



# North Idaho

# Medical Reserve Corps

Volume 7, Issue 3

June/July 2011

**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

## Bulletin Board

- ⇒ **MRC of North Idaho County Coordinators meeting: Wednesday, June 8, 6:00-7:30 pm, Hayden PHD.**
- ⇒ **Would you like an MRC Tote Bag?** Let the office know that you have taken both NIMS training classes: IS-700 and IS-100, and we'll send you one! Even if you took these classes for an EMT or fire job or any other job, it counts! 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
  - ⇒ The MRC of North Idaho Member Guide
  - ⇒ Past Newsletters (in case you misplaced yours)
  - ⇒ MRC Core Competencies
- ⇒ **How about our page on the national MRC website ([www.medicalreservecorps.gov](http://www.medicalreservecorps.gov)) - here we are:** <http://www.medicalreservecorps.gov/detail.asp?id=73>. This has highlights of our recent activities.
- ⇒ **Wednesday, June 15, MRC Orientation, Bonners Ferry PHD, 6-8 pm, see inside for details**
- ⇒ **Wednesday, July 20, MRC Orientation, Hayden PHD, 2-4 pm & 6-8 pm, see inside for details**
- ⇒ ***Has your email address, phone, or mailing address changed recently? If so, please be sure to let us know so we can stay in contact with you!***

### From CAPT Rob Tosatto, Director, Office of the Civilian Volunteer Medical Reserve Corps

From CAPT Tosatto's column in a recent issue of "MRC In Focus"

Also, since emergency responses are (thankfully) infrequent in most areas, public health activities keep MRC volunteers engaged and enhance their skill sets. The roles they fill in a public health activity can mirror those of a disaster response. The MRC members will become more familiar with each other and with potential community response partners, thus becoming more comfortable with their role in a disaster.

Public health—and therefore MRC—can play an important and active role in reducing vulnerability, especially by lessening susceptibility to the effects of the hazard. In general, healthier people are less susceptible to injury and illness following disaster; conversely, we often see that individuals and communities with high levels of health disparities are much more susceptible. Public health routinely reduces susceptibility through activities such as health promotion and education, preventative health care, community planning, immunization, and maternal and child health programs. Efforts to eliminate health disparities—which can be carried out throughout the year—can help to lessen susceptibility and vulnerability, which in turn reduces disaster risks.

See Page 2 and flyer insert for how you can help with Public Health efforts in our community.

### 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**

**MRC of North Idaho—Call Any Time!**  
Panhandle Health District, 8500 Atlas Road,  
Hayden, ID 83835  
**208-415-5185**    [MRC@phd1.idaho.gov](mailto: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 on Monday, May 23 after a 90-minute training on May 20. The staff at Panhandle Health welcomed the greeters with open arms since many of them had stories of clients wandering around trying to find where they needed to go.

If you like to meet the public and would like to apply for a shift that meets your schedule, please call 208-415-5185, or email [mrc@phd1.idaho.gov](mailto: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. Thank you to those who have answered the call!



## Volunteer Opportunities with Panhandle Health District (see "Want Ads" flyer)

Panhandle Health programs regularly use volunteers in their community outreach programs. With the MRC staffing of the Front Desk, the thought occurred to offer MRC members the opportunity to use their volunteer time with some of these outreach programs. The enclosed "Want Ads" flyer lists the various jobs that the MRC could potentially fill. If any of these programs speak to your heart, please call the person listed to learn more. These are all volunteer positions, and in discussing the needs and time commitment with the program coordinators, you will learn if your availability would fit with the program. Thank you for considering assisting with these important public health programs.

### 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, email your certificates to me, and we'll put it in the mail. Thank you for your continued commitment to the MRC and to training!

**Volunteer Experiences** ~ We have had several opportunities to help the last few months. Esther was at the Coeur d'Alene School Safety Fair on 4/30; Linda, Chris, and Violet were at the CdA LDS Community Preparedness Fair on 5/7 (see photos below), Diane Brumley and Naoma Fencil helped at a vaccination clinic at PHD on 5/16, and Midge Heisel, Diane Smith, and Terre Gagnon came in to PHD on 5/24 to assist with a vaccination clinic for the T-dap requirements for middle-schoolers. I know I'm going down a slippery slope by naming those who serve, and I don't want to forget anyone, please know that you are ALL appreciated so much. Our Front Desk volunteers so far are Kay Kindig, Marilyn Rollins, Esther Twilleger, and Jere Curry. Thanks again!

### Upcoming Orientations

**Wednesday, June 15: MRC Orientation to be held at Bonners Ferry PHD Office, 7402 Caribou. Meeting will be from 6-8 pm. Call or email to register no later than June 8. Must have 5 or more to hold the class.**

**Wednesday, July 20: MRC Orientation to be held at Hayden PHD Office, 8500 N. Atlas Rd. Two sessions will be held: 2-4 pm and 6-8 pm (you need only attend one session). Must have 5 or more to hold the class. Call or email to register before June 15.**

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.

**I am currently developing a training plan for 2011—2012 and will publish it on our web page and in the next newsletter.**



(Above) Chris Valiquette at the Preparedness Display spon-

(Right) Linda Scheideler chats with a new recruit, while Violet Wachter does baby-sitting duty for mom. We're here to serve! :-)



On May 7, the Coeur d'Alene LDS Church held a Community Preparedness Fair & 3 MRC joined with Cynthia Taggart of Panhandle Health to staff a booth. MRC recruited 15 new volunteers that day—Way to go, Team!!!

## B-B-B-Bad to the Bone

You know that George Thorogood song – well it about matches some of the email addresses I have – even ones I thought we had checked and double-checked in the recent Member Update Survey. Below are addresses that failed in recent attempts at email. I won't put the full address, but if your email, or your former email starts with any of these monikers, please email ME at [mrc@phd1.idaho.gov](mailto:mrc@phd1.idaho.gov) and let me know your correct email. Also, the emails I send to school addresses typically bounce back, so I don't think I can get through your system's email filters. If you would like email contact, please provide a personal email address. I appreciate your help in keeping the communication channels open.

agdavis@	sebe@
amills@	coughton@
atidylady@	dwagner@
cdabischof@	scl@
corbarb@	gale28@
jackb@	gdym@
echanpe_2@	guynjana@
h.bihler@	idawag@
max4@	nkhicda@
nsavage@	
pjormsby@	
ponge@	tdtrue1@
rkbfletch1@	s.kimm@
S.schmelsons@	pk@
Snowboard4@	
tawynadcalkins@	
wicknedder@	
DWEBSTER279@	
homanexcavating@	
Littlemiller_tm_8305@	

## First Annual MRC Training Summit ~ A Great Success!

Thanks to all who helped make our April 16 Training Summit a fun day filled with learning, renewing acquaintances and meeting new friends. Our teachers included Betsy Bethke (Psychological First Aid), County Coordinators Sue Howard (First Aid), Valerie Scrafford (Orientation), Betty Jo Nichols (IS-700 and IS-100), and Public Health Preparedness Manager Darrel Kirking (Core Competencies). Tina Piaskowski gamely took photos with my (less than stellar) camera, Steve Brown and Esther Twilleager helped with registration, Naoma Fencil kept the coffee brewing and the food coming, and Linda Scheideler pitched in with cleanup at the end of the day. Thank you all so very much!

Altogether, 50 members registered for the day which included lunch, door prizes, and the challenge to work with random supplies to "Build the Tallest Tower." **Also, those in attendance received their MRC photo ID badge—and if you haven't had your photo ID badge made yet, and you're going to be in the area of Panhandle Health between 8 am and 5 pm, call ahead to schedule a time to get your photo ID made. It just takes a few minutes, and you'll be all ready for your next event.**

If you missed the Training Summit, stay tuned for upcoming Orientations and Trainings, or call the MRC line 208-415-5185 for the latest news.



Lunch Activity—Build the Tallest



Morning Orientation

## More Volunteer Opportunities

**Sunday, June 12, 2011—8 am to 2 pm (or part) - [St. Maries Marathon & 5K](#)**

MRC will staff a booth, offer blood pressure checks (if a medical-type volunteers), recruit and hand out preparedness materials.

**Saturday, July 23, 2011— 8 am to 2 pm (or shift) - [Veterans Stand Down](#)**

This year will be at the Kootenai County Fairgrounds. MRC will assist in the screening clinic, with registration, and many other jobs throughout the event. This is a great time to thank our Veterans for all they have provided for us.

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

***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 give you 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 (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

## From the Unit Coordinator

Community Service is the buzz word in the MRC meetings I've been to lately. And, as you read in CAPT Tosatto's message on page 1, thankfully we don't have too many disasters to respond to, but **keeping people healthy** is a key to reducing the need for assistance in disasters. Truly, if every citizen had at least a 3-day supply of food and water, an extra set of clothes, a bed roll, and basic first aid kit in their preparedness go bag, it would go a long way to easing the burden on the emergency responders in the event of a serious event. The more we can prepare ourselves, and educate the community to adopt or improve a healthy lifestyle, the better we will all be. For those who have the time & inclination, your consideration of the enclosed Panhandle Health "Want Ads" is appreciated.

**Thanks to the best volunteers ever! Judith**



become an  
everyday  
hero

In an emergency, volunteers are needed all across Idaho. Whether or not you have medical training, become an everyday hero by registering with the Medical Reserve Corps in your area. Volunteer training is free



**Volunteer Idaho Website**  
Has a new look that is consistent with our new, state-wide MRC advertising materials. If you haven't already registered, on it, please take a trip to [www.volunteeridaho.org](http://www.volunteeridaho.org) and see what you can do—and be sure to call me if you need help: 208-415-5185

~As we have talked about, [www.volunteeridaho.org](http://www.volunteeridaho.org) is our online registration system for the Medical Reserve Corps of North Idaho. The OCVMRC, our national MRC office wants all MRC units to be able to call up volunteers online. So, we would like all of our members who use computers to register on Volunteer Idaho. *But please remember, ALL ACTUAL EMERGENCIES will use the email call up AND telephone call up functions, so no one will be left out, as long as we have your current, correct email address (see page 3) and telephone number. I don't think we are able to send TEXT messages at this time.*  
~We used the Volunteer Idaho email call up for a recent training exercise that Panhandle Health took part in, and I was very pleased with the results—we had some immediate responses to the “This is a Test” email. Thank you to all who participated!  
~Volunteer Idaho has recently been upgraded, and I will be in Boise on May 31-June 1 for training on it. If you have already registered, you don't need to re-register. If you haven't, the new system allows me, the administrator, to register you, with your permission. If you would like me to register you in the Volunteer Idaho system, please send me an email or a note (permission has to be in writing) giving me your permission to enroll you. If you want to enroll yourself, but need help, please call me and I'll walk you through it. Thanks!!!

*Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.*  
~Dr. Seuss  
*Thank you for caring!*



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



**Have a safe, enjoyable summer,  
Have a productive garden,  
And take time to smell the roses!**