm>. Go there for:
 - ⇒ Schedule of classes and events
 - ⇒ Past Newsletters
 - ⇒ The MRC of North Idaho Member Guide
 - ⇒ MRC Core Competencies
- ⇒ Have you seen our page on the national MRC website (www.medicalreservecorps.gov) - here we are: <http://www.medicalreservecorps.gov/detail.asp?id=73>.
- ⇒ ***Remember to check emails frequently for information on upcoming volunteer events & notify us of any changes to your contact information!***
- ⇒ **PHOTO ID BADGES:** We can now make photo badges for our MRC members! Email me a photo (one that I can re-size if necessary), and I will put it on a badge and mail it to you. OR you can stop in the office and have a photo taken and I'll make your badge on the spot—just let me know you're coming to be sure I'm here.

From the Unit Coordinator

Hi! We have a couple of new folks to introduce - Tami and Tammy. Tammy is Tammy Quinn, a Panhandle Health employee who started out in the Child Care Resource department as a Family Childcare Consultant, and still works there half-time, helping area child care providers learn "best practices" when caring for our children. Tammy was recently offered a half-time position in the Public Health Preparedness office as Associate Trainer, and is helping all of us with education and training needs. Tammy created the MRC Core Competencies training insert for this newsletter.

Tami is Tami Martin, an MRC member who has recently joined the ranks of the County Coordinators. Tami lives in Post Falls and will help with Kootenai County events, among others. She took the opportunity this past spring to spend the weekend with friends and relatives in St. Maries and help at the St. Joe River Run Marathon where we had a first aid table and informational booth. Tami brings a wealth of administrative experience to our County Coordinators and is eager to share the preparedness message with all.

We are lucky to have County Coordinators in 4 of our 5 counties - we still need some help way up north in Boundary County. The County Coordinators help by providing local orientations to new members who might otherwise have to wait until a "full" class was available in their local counties. They also keep an eye out for local events where we might be of assistance. If this sounds like something you'd like to do, please let me know.

In the meantime, a special thank you to Tami, Tina, and Valerie from Kootenai; Sue and Betty Jo from Benewah; Steve from Shoshone; and Anna from Bonner - our County Coordinators!

Best wishes to all, *Judith*

MRC Volunteer Opportunities

Email mrc@phd1.idaho.gov OR call 208-415-5185 to help at these events.

Thursday, January 26, 2012: Homeless Connect from 10:00 am to 2:00 pm at Post Falls American Legion Hall, located at 1138 E. Poleline Ave. in Post Falls. We will offer blood pressure screening, help in the medical screening clinic, and various other customer service assignments. Call 208-415-5185 or email mrc@phd1.idaho.gov to sign up for this.

Please see the webpage for volunteer needs at Panhandle Health District:

<http://www.phd1.idaho.gov/publichealth/documents/FACHWantAds092211.pdf>

These outreach programs recruit volunteers from the community to help and because of the outstanding reputation the MRC has in North Idaho, they wanted the MRC to be aware of these opportunities. If any are of interest to you, call me with any questions.

I found this story on the Internet and wanted to share it with you. It is a great example of how what you do may touch other people than the ones you are serving, and make a difference in their lives.



It's 1 AM!

A story I heard recently at a Lions Club meeting: The Lions Club supports an Eye Bank in Washington and Idaho; the Eye Bank performs over 400 cornea transplants each year. Frequently donated corneas from deceased persons must be specially packed and delivered by bus or train to the recipient's location, requiring a volunteer to pick up the package and deliver it to the hospital. One night, the program coordinator was desperate; she had a package on a bus to Spokane and no one to pick it up. She frantically called the list of emergency volunteers...it was after 1am.

She reached a very sleepy man and explained what she needed. The irritated man told her that yes, he had volunteered to be on the contact list, but had specified afternoons and evenings before 8pm, and in good weather only. "It's 1am and it's snowing here!" he protested. "I'll do it just this once, but please, don't ever call me again." He got up, and as he was getting dressed, his 13-year-old son came out and asked what he was doing. When he learned that dad had to "run an errand", he asked to go along.

They drove in silence through the snow to the bus station, picked up the package, and drove it to the hospital. On the trip home, the son asked what the package had been. Dad explained that it was tissue from the eyes of someone who had died, and that tissue was going to help someone else see again. The boy digested that for a moment, then said, "Gee, Dad, I never knew you did such important things!" The next day, the man called the coordinator back. "You can call me anytime you need to," he said.

--D.O., Lions Eye Bank employee.

Remember that when you leave this earth, you can take with you nothing that you have received - only what you have given: a full heart, enriched by honest service, love, sacrifice and courage.

*--St. Francis
of Assisi*

Thank you all for giving of your time and talent to help your communities.



Public Health
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Panhandle Health District

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How wonderful the season that offers us all a reason to celebrate