

WALPOLE MEDICAL RESERVE CORPS



INSIDE THIS ISSUE:

Member Articles:

<i>Clair Wolfram on Behavioral Health</i>	2
<i>Ellen Newman on A Smallpox Training</i>	2
<i>Flu Care Booklet</i>	2
<i>Levels of Membership</i>	3
<i>Borrow a DVD</i>	3
<i>Training Opportunities</i>	4

Why not help our MRC

GROW

Ask a friend or family member to join

MRC

Executive Officers:

Chairperson:

Claire Wolfram, RN

Vice Chairperson:

Joseph Dorsey, MD

Secretary:

Ann Keller, RN

Newsletter: Gail Nixon
Deputy Health Agent

SEPTEMBER IS EMERGENCY PREPAREDNESS MONTH!

Each September since 2004, the US Department of Homeland Security's Ready Campaign has sponsored "*NATIONAL PREPAREDNESS MONTH*" to encourage all citizens to take some steps to help themselves in the event of an emergency. This year the campaign is focusing on family emergency planning and families having an emergency supply kit.

The Town of Walpole is one of 700 organizations that has signed up as National Preparedness Month Coalition Members. In its efforts to spread the word, the Walpole Local Emergency Planning Committee and the Walpole Health Department, funded by a grant from the Massachusetts Department of Public Health Emergency Preparedness Region 4A, has put together an Emergency Preparedness Handbook that will be mailed out to all residents of Walpole. Please read it and let us know what you think about it!

MRC TESTS THE TOWN OF WALPOLE'S EMERGENCY NOTIFICATION SYSTEM

The Walpole MRC has conducted its first communication drill using the Town's new Emergency Notification System to see how many volunteers would be able to respond and help within 30 minutes had there been a real emergency. This latest drill went out on Tuesday, July 22, 2008 at 2:00 p.m. A total of 119 notifications were made, with 65 people who answered the calls. However, only 39 of those 65 followed the instructions given and pressed number 1 or 2 for the required response. It is vital that you listen to the entire message and reply appropriately. For this MRC drill, only home numbers of our volunteers were used. In the next drill we will also use additional numbers that we have for you. The few errors found in our system were easily corrected.

Call us with your requests. Questions? Walpole Health Department at 508-660-7321

Mission Statement

The mission of the Walpole MRC, a volunteer group, is to support the Town's public health infrastructure, enhance emergency preparedness, crisis response and disaster recovery.

A GREAT PROGRAM!

Behavioral Health Disaster Response - Part 1 Psychological First Aid



Clair Wolfram, R.N. shares her thoughts after attending one of our member offered programs.

MRC Volunteers! When you have the opportunity to participate in the program "Behavioral Health Disaster Response Part 1 Psychological First Aid", please plan to attend if you haven't already. It was an excellent presentation, providing clear direction in how to respond appropriately to crisis through Psychological First Aid (PFA).

Lisa Gurland R.N. PsyD presented her material very well, using handouts and short videos to emphasize specific crises situations. She clarified types of disasters, emotional responses to them, and how various individuals might cope. The effects on young children through adolescence was discussed in depth with video support to demonstrate children's responses and parental involvement in those responses.

Dr Gurland reviewed basic principles of Psychological First Aid and identified good communication skills and empathy as key ingredients in applying PFA. It was an excellent educational experience for me and I look forward to Part 2 when it is scheduled.

Dr. Gurland will be teaching Behavioral Health Part 1 on November 12, and for the more advanced, Behavioral Health Part 2 on November 18, 2008. Make sure you sign up for these excellent opportunities!

A SMALLPOX TRAINING

On March 18, 2008, the Department of Public Health provided training on the smallpox vaccine at Walpole Town Hall for health care professionals. The training was well attended and provided healthcare workers the opportunity to administer the mock vaccine used in a smallpox outbreak situation.

Routine smallpox vaccination was stopped thirty years ago and many clinicians are not familiar with the smallpox method, which is very different from present day vaccine administration. The smallpox vaccine is a live virus that multiplies in the superficial layers of the skin. It does not contain the variola virus, the virus that causes smallpox.

This training provided concise information on the smallpox vaccine, method of administration, and expected versus adverse side effects. The evening concluded with the certification of all participants and provided our community with a well-trained group of volunteers.



Ellen Newman, R.N. provides insight after taking part in a recent smallpox training.

Flu: What You Can Do, Caring for People at Home

The Walpole Health Department has booklets on caring for people at home who have the flu. This excellent resource is designed to help you:

- Prepare for seasonal and pandemic flu
- Reduce the risk that you and others in your home will get the flu
- Care for someone at home who has the flu, and know when to get medical advice and medical care.

Please stop by and pick one up. This valuable information is easy to understand and should be shared with as many people as possible. The Health Department will be distributing these booklets to as many places as possible to get the word out.

The Three Most Important Tips to Prevent Getting and Spreading the Flu

- ✓ Get the Flu vaccine
- ✓ Wash your hands often
- ✓ Cover your mouth when you Cough or Sneeze

PLEASE LOOK OUT FOR OUR FALL FLU CLINIC DATES. WE WILL BE ASKING FOR VOLUNTEERS AS WE PRACTICE OUR EMERGENCY DISPENSING PLANS.

ONCE AGAIN, A SPECIAL THANKS TO ALL OUR MRC VOLUTEERS !

LEVELS OF MEMBERSHIP

The Walpole Medical Reserve Corps Steering Committee voted that our Medical Reserve Corps volunteers be placed in different membership categories based on volunteer availability, the amount of time they are able to commit to the MRC program, and their level of training that they have received. This just makes sense that during an emergency, people in the active and team leader positions know more about the structure of our organization and will be able to lead other people who wish to volunteer during an emergency situation.

We have three categories of membership: basic, active and team leader. For our basic membership, we recommend that our volunteers are credentialed (if applicable) and all have passed a CORI check and that they complete ICS 100 and NIMS 700 within one year of joining our group (these courses can be taken on line and they help volunteers understand the structure we must follow in emergencies). We would also like our basic members to attend one training, drill or activity per year.

For our active and team leaders, we are asking that they engage in more training, such as Behavioral Health (offered here in Walpole). If you are interested in being an active or team leader member, please call the Walpole Health Department at 508-660-7321 and we can give you more specific information. We value ALL of our volunteers and we thank you for any time and commitment that you give us!

Region 4A MRC Flix

This library for MRC volunteers will be updated at each newsletter to include the latest information.

- MRC Orientation DVD: This basic Orientation DVD for new MRC volunteers (20 min). can be watched on our web-page as well: <http://www.region4a-mrc.org/Resources.php> scroll down to the bottom of the page
- Flu Care at Home: Caring for people at home with the Flu (30 min) Presented by MDPH
- CPR for Family and Friends Learn Basic CPR at Home (60 min) from the American Heart Association
- EDS run under and ICS structure: This is a Class on the basic Incident command structure that would be used in a Emergency Dispensing Site (30 minutes)
- Family Preparedness: DVD-see the contents of a 72 Hour Kit and learn how your family can prepare for a disaster (30 min)
- PPE for Non-Medical Staff: This DVD describes when to Use Personal Protective Equipment and demonstrates the proper way to use different Personal Protective Equipment (30 minutes)
- Pandemic Planning: this DVD describes the history of Flu Pandemics and gives latest information on Avian Flu (30 min)
- Residential Shelter in Place: Instructions on how to shelter in Place and what items you should have in your home to shelter in place (15 min)
- Business Shelter in Place: this video will instruct you how to shelter in place at work, and the items needed at your place of work (30 min)
- Evacuation Planning: This will help you plan for you and your family if you need to evacuate your home or place of work (70 min)
- Influenza 1918: the worst epidemic in American History: PBS video on the 1918 flu epidemic (60 min)
- Killer Flu: PBS video on the 1918 flu and what scientists are trying to do to prevent this from happening again (60 min)

To borrow any of these DVDs, you can e-mail LiisaJackson@comcast.net and request one for a two week period as part of your on-going training.

The Following Fall Training Courses will be held at Walpole Town Hall

<u>Date</u>		<u>Class Title</u>	<u>Location</u>	<u>Time</u>
September 11, 2008 Thursday		SKY 1 National Weather Service (Rob Macedo)	COA*	7:00 pm - 9:30 pm
September 25, 2008 Thursday		MRC Orientation for new and prospective members (Jonh Shea)	MMR**	6:30 pm - 7:30 pm
September 30, 2008 Tuesday		Emergency Preparedness Begins at Home (Judith Chevarley, DPH)	Rm.112	6:30 pm - 8:00 pm
October 2, and 9, 2008 Thursdays		Are You Ready? (Two day course) (Roger Turner, Town of Walpole)	COA*	7:00 pm - 9:00 pm
October 7, 2008 Tuesday		HeartSaver CPR/AED (Kevin Harmon, Region 4A)	MMR**	9:00 am - 12:00 pm
October 8, 2008 Wednesday		Scene Safety (Kevin Harmon, Region 4A)	MMR**	7:00 pm - 10:00 pm
October 21, 2008 Tuesday		HeartSaver CPR/AED (Kevin Harmon, Region 4A)	COA*	7:00 pm - 10:00 pm
November 4, 2008 Tuesday		Basic First Aid (Kevin Harmon, Region 4A)	Rm.112	7:00 pm - 10:00 pm
November 12, 2008 Wednesday		Behavioral Health - Part 1 (Lisa Gurland, DPH)	MMR**	5:30 pm - 8:30 pm
November 18, 2008 Tuesday		Behavioral Health - Part 2 (Lisa Gurland, DPH)	Rm.112	5:30 pm - 8:30 pm

**Training opportunities are for all volunteers. Classes have limited space and will be filled on a first come basis. Please reserve yourself a spot early and call at least one week ahead of time to secure a place in class.
(508) 660-7321**

* Council on Aging Senior Center

** Main Meeting Room

Website Trainings

We encourage all of our volunteers to take the following website trainings.

IS-700 National Incident Management System (NIMS)
<http://training.fema.gov/EMIWeb/IS/is700.asp>

IS-100 Introduction to Incident Command System, (ICS) I-100
<http://training.fema.gov/EMIWeb/IS/is100.asp>

Mass Dispensing Sites: A Primer for Volunteers
<http://cpheo1.sph.umn.edu/massdisp/index.html>

Region 4A—Region wide training— <http://www.regionmrc.orTraining.php>
Please check this site periodically for new and last minute trainings.

Town of Walpole's MRC web-site: <http://th.walpole.ma.us/WMRC/WMRCHome.htm>
Email us your ideas and suggestions: rchapell@walpole-ma.gov