

HEALTH SERVICES AGENCY PUBLIC HEALTH
EMERGENCY PREPAREDNESS
MEDICAL RESERVE CORPS
830 SCENIC DRIVE
MODESTO, CA 95350



Mailing List Raffle!

Sign up to receive the free semi-annual **Standing Strong** e-newsletter, the official newsletter of the Stanislaus County Medical Reserve Corps! You will receive SCMRC news and updates, and invitations to train with continuing education enrichment opportunities currently in nursing, behavioral health, and the paramedic/EMT fields. Email scmrc@schsa.org with subject heading **mailing list** to sign up and be sure to include your first and last name and contact information. You may also call us at (209) 558-8332 to learn more, or go online and visit the **SCMRC website** at www.hsahealth.org/scmrc.

Mailing List Raffle: Sign up today to be entered into the SCMRC backpack giveaway! Five (5) backpacks filled with emergency preparedness supplies will be given away in a random drawing during the next **SCMRC Orientation** (see the SCMRC calendar of events included inside). **SCMRC Members are automatically enrolled!** Need not be present to win. No purchase necessary.

**When
disaster
strikes
your
community
needs you**



Stanislaus County Medical Reserve Corps Members in action at the 2012 Alternate Care Site Deployment Exercise

**YOU MAKE THE DIFFERENCE...
VOLUNTEER TODAY!**

Imagine a community – or a nation – in which everyone volunteered. Everyone would expand their skills and knowledge. Everyone would be healthier. And everyone would have a more meaningful life. This is a future we all can work towards.

Many MRC members are just like you – nurses, doctors, paramedics, mental health professionals, skilled laborers, and other community members who believe in keeping Stanislaus County healthy, prepared and resilient. They share your commitment to helping others and making a difference.

STANDING STRONG

STANISLAUS COUNTY MEDICAL RESERVE CORPS



Semi Annual Newsletter

SUMMER 2013

MRC NATIONAL NEWS

The **2013 Seasonal Leadership and Training Summit** was held on June 5-7, at the National Conference Center outside of Washington, D.C. **Keynote speaker Boris Lushniak, current acting U.S. Surgeon General,** gave an inspiring speech discussing the state of the U.S. “sick care” system and outlined how the Medical Reserve Corps can play a key role as a community partner “responsible for the health of this nation.” Dr. Lushniak reported key statistics on national U.S health disparities such as obesity and smoking, citing that “only one in five high school seniors is physically fit enough to enter the military,” and despite 50 years of studies showing the dangers of tobacco products, 20 % of the U.S. population still smokes. In closing, Dr. Lushniak vowed to fully support the National MRC in this undeclared war on our nation’s health.



Acting Surgeon General Boris Lushniak, RADM, Office of the Surgeon General.

Health Services Agency
Public Health Division
Emergency Preparedness
Medical Reserve Corps

Phone: (209) 558-8332
Fax: (209) 558-8854
Email: scmrc@schsa.org
www.hsahealth.org/scmrc

LOCAL UNIT #1413 UPDATE

Where to begin... Welcome! **Standing Strong** is the new official semi-annual newsletter for the Stanislaus County Medical Reserve Corps (SCMRC).

The SCMRC has been “on standby” since late 2012 with the departure of coordinator **Mary Sherwood**. Mary worked many years building the SCMRC from the ground up and has transitioned into a new role with the county. With her departure, new coordinator **Aaron Wilson** brings many years of experience working in Public Health’s Emergency Preparedness Program. Aaron’s top priority is to re-establish a thriving and cohesive team of emergency response professionals and feels that “it is important to better understand the aspirations of our members in an effort to drive toward these goals in support of Public Health’s vision of *Healthy People in a Healthy Stanislaus*.”

Aaron has completed the 2013 SCMRC calendar of events and is reaching out to volunteers in an effort to communicate steps to get involved and reengaged. Member benefits include continuing education credits for medical professionals and experience in SCMRC emergency preparedness drills and exercises.

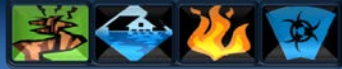
Aaron has also been working closely with the **Stanislaus County CEO’s Office** to expand the role of the SCMRC to assist Pubic Health with events such as health fairs, immunization clinics, and other public health educational and promotional events.

When asked about this expansion effort, Aaron stated that “people volunteer because it is in their blood! In talking with our members, I’ve found that many of us have an overwhelming desire to do more but don’t have the opportunity. Training and drills are obvious value added benefits to joining the SCMRC, but some volunteers want to use their experience in a non-disaster setting as well. They want to contribute in a way that directly impacts the health and welfare of the community.” Aaron also offers a “sincere thank you to each and every one of our volunteers for their continued support and desire to help others. We would not function without you! It is truly wonderful and inspiring to be involved with these remarkable people.” Stay tuned for new and exciting opportunities to volunteer during the 2013-14 year!



Aaron with Captain Robert Tosatto, MRC National Director, Office of the Surgeon General. June 2013

Are You Ready?



Are you ready for an emergency? What would you do if an earthquake struck that severely damaged your home and disrupted all communications? How would you help protect the lives of yourself and your family if a pandemic or other public health threat overcrowded hospital emergency rooms and dramatically changed day to day life in our community?

It is important that we consider these and other scenarios when thinking about personal preparedness for ourselves and our families. While there are government support systems in place to assist Stanislaus County residents in the event of a public health threat or emergency, these systems may not be up and running immediately and could quickly become overwhelmed. When this happens, we must be prepared and ready to support ourselves and our families until local relief and recovery efforts are able to assist. Together, we share this responsibility of preparing on a personal level.

Personal Preparedness starts right in your own home. The Federal Emergency Management Agency's 2009 Citizen Corps National Survey indicates that over 60% of the American population expects to rely on emergency responders in the first 72 hours following a disaster. Of those surveyed who perceived themselves to be prepared, only 35% had a household emergency plan, 77% had not conducted a home evacuation drill, and over 73% did not know their community's evacuation routes.

Personal Preparedness involves four basic steps:

Be informed of what to do before, during, and after an emergency;
Make a plan by preparing and practicing what to do during emergency situations;
Build a disaster kit with enough food, supplies, and first aid and medical needs for at least 72 hours; and
Get involved and find opportunities to support personal, family, and community preparedness.



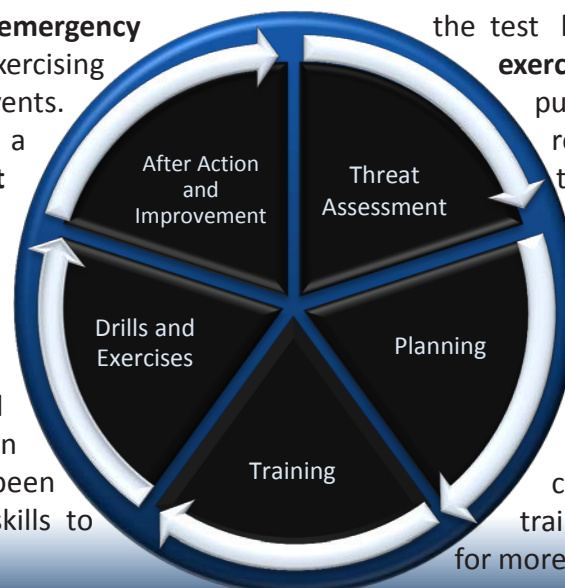
Online resources like ready.gov offer tips and planning tools that can help you and your family be informed and prepared. Local preparedness information is also available at Stanislaus County's own stanemergency.com with ongoing updates provided on Twitter and Facebook.

Stanislaus County residents can "get involved" and volunteer their time by joining the **Stanislaus County Medical Reserve Corps (SCMRC)**. The SCMRC offers personal preparedness training and provides many opportunities to practice emergency preparedness in action with your colleagues. All disasters start and end at the local level. By volunteering with the SCMRC you will be prepared, trained and ready to respond to the needs of the community!

It's Time To...Exercise!



The SCMRC contributes to public health emergency preparedness by planning, training and exercising in disaster and emergency response events. Emergency preparedness involves a **continuous cycle of quality improvement** comprised of five basic steps. Once a **threat** is identified, a written **plan** is created documenting the staff and resources required to mitigate its potential effects. Personnel likely to respond to a threat must then be **trained** according to the strategies developed in the response plan. Once personnel have been trained, they must put their response skills to



the test by participating in **drills and exercises** to ensure a competent public health workforce is ready to respond effectively to any local threat. Following an exercise, drill or actual incident, an analysis or **After Action Report** of the outcome results in an **Improvement Plan** that is used to revise and further enhance local public health emergency preparedness and response capabilities. See the enclosed training and exercise schedule for more information and...**Get involved!**

Volunteer Spotlight



In each issue of Standing Strong, the SCMRC recognizes volunteers for their outstanding contributions to public health emergency preparedness and the Medical Reserve Corps. In recognition of his selfless dedication, we would like to shine a spotlight on member **Matt Innes, EMT and Army National Guardsman**.

Matt is currently employed by the Stanislaus County CEO's Office Capital Projects Division and has been a volunteer with the SCMRC since November of 2010. Matt first heard about the MRC through a friend in the Army and felt he could use his training and skills to make a positive difference. In Matt's words, training with the MRC "means that I would have an opportunity and the ability to help in an emergent situation in the county or the state."

Matt has participated in many of the trainings the SCMRC has to offer and feels that the "Shelter Operations and Field Hospital Mobilization was the most enjoyable and realistic application of the skills we learned in the MRC."

During the exercise, Matt performed in a leadership role as the Incident Commander and directed the shelter mobilization efforts.

To promote SCMRC growth within the medical community, Matt commented that "medical professionals like training, and we have to be given the opportunity to utilize that training."



Matt takes the lead as Incident Commander during the April 2012 Alternate Care Site Deployment Exercise.

Going forward, Matt will continue to participate in SCMRC volunteer opportunities that support continuing education and training. He also anticipates utilizing the skills he has developed in the SCMRC to take part in non-disaster related activities including health fairs and flu clinics.

The SCMRC thanks Matt for his spirit of volunteerism!

SCMRC Advisory Board



Local professionals from various backgrounds contribute their time and expertise by serving on the **SCMRC Advisory Board**. The Board sets the tone and direction of the SCMRC and has established policies instituting a three year strategic direction to expand and enhance the capabilities of the unit. Board priorities include the ability to fully staff a 50-bed medical shelter for 72 hours, to increase volunteer proficiency through training and exercises, and to implement a training track for physicians.

Chairing the Advisory Board is **Marilyn Smith, Response and Transport Coordinator with the Mountain Valley EMS Agency**. Based on a recommendation from Dr. John Walker, county Public Health Officer, Marilyn became the first Advisory Board chair in 2008. Her experience and policy writing skills were key in the early development of the Stanislaus County unit.



At the last **General Meeting and Recognition Ceremony**, Marilyn was presented with a special award honoring her for her hard

work, dedication, and contagious enthusiasm as Board Chair. Recognizing the important role the Medical Reserve Corps plays in the community, she noted that our volunteers "would be able to provide additional staffing and resources in the event of a large scale incident. The Medical Reserve Corps, to me, means working to ensure that the citizens of Stanislaus County have a better level of service."

Marilyn remains positive about the progress of the Medical Reserve Corps and, in a recent phone interview, shared her excitement about ongoing efforts "to work toward goals and strategic priorities that provide more choices for volunteer involvement. Our new training plan offers additional opportunities that focus on meeting the needs of the medical and non-medical volunteers participating in Medical Reserve Corps activities."

Marilyn's years of service have contributed greatly to the success and growth of the SCMRC and she remains a strong member of the board to this day.

