



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

OCT / NOV 2011

Bulletin Board

- ⇒ **MRC of North Idaho DOES NOT have an active FACEBOOK Page.** We tried to do one, but learned that we could not support it, and you can't fully "cancel" a Facebook page. If you found our test page and tried to "friend" us—we are your friends, **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 probably need high-speed internet to download the 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 (in case you misplaced yours)
 - ⇒ 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>. 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

Hello! I feel the need to start off with an apology—for the MRC Appreciation Picnic that never was. Your County Coordinators and I planned a picnic and recognition for you all, but September 24 must have been the busiest day of the year because there were just a handful who could come on that day. *We want you all to know how very valued you are by all of us in North Idaho for your willingness to help in an emergency. We know that should disaster strike, you would be there to serve, and that is the greatest gift you could give. Thank you!*

We are moving into the season when life turns inward, and hopefully, activity slows down. There aren't too many public service opportunities on the horizon, but Panhandle Health does have needs for volunteers in their outreach programs. The insert has more details on ways we can help, and if you have a particular gift that you would like to share, please call me to discuss how we might incorporate that into our offerings. 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>

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 when they got to the building.

Here's a message from one of our volunteers:

~~~~Greetings MRC members from "The Front Desk" at PHD. Come and be a part of this very needed service for Panhandle Health District. Meet and greet the public, what could be better? By spending a few hours of your time at the Front Desk, we not only give a much needed service, but we are spreading the word about opportunities with the MRC, and the mission of the MRC. **You pick the hours and days that you want to come in—flexibility is the key here. Some are two hours weekly, some are one time per month, others are four hours a week.** The staff and the visitors are so appreciative of our smiling faces (a smiling face is the only job requirement) and it certainly makes it worth your time. Kay Kindig, MRC Volunteer



**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). 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, 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!

### Prepare for Winter Weather & Driving

#### Get a Kit for Your Vehicle

Get an Emergency Supply Kit which includes items like non-perishable food, water, a battery powered or hand-crank radio, extra flashlights, and batteries.

Thoroughly check and update your family's Emergency Supply Kit before winter approaches and add the following supplies in preparation for winter weather:

**Rock salt** or more environmentally safe products to melt ice on walkways. Visit the Environmental Protection Agency for a complete list of recommended products.

- **Sand** to improve traction
- **Snow shovels** and other snow removal equipment.
- Also include **adequate clothing and blankets** to keep you warm.

#### Stay Safe—Stay Alive

And Call before coming to MRC Meetings—be sure they are not cancelled due to inclement weather!

### Training & Orientation Meetings

Perhaps the cooler weather has you wanting to stay inside and do productive work. If so, you might consider taking some of the preparedness courses offered. 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., Oct. 19: Sandpoint PHD: IS-700, 8:30 am to noon

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

Tue., Oct. 25: Hayden PHD: MRC Core Competencies  
AND **Write Your Own Disaster Plan**, 9 am to noon

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.

## 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](http://www.volunteeridaho.com)

## Photo ID Badges

We can now make Photo Badges for our MRC members! Just email me a photo, I will put it on the badge and mail it to you. OR you can stop in the office and have a photo made. If you email your own photo, please send me one that I can RESIZE if needed, and I'll do the rest! Thanks!

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

## Sudden Cardiac Arrest in Youth Y Urgent Heart Screening Y Great Success!

26 MRC members were among the all-volunteer staff for this first ever youth heart screening at Post Falls High School. Cyndie Lempesis, who lost her son 6 years ago to sudden cardiac arrest, organized the screening with the help of Nick of Time Foundation in Seattle. Of the 220 young people screened, 10 were referred for follow-up with their own doctor.

Thank you so much to all who gave of their time that day.

What you do DOES make a difference! Cyndie plans another screening in the spring 2012.



MRCs Diane and Naoma at Registration, then patients went to blood pressure screening, staffed by MRCs Steve Fels, Sagle Fire EMT; Nancy Luckey and Cheryl Mullins, NIC students. Then they received an ECG, given (lower left) by, MRC Bobbie Beck with Aaron Karls from Nick of Time Foundation. While waiting to see the cardiologist (Dr. Abate lower center), they received education about CPR and AED use from MRC Ray Jackson. If the doctor wanted them to have an echocardiogram, they saw Scott Kerns from Heart Clinics Northwest, which donated the use of two echo machines for the screening. Center left, MRC Pat Sporleder with grandson Matt, who came for the screening and helped during setup and during the event.



## MRC Volunteer Opportunities

Saturday, Oct. 15, 9 am to 2 pm: Sandpoint Health & Safety Fair, Bonner County Fairgrounds. We will offer free blood pressure screenings, preparedness brochures, preparedness activity books for children, and Kraig Brown, MRC and Bonner Co. Amateur Radio Club, will demonstrate radio communications for when internet and phone systems are down.

.....We could use one person who can help take blood pressures, and one who can talk about Preparedness, and the MRC.

Thursday, Oct. 20, 10 am to Noon, Flu Shots at Post Falls Senior Center, 1215 E. 3rd, Post Falls. We need 2 nurses to administer shots, and 1 non-medical to greet and manage the paperwork.

Saturday, Nov. 19, 460 N. Garden Plaza Ct., Post Falls. We will offer free blood pressure screenings, Preparedness brochures, and demonstrate a simple "go bag" to take in case of an evacuation. We could use 2 people to take blood pressures, and 2 people to talk about preparedness and demonstrate the evacuation "go bag."

Email [mrc@phd1.idaho.gov](mailto:mrc@phd1.idaho.gov) OR call 208-415-5185 to help at these events.

Please see the insert in this newsletter for volunteer needs at Panhandle Health District. 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. Thanks!

## EVACUATION GO-BAG—The Short List

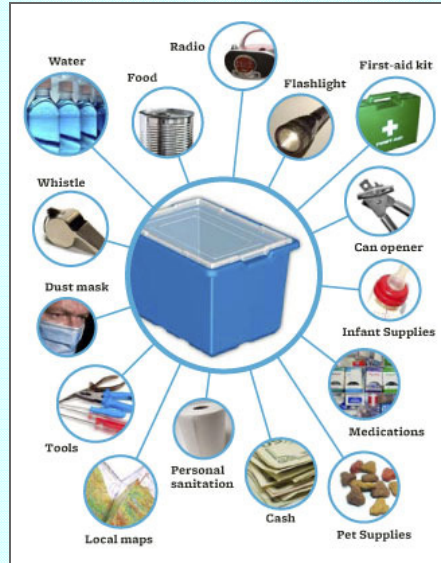
**When an emergency strikes, it is too late to make a go-bag—start today and “git-er-done!”**

- ◆ Copies of your important papers in a waterproof bag (zip-lock baggie is great for this)
- ◆ List of the medications each member of your family needs and a supply of each medication
- ◆ Contact and meeting place information for your family and a map of your local area
- ◆ Bottled water and snacks such as energy or granola bars enough for each person for 3-7 days
- ◆ Toothpaste, toothbrushes, soap, wet wipes, towels, other personal care items as desired
- ◆ Extra mobile phone charger; First aid kit; Flashlight; Whistle
- ◆ Extra set of car and house keys
- ◆ Radio with extra batteries, OR hand-crank radio
- ◆ A stuffed animal for your child (or use it for a pillow!)
- ◆ Activity items for you and your family such as favorite books, coloring books, deck of cards, writing paper, pens or pencils
- ◆ Change of clothes for all family members; Rain ponchos
- ◆ Leash, food, carrier, needed items for your pets

**More items for your emergency kit can be found at:**

<http://www.ready.gov/america/getakit/index.html>

**Get a Kit—Make a Plan—Be Informed!**



*I've learned that you shouldn't go through life with a catchers mitt on both hands. You need to be able to throw something back.*

*~ Maya Angelou*

*Thank you for being willing to throw something back when needed!*



Panhandle Health District

Medical Reserve Corps of North Idaho

PO Box 3284

Hayden, ID 83835

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**NORTH  
IDAHO**

medical  
reserve  
corps

**In the season of abundance, we give thanks for our blessings and send caring thoughts to those who suffered natural disasters and encouragement to those who are helping them.**