

Minnesota Responds



Central Region

Central Region Minnesota Responds MRC

Local Program Administrator
for Benton County:

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VOLUNTEER NEWSLETTER 2009, ISSUE 1

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“Volunteers don’t necessarily have the time, but they have the heart!”

Unknown Author

April 19-25, 2009 is National **Volunteer** Recognition Week. This week has been designated as a time to recognize and celebrate

the efforts of **volunteers** at the local, state, and national levels. National **Volunteer** Recognition Week was created in 1974 when President Richard Nixon signed an executive order to establish the week as an annual celebration of volunteering. And every year since that time, each U.S. President, along with many governors, mayors, and other elected officials, has signed a proclamation promoting National Volunteer Recognition Week.

As a Central Region MN Responds MRC **volunteer**, you are making a significant contribution to your community. It means you are willing to give of your time, talents, and heart. For this, you are appreciated and we thank you!

‘Anthrax Emergency’ Put Responders to the Test By Jennifer Edwards, Staff Writer

Article reprinted with permission from the West Sherburne Tribune, Big Lake MN

The Sherburne County Public Health Dept. held a Public Health Readiness Initiative exercise at city hall in Big Lake Thursday.

The exercise gave county public health staff and **Minnesota Responds Medical Reserve Corps (MRC) volunteers** an opportunity to practice emergency procedures for dispensing medications to a large group of people as quickly and efficiently as possible.

The exercise began at 10:30 a.m. and 35 minutes

later, 40 of the 45 people participating had received

"antibiotics" for themselves and their families.

They were also armed with the knowledge of what to do if they had any symptoms or difficulties with the drugs they were given.

The exercise was funded by the Public Health Preparedness and Cities Readiness Initiative

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Grants.

"We undertake these exercises so that we are prepared," said Sherburne County Public Health Director Vonna Henry.

"It is very important that our staff and **volunteers** understand the roles and responsibilities they will have in an emergency. The exercise gives us an opportunity to test our plans and to learn. We will make changes based on the evaluations of those involved," she said.

The scenario of the exercise involved the "discovery" that anthrax spores had been released at a packed public meeting of the Big Lake City Council. Council members and city staff, including public works, played their part.

"Council members, as city leader, would be considered mission critical," said Henry.

Participants in the exercise were asked to come to city hall to pick up medications for themselves and their family members to prevent anthrax. They received M&Ms or fruit gummies instead of actual medications from the Strategic National Stockpile program.

They were greeted by security officers from the Big Lake Police Dept. Anyone who exhibited symptoms of anthrax (a blister or sore or flu-like symptoms depending on the type of anthrax), was redirected to receive treatment elsewhere.

Each person admitted to city hall was asked to fill out a form for themselves and their family members to obtain the correct "medication."

They then met with public health nurses or **volunteers** who dispensed the medication. Anyone taking other medication or who had other health issues was

referred to a pharmacist volunteer. Each participant was then given an opportunity to ask questions and fill out an evaluation form.

"We have the opportunity to test some different scenarios," said Henry. "We were very pleased to be able to use this location as people can come in by one door and leave by another. We are also thankful to have the cooperation of city staff to help us."

"We are required to do a full-scale exercise once a year as part of the Cities Readiness Initiative," said Public Health Planner Marcia Engvall. "We can scale it up or down. If we had more people, we would have more reserve officers on hand. Today we have seen about 40 people."

Sherburne County has over 70 **volunteers** registered in MRC, Engvall said. Five participated in Thursday's exercise.

"They are already trained and we can speed up the process by having more people dispensing medications," Engvall explained. "It also gives us an opportunity to work with other agencies, **volunteers** and organizations."

The drill was planned by staff from Sherburne County and the City of Big Lake.



Photos Courtesy of Marcia Engvall, Sherburne County

You're in Good Company

We have 935 Volunteers in the Central Region MN Responds MRC Unit.

There are 526 Nurses.

Crow Wing County has the most **volunteers** in our unit with 184. Wright County is second with 176. Most **volunteers** are Level 3 which means your credentials have been verified.

271 **volunteers** have completed Orientation.

581 **volunteers** are CPR Certified.

180 **volunteers** work for a hospital.

Getting to know a local Volunteer

Name: Robert B Nemeth, DDS, MSD

Occupation: Orthodontist - Nemeth Orthodontics in St. Cloud, Sartell, and Mora

County Unit: Stearns

Years in Central MN Responds MRC Unit: 1

Do you have any response experience?

Yes, US Army – Vietnam late 1967 to early 1969. I was a dentist for the Army, but helped out with everything. For disaster/emergency response, I learned triage and major & minor operating skills.

Why did you sign up with MN Responds?

I received a mailing, the one targeted to dentists. With my training from the Army, I thought I might be of help.

What trainings/exercises/workshops have you attended as a MRC Volunteer?

I have attended Orientation, Personal and Family Preparedness, the State Citizen Corps Conference, Psychological First Aid, Exercise

Design, NIMS (IS-700), and Neighborhood Watch. Every opportunity has been great, I really appreciated learning all the basic preparedness skills.

What is in your deployment bag?

Everything suggested by Cynthia Heltunen (in the Central Region MN Responds MRC Newsletter 2008, Issue 4).

What is one piece of advice you'd give to your fellow volunteers?

Attend workshops & rehearse. If you rehearse this, when the time comes around – when we are called to respond, we've been through it. We'll know what to do.

Dr. Nemeth went to Ohio State for both his undergrad and dental school, then into the Army Dental Corps. After getting out he went to the University of Minnesota for Orthodontics. For the last ten years, Bob and one of his sons have been in practice together. He also has three more children, a physician, engineer, and teacher. When not working, Dr. Nemeth enjoys most all outdoor sports, citing kayaking, biking, and skiing among his favorites.



Vaccinations

Due to the nature of disasters, we can not guarantee to have vaccinations and immunizations for **volunteers** when you arrive on site. Do us, and yourself, a huge favor and ensure that your vaccinations are up to date!

Tetanus - If you have not had a booster shot in 10 years or more, you should receive a tetanus shot. If you never had the initial childhood tetanus vaccines, you should receive a series of three tetanus shots.

Hepatitis B - If you will be performing direct patient care, be expected to have contact with bodily fluids, or

you simply wish to be protected from this disease you should get the Hepatitis B vaccine.

Influenza - You should get a flu shot every year, not only to protect yourself but to protect those that you are working with (patients) and also your family.

Other vaccinations are recommended for adults, but not necessary for response. What vaccines do you need? Check out this interactive website: <http://www2.cdc.gov/nip/adultImmSched/>



Medical Reserve Corps Volunteers: Examples of Preparedness

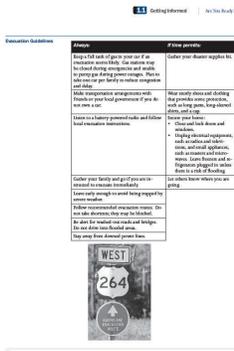
By Kelly Longueville, Benton County Public Health Unit Intern

Ensuring our volunteers complete a personal and family preparedness course is one of the MRC core competencies. The Central Region MN Responds MRC Unit has asked each county to provide one of these trainings per year, but there are a few online options that we have reviewed and meet the requirement. If you are prepared at home, you are more willing to go to work and/or volunteer to help your community. If you know your family is safe and cared for, the better **volunteer** you will be.

FEMA IS-22 Are You Ready? An In-depth Guide to Citizen Preparedness

<http://www.training.fema.gov/EMIWeb/IS/is22.asp>

This training provides detailed information on basic preparedness, natural hazards, technological hazards, terrorism, and recovery from disasters. It also provides several tools, tips, and checklists for easier and more convenient emergency preparedness. From this



training you will gain a lot of knowledge on how to be ready for several different disasters, what to include in your kits, and how much of everything you will need. This easy to follow manual is available in PDF format and is a great way to get the entire family involved in your emergency planning.

Personal & Family Emergency Preparedness, Minnesota Emergency Readiness and Emergency Training (MERET)

http://cpheo.sph.umn.edu/cpheo/events/rounds/rounds_120606.html

This training is designed to reduce barriers when it comes to emergency preparedness. It is an activity-based curriculum with several tools available to use in your own personal planning. Outlined in the video training are things like being ready for disasters that may happen in your area, different

Evacuation Procedure

- Take emergency Go Kit
- Lock your home
- Turn off utilities if time permits
- Make arrangements for pets
- Post a note and/or initiate emergency communication plan
- Go to designated family meeting site
- Use OK'd travel routes



codeReady

UNIVERSITY OF MINNESOTA
MERET
Minnesota Emergency Readiness and
Evacuation Training

types of plans, obstacles and realities when it comes to planning, home health care, and having a family emergency and evacuation plan.

American Red Cross, Be Red Cross Ready

<http://www.redcross.org/beredcrossready>

This user friendly training informs you about the basic steps to take when planning for an emergency. It is an interactive easy to use presentation that introduces you to how to make a kit, what to include in your kit, steps on how to design an emergency plan, and basic CPR and AED skills. It also provides links to more available information and tools to aide in your emergency planning.



You know those mass emails you get regarding trainings and other 'goings on' in the Central Region? They all come courtesy of Tony Buttacavoli, the Regional Administrator. As Regional Administrator, Tony represents us all at state meetings and with the federal MRC program.

Getting to know a local Administrator



Name: Tony Buttacavoli
Occupation: Emergency Preparedness & Special Projects Coordinator; Local Administrator for Central Region MN Responds MRC unit.
County Unit are you in: Isanti
Years in the Central MN Responds MRC Unit: 1 year 10 months

What do you do as the administrator? As a local administrator I promote our Central Region unit to

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Training Schedule Update

Hello Volunteers! These are the trainings currently scheduled **April through June 2009**.

You can attend any one of these trainings, regardless of location! *Registration is required for all trainings* and some locations have size restrictions so call the individual listed for more details or to register.

MN Responds MRC Orientations

*Wednesday 4/8, 6:00 - 8:00 p.m. Chisago County, Gov't Center (Center City). Call Jodi Budde (651) 213-5224.

* Monday 5/1, 4:00 - 6:00 p.m. Sherburne County Gov't Center (Elk River). Call Marcia Engvall (763) 241-2750.

*Wednesday 5/20, 6:00 - 8:00 p.m. Chisago County, Gov't Center (Center City). Call Jodi Budde (651) 213-5224.

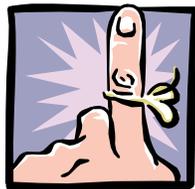
Personal & Family Preparedness

*Wednesday 4/22, 6:00 - 8:00 p.m. Chisago County, Gov't Center (Center City). Call Jodi Budde (651) 213-5224.

Psychological First Aid

Check the Central MN Red Cross Website for dates. <http://www.cenmnredcross.org/>

After a training, whether in person or online, remember to update your training profile on www.mnresponds.org and send a copy of the completion certificate to your county MN Responds MRC administrator!



Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain love for one another. - Erma Bombeck

Local Administrator Continued from Page 4

others; educate partner organizations and the community at large; and support or troubleshoot any issues Isanti County volunteers may have with MN Responds MRC or public health in general.

Do you have any disaster response experience? I have not responded to any "disasters" but I do have experience with emergencies, previously being an EMT-B, and a public safety officer for Saint Cloud State University and Allina Health Systems. As for public health situations, formerly as the emergency preparedness planner for Ramsey County, I assisted in a 2006 Pediatric Flu vaccine Clinic at Children's Hospital in St. Paul where 1600+ youth were vaccinated within a few hours. I also participated in a impromptu clinic to screen and care for 100 recent Somali immigrants from a refugee camp in Kenya for Polio exposure.

What's in your deployment bag? Of course my name tag and map of Minnesota. Other things I have: A decent first aid kit, tape, latex gloves, crank flashlight, family communication plan; pen and paper; granola bars; Leatherman; reflective vest; hand sanitizer, rain poncho, tooth brush and paste; work gloves. Things I need to add: picture of loved ones, sun glasses, sun screen, over the counter medicine (Tylenol, ibuprofen, allergy...), and insect repellent.

"Isanti County volunteers are an important part of our overall county's response and recovery planning. I have an open door mentality and I'm available to assist volunteers with any questions or concerns in regards to MN Responds MRC or public health topics.

Being involved in MN Responds MRC has been a refreshing experience. The thing I like most about it is how a diverse group of professions is brought together to work on one mission. I feel great when I see that we have nearly 1,000 citizens registered in the Central Region MN Responds MRC who have stepped up and are committed to there for me, my family and friends and community if needed during time of emergencies. THANK YOU!"

Tony has his bachelor's in Sports Medicine and Community Health and is recently working towards his master's degree in Public Safety Administration. Tony resides in Cambridge with his wife Kristin and daughter Emilia. His hobbies include anything with cars, landscaping, and home improvement.





**Central Region
Minnesota Responds MRC
Volunteer Newsletter
2009, Issue 1**

Volunteer Address Label

EXERCISE ANNOUNCEMENT

The Central Region MN Responds MRC Unit will be participating in a Metropolitan Statistical Area exercise in June! We will be initiating the activation feature of the MN Responds online program. We need you to update your online profile so you can be included! Please ensure your phone numbers and email address are correct. <http://www.mnresponds.org>

Remember that when you leave this earth, you can take with you nothing that you have received - only what you have given: a full heart, enriched by honest services, love, sacrifice, and courage. - St. Francis of Assisi

*The miracle is this - the more we share, the more we have.
- Leonard Nimoy*

*The breeze, the trees, the honey bees - All Volunteers! -
Juliet Carinreap*

Now accepting
Questions **Comments**, and
Suggestions
for future newsletters!

Please email
Tony.Buttacavoli@co.isanti.mn.us
and write in the subject line
"MN Responds Newsletter"