



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

Volume 7, Issue 2

April/May 2011

Bulletin Board

- ⇒ Would you like an MRC Tote Bag (see Dec. newsletter)? Let the office know that you have taken both NIMS training classes: IS-700 and IS-100, and we'll send you one! We already sent out over 20, and I'm pretty sure that more of you have completed the classes. (Even if you took it for an EMT or fire job or any other job, it counts!) We found over a hundred of our members during the survey who took the classes and will get their totes. Join the fun!
- ⇒ 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 (in case you misplaced yours)
 - ⇒ The MRC of North Idaho Member Guide
 - ⇒ MRC Core Competencies
- ⇒ How about our page on the national MRC website (www.medicalreservecorps.gov) - here we are: <http://www.medicalreservecorps.gov/detail.asp?id=73>. There is a lot of information on the national MRC website, if you have time to look around.
- ⇒ **Multi-Agency Law Enforcement Citizens Academy 2011** will be held in Kootenai County from May 10-June 21. Meetings are Tuesdays at 6:00 pm and two Saturdays, May 21 and June 18. This is a free academy that teaches citizens how the local law enforcement agencies work together to encourage a prepared community. The announcement and application will be available in early April, please call or email me if you're interested.

Recruiting—An Ongoing Process

One of the most effective ways to recruit new members is to share with your friends and those you are in contact with how much you enjoy what you do with the MRC. The Idaho MRC Coordinators have worked on a recruiting campaign. Soon you will begin to see and hear the fruits of our efforts on radio, television, and in the newspapers. When you do, if someone comments on the ad, please feel free to mention your involvement and encourage them to join. They are most welcome to call me with any questions they may have before they sign up. Thank you for helping to keep our unit robust and growing! (And remember, we need non-medical just as much as medical volunteers.)

MRC Message Phone

Just a reminder, the MRC phone includes an information message, with the latest news on activations, orientations, and training. **It is a good idea to call the line before reporting to any event or class**, for up-to-the-minute news or if we have to change or cancel an event.

Call before you drive!

208-415-5185

Summer Activity

We are looking into having a booth at the farmers markets to do blood pressure checks & hand out preparedness info—let me know if this interests you. Thanks!

MRC of North Idaho Contact Information

Panhandle Health District, 8500 Atlas Road, Hayden, ID 83835
208-415-5185 MRC@phd1.idaho.gov
On the web: <http://www.phd1.idaho.gov/publichealth/mrc.cfm>

Panhandle Health District Enlists Help from the MRC:

Volunteer Positions ~ Information Desk Greeter

Where: Panhandle Health Offices at 8500 N. Atlas Road, Hayden

When: The offices are open from 8:00 am to 5:00 pm daily, and you can choose which day(s) and which time(s) you would like to volunteer.

There are no minimum hours required and we will work with *your* schedule.

What: We have been asked to staff the Information Desk, to attend to visitors, deal with inquiries from them, and supply information regarding the Health District.

Main tasks: greet persons and direct them to the correct destination; deal with queries from the public and customers. Should possess good verbal communication skills. This position will be very similar to the information desks staffed by volunteers at local hospitals. *Training will be provided!*

We would like to start this project in May 2011. If you are interested in applying or would like more information, please call the MRC office at 208-415-5185, or email mrc@phd1.idaho.gov.

This is a wonderful opportunity for us to provide a service to our sponsoring organization, the Panhandle Health District, and to serve our community.



MRC Core Competency Class Available Online

Core Competencies are a collection of skills and knowledge with which the MRC members should feel competent when they are called to an emergency. Being comfortable with these will help you to perform your duties without worrying about how your family will fare in a disaster when you are on duty away from home.

Most of the topics in Core Competencies are introduced at the MRC Orientation; this class reinforces the concepts learned and provides more in-depth training.

NOVA Southeastern University in Florida has created an MRC Core Competency class that you can take online. If you're interested in this, please email me and I will send you the instructions and link. I took the class and it is very informative, and easy to follow—I think you will like it!

More Volunteer Opportunities

A Few Things We've Been Asked To Support

Saturday, April 30, 10 am to 2 pm:

School Safety Fair at Coeur d'Alene High School

Need 2-3 volunteers to help in booth talking to visitors and handing out preparedness information. Attendees are mostly families with elementary age children **Friday, May 6, 11 am to 6 pm**

2nd Annual Women's Health Fair

Shoshone Health & Education Building in Kellogg

Need 2-6 volunteers to do blood pressure checks, or other assistance as needed. Choose what shift you would like to work. We helped at this event last year.

Sunday, June 12, 2011—All day

St. Maries Marathon & 5K

Need many volunteers to help along the way, staff first aid booth, hand out water, etc.

Call MRC Office at 208-415-5185 to help at these events.

Upcoming Training & Orientations

NIMS Training

- **9:00 am-Noon: IS-700, Introduction to the National Incident Management System**
- **1-4:30 pm: IS-100, Introduction to the Incident Command System**

Thurs., Apr. 21, 2011: Bonners Ferry PHD, 7402 Caribou

Registration is required ONE WEEK in advance of events; and we must have a minimum of 5 participants to hold the Orientation or Training.

TO REGISTER: Please call 208-415-5185 and leave your name, phone number, and which date and location you wish to attend. (Remember: you can press the # key at any time during the message to bypass the message and leave your registration information. Start speaking at the tone.) THANK YOU!

A new training and orientation schedule will be published in the June/July newsletter.

Neighborhood Notice: Kootenai Health Fair, Saturday, May 14, 2011 from 9:00 am to Noon in the Fox Auditorium at Kootenai Medical Center. Information on programs, services, health screenings and more.

Heart to Heart Screenings | Free Learn the risk factors for heart disease. Includes cholesterol, blood sugar level and BMI tests. Participants must fast (water only) for 12 hours prior to screening. Register for an appointment at **(208) 666-2083**.

Skin Cancer Screenings | Free Skin cancer is one of the most curable diseases – if detected early. This “spot check” is not a total examination, but an opportunity to have a clinician check specific areas of concern. Register for an appointment at **(208) 666-3148**.

For more information, visit: www.kootenaihealth.org

First Annual MRC Training Summit ~ Saturday, April 16, 2011

8:30 am to 4:30 pm at Panhandle Health District, Hayden

REGISTRATION NEEDED BY FRIDAY, APRIL 8, 2011

As a way to accommodate busy schedules, and have some time to get to know each other, we have scheduled a day of fun and training, to help us be better prepared to respond when the need arises.

There will be two class sessions, 9:00 am to noon, and 1:30-4:30 pm.

At noon we'll have a catered lunch, *door prize drawings* (must be present to enter & win), and activities.

The day is provided at no cost to our MRC members, and is only open to MRC. You may attend two classes from the following offerings:

- ⇒ Morning session (9:00 am to Noon) Choose ONE class:
 - ⇒ IS-700, National Incident Management System, An Introduction
 - ⇒ MRC Orientation
 - ⇒ First Aid and CPR (**NEED REGISTRATION ASAP—only 10 seats left**)
- ⇒ Afternoon session (1:30-4:30 pm) Choose ONE class:
 - ⇒ IS-100, Introduction to the Incident Command System
 - ⇒ First Aid and CPR (**NEED REGISTRATION ASAP—only 10 seats left**)
 - ⇒ Psychological First Aid (how to cope with the stress of a disaster)
 - ⇒ MRC Core Competencies (you will create your personal disaster plan in this session—an easy way to get it done!)

*If anyone is able to come on Thursday, April 14 or Friday, April 15 to help set up for the Training Summit, that would be Great! (As Tony the Tiger would say) Just call me and let me know. Thanks, Judy
208-415-5185*

Registration is now open—call 208-415-5185 or email mrc@phd1.idaho.gov and leave your name, phone number and **which classes** you will attend. **Registration will close on April 8**, so call or email and secure your place now! You may register for one or both classes, and please plan to join us for the lunch and activity time, Noon to 1:30 pm.

Please note: we have 10 seats left for the First Aid/CPR class, so if you want that class, please call immediately.

You will receive a certification card.

We are excited about offering this Training Summit which will showcase the talents of some of our members who will be instructors that day.

We truly hope you are able to join us on April 16!

We're looking forward to a productive day and to spending some time together in a relaxed and informative setting.

A note about MRC Training Activities: If your schedule prevents you from attending the Summit or taking classes before an activation or event, don't let that discourage you from volunteering. Just In Time Training is provided at all MRC events that includes a basic introduction to the Incident Command System that will give you all you need to know for that event. You can then plan on taking the training at your convenience.

It is our intention to comply with the request of the National Office (OCVMRC) to train to IS-700, IS-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.

From the Unit Coordinator

Just a short note this time to again express my thanks to all who worked so hard to complete the MRC Member Survey, and to those who took the time to respond. Many of you gave us informative comments and we will do our best to follow through on them. In the meantime, your County Coordinators and I are working to uncover more service opportunities for you.

And I have one big request: Please, if you have internet access, register in the MRC online register site: www.volunteeridaho.com.

Call me with any questions. (Some of you had noted on the survey you would like help, so if you're ready to go, give me a call!)

We are due to have our semi-annual test of the Volunteer Idaho system in which MRC members will be contacted via Volunteer Idaho, and if you're not registered in Volunteer Idaho, we won't be able to reach you. (You WILL NOT be expected to actually report anywhere, but you will be asked if you COULD report. The email you receive will be clearly identified as a Test Only.)

And once again, for those who do not have internet access or email at home, we will always use a backup telephone call-up to reach all our members in an emergency.

Thanks Again for being the best volunteers ever!

Judith

MRC Member Verification Week—RESULTS!!!

- ⇒ **A BIG THANK YOU** to our 14 volunteers who came March 7-10 to make phone calls for the survey. Some even took surveys home to finish—you all did a superb job and we are all grateful for your time and talents.
- ⇒ **Another Thank You** to all who answered the survey questions, whether by phone, mail, fax, or email—the information we gathered will help us keep our records current.
- ⇒ **If you haven't updated your information yet**, the survey is posted on the website at <http://www.phd1.idaho.gov/publichealth/mrc.cfm> (look for "Survey Says!"). You may email your answers to mrc@phd1.idaho.gov, and if you answer by number, you don't need to type out the question. You can also print out the survey and mail or fax it in—address on the survey. (And if you want to call me, we can quickly answer your survey by phone.)
- ⇒ **There were some people we couldn't reach** by phone, and to these, we mailed a survey form. If you are one of these people, and you wish to remain active with the Medical Reserve Corps, please provide us with a phone number and email address (if you have one) so we can contact you in the event of a public health emergency. Thank you!
- ⇒ *I apologize for any duplication of effort, and if a response crossed in the mail—I'm sure you can understand that with over 900 members on our list, there was a lot of activity in the office the past few weeks.* We are still compiling the information, and if you made a request, we are in the process of getting answers out.
- ⇒ **If you asked to receive your newsletter by email** and it isn't working out for you, just let me know and we will put you back on the mailing list.
- ⇒ As always, if you have any questions or comments on how we can improve your MRC experience, please contact me with suggestions.

And, okay, I have to say it, please let us know if your contact information changes :-) Thanks!



The world is hugged by the faithful arms of volunteers. Terri Guillemets

Thank you for your Service to the MRC!



Panhandle Health District
Medical Reserve Corps of North Idaho
8500 North Atlas Road
Hayden, ID 83835



FIRST ANNUAL TRAINING SUMMIT
Saturday, April 16, 2011
REGISTER BY Friday, April 8!