



Clinton County Medical Reserve



Volume 4, Issue 1 March 2011 Published semiannually by the **Clinton County Health Department**

Coordinator's Report

I am working on my New Year's resolution... I have resolved to do my part to build community resilience and to create a role for the MRC in this adventure. My hope is that this year we will be able to come together as a group and expand the role of the volunteer and take our MRC to the next level.

I have attended the Regional MRC meeting for the last two years and find more and more often that Local Health Departments are utilizing their

MRCs to promote health education to their communities. These volunteers feel valued and take a lot of pride in their accomplishments. This is the direction that preparedness is moving. There is far less emergency work happening and I would like to use your very valuable skills to promote health and wellbeing in our community!

Health care costs in Clinton County are rising, as they are every where. Approximately 20% of Clinton County residents receive

Medicaid benefits. Obesity is a problem for both adults and children. Smoking, a high intake of soda and other sugary drinks, poor diets and other factors are contributing to the poor health of our community.

We need to focus on is education and the normalization of GOOD health habits while devaluing the bad ones. Change is not easy for anyone. This will take time and effort but I think this is the most valuable mission of all! I hope you will join me.

We Apologize

I would like to take a minute to apologize for the confusion regarding the computer generated call you received in December. This call was generated through the state system and there were some kinks! In the future you will receive instructions regarding how to end the call at the end of the message. **PLEASE LISTEN TO THEM CAREFULLY!** Following these instructions should terminate the calls received. It is also important to perform the action indicated in the message, even if it is just a drill. This allows the system to be tested for use in a real emergency.



Volunteers sought to promote

Community Health Messages. If you are interested in promoting Public Health messages at health fairs or by speaking to local groups and civic organizations. Training and materials provided! Please contact Suzanne @ 565-4848 or labordes@co.clinotn.ny.us if you are interested.

THANKS!!

DID YOU KNOW?

- Clinton County MRC Volunteers logged approximately **100 hours of volunteer time** in 2010.
- **21** new volunteers joined CCMRC in 2010
- The Clinton County Health Department is now on Facebook! Become a fan today.



What do You need to know about being a Volunteer?

As a Medical Reserve Corps Volunteer you are will need to meet certain qualifications to ensure that you are prepared for all potential activation situations.

You will be asked to provide documentation showing medical clearance and up-to-date immunizations (if you are not we can help).

We will also need to completed the Core Competencies. You can begin with 2

FREE, online courses available at the following links:

- Incident Command Training @<http://training.fema.gov/EMIWeb/IS/IS100A.asp>
- Psychological First Aid @ http://www.jhsph.edu/preparedness/training/online/dis_mtl_hlth_comp.html

Please print and submit your completion certificate!

Soon you will be receiving a call asking you about your interest in fulfilling the mission of the MRC.

Please take the time to respond to the caller! We will continue to attempt to contact you until we reach you.

IT IS A STATE REQUIREMENT that we update our database. While Emergency Preparedness and Medical supplementation remain a focus of the MRC, they are not the **ONLY** focus anymore.

Many of you signed up to be a volunteer at the inception of our unit. This was a time of heightened awareness of the possibility that we could find ourselves in the middle of a full-blown disaster.

If volunteering is no longer of interest to you please let our office know. We will remove you from service. We understand that life circumstances change and will be sad to lose you!



Clinton County Medical Reserve Corps



Training Requirements for a Medical Reserve Corps Volunteer

As an MRC Volunteer it is important that you understand your rights and responsibilities as well as your role. In order for this to happen you are required to take the following courses and provide completion certificates to your Unit Leader.

1. MRC 101
2. Intro to Public Health
3. HIPAA
4. Infection Control
5. Confidentiality
6. Psychological First Aid
7. ICS 100/ NIMS 700 (advanced ICS courses recommended but not required).

Being a volunteer requires you to be able to receive an assignment and work somewhat independently. These courses will allow you to best perform in both emergent and non-emergent assignments.

Many of these courses can be taken through online venues such as FEMA and the MRC website (see page 1). There is also the option of taking the courses through a Self-Paced CDROM course. If you are interested in obtaining a CD please contact me at 565-4848 or labordes@co.clinton.ny.us.

Emergency Preparedness Resources

Visit the following websites for more information and useful planning tools:

Clinton County Health Department :

<http://www.clintoncountygov.com/Departments/Health/readiness.html>

Ready.gov: <http://www.ready.gov/>

NY State Department of Health's Aware Prepare Campaign: http://www.health.state.ny.us/environmental/emergency/families_individuals_caregivers/aware_prepare_info.htm

NY-Alert: <https://users.nyalert.gov/>

The 2010 HSU Annual Report is dedicated to:

~Clinton County Medical Reserve Corps Volunteers~

In the three years since the local MRC unit was founded, its membership has grown to 44 volunteers from a variety of health care disciplines. They are part of a national network willing to serve in times of need by augmenting existing public health efforts and providing emergency backup that would not otherwise be available. The volunteers have demonstrated flexibility, patience, responsiveness, and professionalism during the MRC formative period, all to the benefit of the community.

There are a myriad of opportunities for skilled volunteers. That these people have chosen to support and advance the public health mission calls to mind the words of Elizabeth Andrew: "Volunteers do not necessarily have the time; they just have the heart."

Without that generous offer of service, there would be no MRC. With sincere appreciation, the Health Services Unit dedicates the 2010 annual report to the MRC volunteers in recognition of their selfless commitment.

To view the Health Services Unit Annual Report for 2010 visit www.clintonhealth.org beginning in April 2011.



**Watch for the next issue coming
September 2011.**

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