



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.

Volume 7, Issue 4

Aug / Sept 2011

Bulletin Board

- ⇒ **MRC of North Idaho DOES NOT have an active FACEBOOK Page.** We started to put one out there, but learned that our system could not support it, and I don't think you can fully "cancel" a Facebook page. So if you have found our tester page and tried to "friend" us—we are your friends, but just not on Facebook. I truly 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**
- ⇒ **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
- ⇒ **See page 3 for your invitation to our First MRC Member Recognition Picnic—Hope you can come!**
- ⇒ **Have you seen our page on the national MRC website (www.medicalreservecorps.gov) - here we are: <http://www.medicalreservecorps.gov/detail.asp?id=73>. Learn more about us and MRCs nationwide.**
- ⇒ **See page 2 for Training and Orientation opportunities.**
- ⇒ **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 the Unit Coordinator

~It's been a busy couple of months, with travel to Boise for training on updates to Volunteer Idaho, which is our MRC database. I visited beautiful Bonners Ferry for Orientation (hey, up there!) & in July we had Orientation in Hayden too. I met a lot of new members, & some old-timers who hadn't made it to one yet. You'll see more about trainings on page 2 inside.

~In July we had a visit from our State MRC Coordinator & some other folks from the State Preparedness Office, and they were impressed with the report I gave on all the activities you have been a part of—and the pictures (thanks for smiling for the camera!) - and you know I couldn't have given that report if you all weren't the best volunteers ever—and always so generous with your time and talents when called to help the community.

~Inside you'll see we have some fun events coming up—to get the preparedness message out to the community, recruit, and check blood pressures (Farmer's Market & Huckleberry Festival); and then a very serious one, the teen heart screening clinic in August—thanks to those who have already signed up to help.

~I hope you're enjoying your summer! Best wishes to all, *Judith*

MRC Message Phone

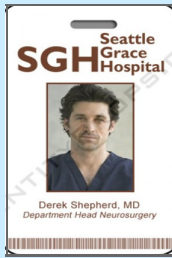
The MRC phone includes an information message, with the latest news on MRC activities. **You should call the line before reporting to any event or class**, for the latest news or if we have to change or cancel an event.

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



MRC Photo ID Badges—Coming Soon to your Wallet!

When or if you come into the Hayden office for meetings, we try to take your photo and make an MRC photo ID badge for you. Someone suggested that members could email me a photo, I can put it on their badge and send to them by mail. If you'd like to do that, please email me a current photo—ONE THAT I CAN RESIZE IF NEEDED—and you will get a badge in the mail. We received a grant from Citizen Corps (our umbrella organization) for the badge supplies. THANKS, Citizen Corps!



Sudden Cardiac Arrest in Youth ♥ Urgent Heart Screening

Saturday, August 27, 2011, 9:00 am to 4:00 pm ~~~~ Post Falls High School

Cyndie Lempesis, a member of our community who lost her teenage son to sudden cardiac arrest, is organizing a heart screening for teens and young people. Dr. Joe Abate, of Dirne Health, is medical director for the event; we worked with him last August at the Health Connection clinic at Coeur d'Alene Charter School. Cyndie has asked our assistance in running the screening. You can go to this website www.nickoftimefoundation.org to see a video of how these clinics work. The Nick of Time Foundation is also advising and assisting on this clinic. This is what they need for the day:

4-6 cardiologists for ECHO readings and screening cardiac consult station

6-8 local physicians, nurse practitioners, or physician assistants for "Heartsounds" station

4-6 ECHO machines - need 4-6 sonographers (Dr. Abate has secured two ECHO machines and two sonographers so far)

10 12-Lead EKG machines

EKG Techs/Medics/RNs or trained to administer EKG and/or troubleshoot machine if needed

8-10 EMTs, nurses, CMAs, to staff the blood pressure stations

2 people to staff the CPR/AED training/learning station - not to teach CPR, but to teach about it (more on that as we get into the event)

Also need registration people, and other non-medical to assist

You don't need to work the whole day, you can choose the hours you can be there.

Email mrc@phd1.idaho.gov or call 208-415-5185 to help at this event.

MRC Volunteer Opportunities

Friday & Saturday, August 19 & 20, 2011—[Wallace Huckleberry & Heritage Festival](#)

MRC will staff a booth at the Wallace Train Depot, offer blood pressure checks, hand out preparedness materials and recruit volunteers. Choose the times you'd like to volunteer; you don't have to do the whole day: Friday 11 am—8 pm; Saturday 10 am—8 pm. A very fun day in the lovely town of Wallace.

Saturday, August 20, 2011— 8:30 am to 1:30 pm (or shift) - [K.C. Farmer's Market](#)

MRC will staff a booth, offer blood pressure checks, hand out preparedness materials and recruit volunteers. Farmer's Market is at Hwy 95 & Prairie.

Saturday, August 27, 2011-9 am to 4 pm (or shift) - [Teen Heart Screening, Post Falls H.S.](#)

See article above for details.

TENTATIVE: Sat., Sept. 17, 4 hours TBD: Health & Safety Assistance at Tamarack RV Park, Coeur d'Alene. I am still getting details on this, but Dirne Clinic, St. Vincent de Paul, and other community groups are trying to help residents of this Park to improve living conditions. They are considering helping with small repairs of safety issues, possibly doing health assessments or nutrition counseling, gardening, resource training, etc. As I learn more, if this is an appropriate event for us, I will send an email—so be sure I have your correct email!

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

MRC of North Idaho Member Recognition Picnic 🍷 You're Invited!

Saturday, September 24, 2011 ~ 11:00 am to 2:00 pm

Farragut State Park, 13400 E. Ranger Rd., Athol, ID ~ Sunrise Large Group Picnic Area

11:00 am ~ Gathering and Welcome

11:30 am—1:00 pm ~ Hamburgers OR Vegeb主rgers, Salads, Chips & Cake

1:00 pm ~ Recognition of Volunteers

2:00 pm ~ Conclusion—You are welcome to stay and enjoy the beautiful park

MRC Members are honored guests of the MRC of North Idaho & We sincerely hope you will plan to attend!

If you'd like to bring a family member or friend, tickets are \$5 each, due by September 9.

There is a \$5 use fee for all vehicles entering the park, payable at the Ranger Station.

Reservations are needed by Friday, Sept 9, 2011 ~ Call 208-415-5185 or email mrc@phd1.idaho.gov

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 had clients who didn't know where they needed to go. Here's what two of our volunteers have to say about the job:



~~~~It's fulfilling and it's fun. Can you volunteer 1, 2, or 3 hours once a week or even once a month? You're needed! Can you smile and say "Good morning" or "Hello" or just acknowledge the visitors? If you can, you've just passed the "test" for a volunteer front desk greeter! Some pamphlet folding or stamping can be done now and again, but bring a book or crossword to make the time go faster. Two employees, in passing told me, "It's nice to see someone at the front desk again." Nice feedback! ~Jere



Time at the Desk Some days are quiet, while others are busy. Little children, fascinated with the stairs and elevator keep you on the alert. Tiny babies snuggled in their mother's arms bring a smile. Most mothers and children know their destination. We are here for those who come through the door with a puzzled look on their face. Environmental Services for the new food vendor. Clinical Services for the traveler in need of vaccinations. A plus to the position are the intermittent tasks we can do to ease the workload of our co-workers. Folding newsletters one day or putting stickers on fliers help the time go by quickly. ~Esther

**If you'd like to give this a try, we have openings, call 208-415-5185 or email [mrc@phd1.idaho.gov](mailto:mrc@phd1.idaho.gov). Thanks!**

### 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!

### Training & Orientation Meetings

I am happy to report that through the Volunteer Idaho ads, and our presence at community fairs, we have many new members. An important first step for new members is to attend Orientation, and then take IS-700 and ICS-100, either online, or in the classroom.

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

Friday, Sep. 9: Hayden PHD: IS-700, 8:30 am to noon

Friday, Sep. 9: Hayden PHD: ICS-100, 1:00-4:30 pm

Wed., Sep. 21: Kellogg PHD: Orientation, 2-4 OR 6-8 pm

Wed., Oct. 5: St. Maries PHD: Orientation, 2-4 OR 6-8 pm

Thurs., Oct. 13: Hayden PHD: MRC Core Competencies

AND **Write Your Own Disaster Plan**, 9 am to noon

Wed., Oct. 19: Sandpoint PHD: IS-700, 8:30 am to noon

Wed., Oct. 19: Sandpoint PHD: ICS-100, 1:00-4:30 pm

Wed., Nov. 9: Sandpoint PHD: MRC Core Competencies

AND **Write Your Own Disaster Plan**, 9 am to noon

Orientation, 2-4 OR 6-8 pm

Wed., Nov. 16: Kellogg PHD: IS-700, 8:30 am to noon

Wed., Nov. 16: Kellogg PHD: ICS-100, 1:00-4:30 pm

Wed., Dec. 7: Hayden PHD: Orientation, 2-4 OR 6-8 pm

**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.**

**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 (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.

### September is National Preparedness Month

**We talk about it in Orientation—**

**Let's DO It!**

**September 2011**

✓ **Get a KIT**

✓ **Make a PLAN**

✓ **Stay INFORMED**

**Start now on your kit—buy a few food items each week, watch for "disaster food" to go on sale. Start work on your disaster plan—or mark your calendar to attend one of the Core Competencies classes and write your plan then**

**Lots more info at [www.ready.gov](http://www.ready.gov)**



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 consistent with our new, state-wide MRC recruiting materials. If you haven't already registered, please take a trip to [www.volunteeridaho.com](http://www.volunteeridaho.com) and sign in—and be sure to call me if you need help: 208-415-5185

*Service is the rent we pay for the privilege of living on this earth. It is the very purpose of life, and not something you do in your spare time.*

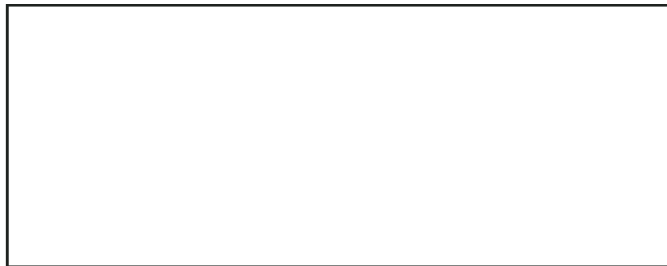
*~Shirley Chisholm*

*Thank you for serving our community!*

~The member database for the Medical Reserve Corps of North Idaho is [www.volunteeridaho.com](http://www.volunteeridaho.com). The OCVMRC, our national MRC office wants all MRC units to be able to activate volunteers online. To that end, we need all of our members who use computers to register on Volunteer Idaho. **But don't worry: , ALL ACTUAL EMERGENCIES will use the email AND telephone activation functions, so no one will be left out, as long as we have your current, correct email address and telephone number.** We are not able to send TEXT messages at this time. ~If you have already registered, you don't need to re-register, unless you need to update your contact or licensure information.

To register in Volunteer Idaho, be sure to choose District 1, then you will be asked for your name, create a user name and password and email. You will then receive an email with a link to confirm that you want to register. When you go back into Volunteer Idaho, there are FOUR "drawers" with information you need to complete or your registration will not be confirmed. The four "drawers" include "General Information," "Credentials and Licenses," "Background Information," and "Acknowledgement." If you are not familiar with online registration systems, you should look out for "drop down boxes" which show up in blue and give you the available options for answering that question. The only questions you NEED to answer are the ones with an asterisk (\*) next to them, the others are all optional. THANK YOU FOR TAKING THE TIME TO DO THIS—it shouldn't take more than a half hour. And, please, call me or email with any questions.

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



**PLEASE SEE PAGE 3  
 FOR A SPECIAL INVITATION  
 FOR OUR MEMBERS**