



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

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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!)
- ⇒ Have you checked out our page on the Panhandle web site? It was updated in January—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.
- ⇒ Don't forget, if you'd like to attend an Orientation, call the MRC Line 208-415-5185 and let me know if 2-4 pm or 6-8 pm is best for you (and where!) and we'll start putting it together. (see page 2)

Recruiting

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 7 MRC Unit Coordinators in Idaho are working with our State Coordinator 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

North Idaho MRC Contact Information

8500 Atlas Road, Hayden, ID 83835

208-415-5185

MRC@phd1.idaho.gov

On the web:

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

Volunteers Needed for MRC Member Verification Week

- **Why Verification?** To make contact with all our members and update our database.
- **When?** March 7-11, 2011, from 3:30 to 7:30 pm. We would continue to call until 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 6-8 on each day. You wouldn't need to work every day. We have 8 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 feeling motivated!)
- **What?** Make phone calls to MRC Members, ask the survey questions, and record their answers either on paper or online.
- **Skills?** Be able to dial a phone, have basic computer and typing skills, and *like to talk!*
- **Are you ready?** Please call 415-5185 or email mrc@phd1.idaho.gov—I would love to put you on the list!



Please be ready when you are called for the survey!

Many people don't answer unfamiliar phone numbers, but please keep in mind the week of March 7-11 between 3:30 and 7:30 pm, you may expect a call from the MRC, and please answer. You also have the option of phoning in your survey answers in advance. Starting February 15, the questions will be posted on the website <http://www.phd1.idaho.gov/publichealth/mrc.cfm> (look for "Survey Says!"). You can call the MRC line at 208-415-5185 and answer each question by number, so you don't have to repeat the question. If you call in, please speak slowly & clearly, and spell your last name. (You may also email them to mrc@phd1.idaho.gov, again, answer by number so you don't need to type out the question.)

If you take the survey prior to March 7, we will not call you that week.

Upcoming Training & Orientations

First, apologies for all the changes in the schedule! We felt it best to hold off traveling to the northern reaches of the District (and asking students to get out on the road) until the weather improves. Also training opportunities came up that require me to travel. Thanks for your understanding!

Orientation

No Orientations are scheduled at this time. If you have not attended Orientation and would like to, please call and tell me what location, and what time you could attend (either 2-4 pm or 6-8 pm, and we will schedule when we have 5 or more per location. Orientation is held at local PHD offices.

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., Mar. 3, 2011: Hayden PHD, 8500 N. Atlas Rd.

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!

From the Unit Coordinator's Desk

~~~Training—it seems that's all I talk about lately and I understand when the MRC of North Idaho was formed, any training beyond attending Orientation was optional. It still is (I would never deny anyone the opportunity to serve just because they haven't taken some classes) but I'll tell you why we are focusing on it now.

~~~As the MRC (locally and nationally) grows from infancy to young adulthood (the national office, OCVMRC, began in 2002 and our unit in 2003), lessons are learned that suggest means of improvement. Some lessons involve MRC who volunteer to help at national disasters. *The MRC of North Idaho sent 17 volunteers to the Hurricane Katrina response.*

~~~You can imagine with disaster workers coming from all over the country, how helpful it would be if everyone "spoke the same response language" and understood how the response was organized. This is the purpose of the classes that OCVMRC would like everyone to have: IS-700 and IS-100.

~~~As well, it is personally beneficial to the member to know what is expected of you as a volunteer, and how to prepare your home and family in case you are at a response for several days. This is the purpose of the MRC Core Competencies.

~~~We know with busy schedules, it is sometimes hard to get out to training, so we put together a training day where 6 classes are offered so you can complete 2 of the requested courses and have some fun too (see page 3). Please try to come—we're working hard to make this a good use of your time.

~~~If you have the heart to leave your home and help in a national emergency, there is training in Washington, DC and scholarships are available for that. Let me know and when the next one is scheduled, I'll forward you the information to apply.

Thanks! Judith

From the National Office:

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. Following is an excerpt from the January 2011 Monthly report.

**Office of the Civilian Volunteer Medical Reserve Corps
Monthly Report January 2011**

Status: 938 MRCs in 50 states, Washington DC, Puerto Rico, Palau, Guam, American Samoa, and the U.S. Virgin Islands; and 210,950 volunteers (reported by MRC units as part of their profiles on the website).

Local Stories

In January, MRC units reported 331 activities: 85 administrative, 24 emergency response, 64 preparedness, 40 public health, and 118 training.

MRC of North Idaho (Hayden, ID) administered flu shots, staffed the medical history and vitals table, helped with crowd flow, and assisted with food and clothing distribution for the clinic offered at Homeless Connect, an event sponsored by the State to educate the homeless population and others in need of services.

How exciting that we made the national spotlight! Thanks to all who helped at the Homeless Connect! Judy

Announcing ~ First Annual MRC Training Summit ~ Sat., April 16, 2011

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

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 lunch together, door prize drawings, and an activity.

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

- ⇒ Morning sessions:
 - ⇒ IS-700, National Incident Management System, An Introduction
 - ⇒ MRC Orientation
 - ⇒ First Aid and CPR (**NEED REGISTRATION BY 3/25/11!!!**)
- ⇒ Afternoon sessions:
 - ⇒ IS-100, Introduction to the Incident Command System
 - ⇒ 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!)

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 (1st Aid/CPR by 3/25/11), 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.

Too many classes to choose from? Don't forget, you can take IS-700 and/or IS-100 in Hayden on Thursday, March 3 and then take two other classes at the Training Summit! (And both IS-700 and IS-100 are available online.)

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!



MRC Training Summit ~ Bring a Friend!

This would be a great time to invite a friend to join the MRC—they can take their Orientation and another class and join in the fun.

They should send me an MRC application prior to the event, and register by phone or email, stating they are a new member.



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.

A Story About Helping

It seems that someone asked the great anthropologist Margaret Mead, "What is the first sign you look for, to tell you of an ancient civilization?" The interviewer had in mind a tool or article of clothing. Ms. Mead surprised him by answering, a "healed femur." (That's a thigh bone, for those of you who didn't study biology, or did and forgot!)

When someone breaks a femur, they can't survive to hunt, fish or escape enemies unless they have help from someone else. Thus, a healed femur indicates that someone else helped that person, rather than abandoning them and saving themselves. Isn't that what we in philanthropy are all about? Healing femurs of one sort or another?

Thank you for giving to our community.

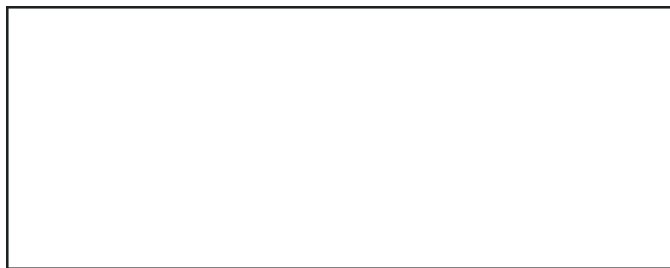


Are you ready ~ to take your MRC membership to the next level? Do you have leadership and organizational skills? You may be a candidate for one of our County Coordinator positions. In just a few hours a month, these folks help manage the MRC in their home counties and keep us going & growing! Call me if you would like to learn more. Judy

Send all comments, questions, etc. to
mrc@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
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See page 3 for an exciting announcement!