



# North Idaho Medical Reserve Corps

December 2010

Volume 6, Issue 5



## Have YOU Taken IS-700 & IS-100?

As a small token of appreciation, and to applaud your studious efforts, we would like to send you one of the new MRC Tote Bags upon completion of the NIMS (National Incident Management System) courses: IS-700 & IS-100.

As noted in the last newsletter, OCVMRC, our parent organization, has asked that all MRC Members take these classes so that we are able to better coordinate with our partners when we respond to an incident. Both of these classes deal with the way an incident response is organized, and the Incident Command System structure.

If you have completed both these classes, please call to let me know or email me your certificates and I will mail you a bag. For those of you whose training records are in the LMS (Learning Management System), I can verify and send your bag.

***Both of these classes are available online, or in the classroom.***

***For more information and training options, see next page or call 208-415-5185.***

## Upcoming Activation:

**We have been asked to help with the “Homeless Connect” on Thursday, January 27, 2011 from 10:00 am to 2:00 pm which will take place at the Post Falls National Guard Armory.**

.....This event is organized like the Veterans Stand Down that the MRC worked in September 2010. It will include community service providers for the clients; medical screenings by Dirne Clinic; Benewah Co. Health Clinic; and Panhandle Health is asked to provide family planning information and flu shots (in 2010, 59 H1N1 vaccinations were provided); a spaghetti lunch will be served; clothing and food offered; services such as haircuts, veterinarian, and bicycle repair will be available for the clients.

.....At this time we are looking for those who would be able to help with non-medical tasks such as registration, crowd flow, assisting the clients; and medical tasks, such as **giving seasonal flu shots**. There also is a request for some **mental health professionals** who could be available for screenings and referrals, if a client should present in need.

.....If you would like to volunteer at this event, please call 208-415-5185 and leave your name, phone number, and any preferred job assignment, or email [mrc@phd1.idaho.gov](mailto:mrc@phd1.idaho.gov).

**Thank you for your willingness to assist our community!**

## MRC Message Phone

Just as a reminder, the MRC phone includes an information message, with the latest news on activations, orientations, and classes offered. **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 cancel due to weather conditions or lack of students, or any other pertinent information.

**208-415-5185**

## North Idaho MRC Contact Information

8500 Atlas Road

Hayden, ID 83835

208-415-5185

[MRC@phd1.idaho.gov](mailto:MRC@phd1.idaho.gov)

On the web:

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

## Upcoming MRC Member Verification Week

- In my continuing quest to update the MRC Member Database, I am following Jessica's lead from April 2008 when she organized a phone campaign to contact all MRC Members to update contact information.
- **FIRST: Thank you to those who sent in their current contact information from the summer newsletter request!**



- **Why Verification?** To be able to contact you in the event of an emergency call-up.
  - A call-up would be done via email for those who have registered on Volunteer Idaho.
  - For all others, a call-up would be done via an automatic telephone message system.
- **When?** March 7-11, 2011, from 3:30 to 7:30 pm. We would continue to call until all members are reached, or at the least, a voicemail message left for them.
- **Where?** Panhandle Health District Office, 8500 N. Atlas Road, Hayden, ID.
- **Who?** I would like to recruit enough volunteer callers to have 10-12 on each day. You wouldn't need to work every day. We have 12 computers and phones in our Data Center, and we would be able to use them all. (I wouldn't expect people from outside the Hayden/Coeur d'Alene/Post Falls area to drive over, unless you're really motivated!)
- **What?** Make phone calls to MRC Members, conduct a brief questionnaire with them, and update their information online.
- **Skills?** Be able to dial a phone, have basic computer and typing skills, and *like to talk!*

**IF YOU WOULD LIKE TO BE ONE OF THE CALLERS, please call or email the office and I will put you on the list. Thanks!**

### Upcoming Training & Orientations

#### Orientation

To serve more of our members, we will offer Orientation on the following dates—**DURING THE DAY AND EVENING**. Day session is from 10:00—Noon, and Evening is 6-8 pm.

We must have 5 or more for each session to hold.

**Wed., Jan. 12, 2011: St. Maries PHD, 137 N. Eighth St.**

**Thurs., Jan. 20, 2011: Sandpoint PHD, 322 Marion St.**

**Wed., Jan. 26, 2011: Hayden PHD, 8500 N. Atlas Rd.**

#### Training

- **9:00 am-Noon: IS-700, Introduction to the National Incident Management System**
- **1-5 pm: IS-100, Introduction to the Incident Command System**

**Thurs., Feb. 10, 2011: Bonners Ferry PHD, 7402 Caribou**

**Thurs., Feb. 17, 2011: Kellogg PHD, 114 Riverside**

**Thurs., Feb. 24, 2011: Hayden PHD, 8500 N. Atlas Rd.**

**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!**

### From the Unit Coordinator's Desk

.....On Dec. 4, I met by phone with our County Coordinators for our regular meeting. Thought the roads were too dicey to have everyone travel. We shared ideas and came up with some plans for the future. One idea is to have an MRC presence at all of the County Fairs in August—we don't know if we'll have any activity, but for sure we'll give out preparedness information and recruit new members. We are also looking at having a booth at the local Farmer's Markets—again to give out preparedness brochures, and maybe do blood pressure or BMI checks—some service that we could provide to the community to get attention and recruit for the MRC. We are always looking for activities where we can staff a First Aid Booth or health check and recruit too, so if your community has an annual event where we can help, please let me know—we like at least a month's notice so we can get the word out and organize volunteers.

.....I'm not sure if you are all aware that the MRC has a page on the Panhandle Health website. It can be found here:

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

Recently, I posted the MRC Member Guide there and I am in the process of adding more recent photos and stories of some of our activities, as well as posting upcoming trainings and orientations. I'm not sure yet how frequently I can have changes made, so the best source of information currently is the MRC phone line, 208-415-5185, or emailing me directly.

.....I always have an "open door" policy and love hearing your ideas on how to improve your MRC experience, and any other concerns that will help our unit.

**Thanks! Judith**



**I want to share the following letter with all of you. Your efforts are noticed and appreciated at the highest levels! Our parent organization, the OCVMRC (Office for Civilian Volunteers Medical Reserve Corps) is housed in the Office of the Surgeon General, so ultimately, Surgeon General Benjamin is our boss.**

**Surgeon General of the United States  
Washington, DC**

Dear MRC Leaders and Volunteers,

As the 18<sup>th</sup> Surgeon General, it is an honor and privilege to know that I can count on our Medical Reserve Corps (MRC) for support as we build a stronger, healthier, and better prepared nation - one community at a time. As "America's Doctor," I am responsible for the health of 300 million patients. This is a big task, but I am inspired by each of you, who give so generously of yourselves to serve others, knowing you are there to help.

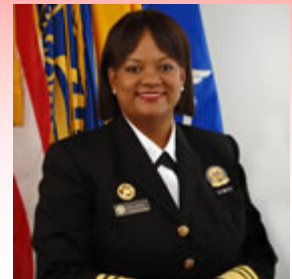
Like many of you, I was an MRC volunteer. I was also on the board of our local organization that helped establish our MRC unit in Southwest Alabama. The inspiration I received from my fellow MRC volunteers - men and women like you - is something that continues to give me strength and pride. The willingness of MRC volunteers to give their best efforts to help make our communities safer and healthier reflects a determined, generous spirit that I believe is our nation's richest resource.

You continue to provide assistance and depth to our local emergency response systems. All of us - individuals, family members and communities - need to be better prepared. To accomplish this, we must continue to forge partnerships among emergency management, law enforcement, health professionals, and the uniformed services. Everyone needs to be aware of potential health threats, and we need to be trained to meet those threats in an effective, coordinated manner.

In addition, prevention is the foundation of our public health system and it is the foundation of my work as Surgeon General. I hope you will use your skills and enthusiasm to help promote our public health initiatives in your community, especially those that address prevention. Some of my prevention priorities include: obesity and overweight, violence (youth, domestic, gender and workplace), mental health, HIV/AIDS, tobacco use, and health disparities.

Again, I thank you for your service and commitment. Each of us has a role to play in helping America meet its challenges. I look forward to working with you to help us become a Healthy and Fit Nation.

With sincere thanks,  
Regina M. Benjamin, MD, MBA  
VADM, USPHS  
United States Surgeon General



**The following could help as a deduction for your 2010 taxes, if you itemize your expenses. Consult a tax specialist if you have further questions.**

**Tax credits possible for volunteering with the Medical Reserve Corps**

Volunteers in the United States may receive tax deductions from the federal government on many costs associated with volunteering (i.e. mileage). These deductions apply only if you are not getting reimbursed for these expenses, and you are itemizing on your tax form (not using the 1040EZ form). When volunteers drive their own vehicles to carry out volunteer duties, including to and from trips to their volunteer service, the IRS permits a deduction of 14 cents per mile. MRC volunteers who want a tax deduction should keep good records and ask their tax preparation specialist for information on deducting volunteer expenses. For more information go to [www.irs.gov](http://www.irs.gov), to review Publication #526 Charitable Contributions. <http://www.irs.gov/newsroom/article/0,,id=200505,00.html>



**A Suggestion For Gift-Giving:** FEMA's "Resolve to be Ready in 2011" program suggests preparedness gifts for when you want to gift someone special. Suggestions include: Portable, battery powered radio with NOAA Weather Radio channels, and extra batteries (or hand crank radio). GPS units for vehicles. Emergency generators. Emergency cell phones. Carbon Monoxide and Smoke detectors. Fire extinguishers (kitchen, garage, car). Disaster kits for homes, offices and autos. Emergency escape ladders for second-story exit in a fire. Car emergency kits. Pet Disaster kits. A camp stove with extra fuel. For more information on the "Ready" campaign,

**Have a bright and shiny holiday!**



**Throughout your life, there is a voice only you can hear.** A voice which mythologists label "the call." A call to the value of your life. The choice of risk and individual bliss over the known and secure.

You may choose not to hear your spirit. You may prefer to build a life within the compound, to avoid risk. It is possible to find happiness within a familiar box, a life of comfort and control.

Or, you may choose to be open to new experiences, to leave the limits of your conditioning, to hear the call. Then you must act.

If you never hear it, perhaps nothing is lost. If you hear it and ignore it, your life is lost.

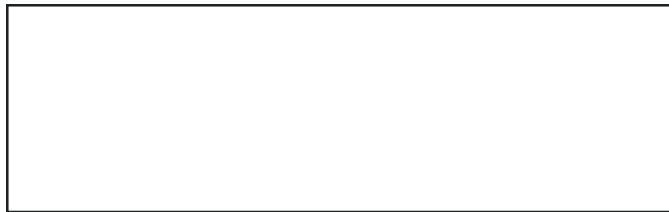
*--Jennifer James*

***Thank you for hearing the call to volunteer!***

Send all comments, questions, etc. to  
[jscarborough@phd1.idaho.gov](mailto:jscarborough@phd1.idaho.gov) or call 208-415-5185  
Medical Reserve Corps of North Idaho



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



**New & Old Member Orientations**  
St. Maries PHD: Wednesday, January 12  
Sandpoint PHD: Thursday, January 20  
Hayden PHD: Wednesday, January 26  
All will be from 10:00 am to Noon  
**AND 6:00-8:00 PM**  
See inside for details & to RSVP