



Central MN Responds MRC

Serving Benton, Cass, Chisago, Crow Wing, Isanti, Kanabec, Mille Lacs, Morrison, Pine, Sherburne, Stearns, Wadena, Wright, and Todd

Contact your Local Benton County Coordinator

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VOLUNTEER NEWSLETTER 2012, ISSUE 3

Operation Gone with the Wind



On June 20th & 21st, Twelve Central MN Responds MRC Volunteers donated two days to training and exercise at Camp Ripley. The event was the immediate aftermath of a tornado, and volunteers worked as staff in a surge hospital, with local public health Community Assessment Teams in the field, with the Mobile Medical Team in Alternative Care Sites, and with coordination of response 'in the office'.

Over 400 people from over 100 agencies representing Public Health, Hospitals, Long-Term Care, EMS, National Guard, US Marine Reserve Corps, Emergency Management, Red Cross, CERT, and the Minnesota Department of Health participated in the two day event sponsored by the Central and West Central MN Healthcare System Preparedness Programs. See more pictures (and captions) on page 3. *Quotes are from the MRC Participant Survey.*



"the chaos became real..."



"Thank you for the opportunity to volunteer ... I would do it again in a heartbeat!"



"To know the capability that exists in an emergency and what my role can/could be. To understand how this whole thing works real time vs just on paper.....invaluable!"

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Operation Gone with the Wind

June 20 & 21st
Camp Ripley



What additional training would have been helpful?
*"I asked **lots of questions** with my team and that helped."*



"Our team utilized the skills each person had by getting us all to introduce ourselves to our group and then divided us up based on skills and assigned roles. So we knew and performed where we felt comfortable and could effectively contribute."



Did the training you receive on Wednesday help prepare you for the exercise on Thursday?
"Absolutely! It put it in context and helped us see the enormity of it all...to see all of the equipment they had in those trailers was unbelievable helpful. So unpacking it and repacking it was essential for us on the exercise day. If we had not gone through that exercise it would/could of taken us so much longer to perform that initial setup."

Photo Captions: (**red, bold text denotes Central MN Responds MRC Volunteers**)
 (1) **Shelly M.** and the Public Health Community Assessment Teams, (2) **Tom C.** checking in for Day 2 as a victim, (3) the Alternative Care Site in the gymnasium, (4) **Volunteers** with the patients in Triage at the receiving hospital, (5) **Volunteers** and healthcare employees learning to use the exercise slides during patient transport training, (6) doctor and National Guard collaborating on patient care, (7) **Dr. Bob N.** ready for training Day 1, (8) 'tornado' effects at the cinder block city, (9) **Volunteers** providing care for victims of a simulated car crash, (10) Wisconsin National Guard provided security around the perimeter, and helicopters transported patients, (11) **Volunteers** with the MN Mobile Medical Team during introductions, (12) the bright blue MRC t-shirts and vests were visible throughout the exercise, (13) **Dr. Joe W.** reporting for duty at the receiving hospital with his deployment bag, (14) **Barb S.** provides care in the alternative care site while working with the MN Mobile Medical Team, (15) **Tina S.** assisted the Central MN Responds MRC Unit Coordinator Tony Buttacavoli in the Multi-Agency Coordination Center (MACC).

July 30, 2012

Dear MRC Leaders, Volunteers, and Colleagues,

Medical Reserve Corps leaders and members serve as role models in all aspects of health. The Office of the Surgeon General relies on you as force multipliers in delivering the Surgeon General's public health priorities, and promoting her vision for a fit and healthy nation. Through your efforts, those in your family, workplace, and neighborhoods can have a greater knowledge of what it means to lead a healthy lifestyle. And this ties into our preparedness and response mission as well, as we are all aware that the healthier a community is before disaster, the less vulnerable and more resilient that community is in the aftermath of that disaster.

We, as leaders in health – both at the Federal level in the U.S. Public Health Service and as leaders and volunteers in the Medical Reserve Corps – have a distinct job to serve as visible examples. It is not enough to tell others what they need to do to live a healthy life. We must also lead by personal action. If we are not ourselves fit, we are at a great disadvantage for demanding it in others. I am writing this note as I prepare to leave for annual leave, which will include my attempt to reach the summit of Mt Rainier (20 years after my first climb—yikes!).

It is also imperative for us to be fit to respond. There have been instances where those deployed to disasters are quickly sent home when it is determined their own health issues prevent them from helping. You must first know you are able to withstand potentially austere conditions in order to be effective. As responders, it is our duty to not be a burden on an already overwhelmed system.

It is not enough to share a message; we must also be the message. By serving as examples for others, we provide them with a model to follow. The lesson is heard much more clearly when the one doing the educating practices what they preach. Through our own personal fitness, we are more resilient and better able to help.

It is my pleasure and honor to serve alongside you as we strive to improve the health of ourselves and others. This commitment to health and well-being is one for a lifetime and provides the greatest return on investment. Being healthy is a gift to yourself, your family, and your community.

Be well,

RADM Boris D. Lushniak, MD, MPH
Deputy Surgeon General
US Public Health Service

<http://www.surgeongeneral.gov/about/biographies/biodeputy.html>



Ed. Note: RADM Lushniak made it to the summit of Mt. Rainier, this picture was submitted by the Division of the Medical Reserve Corps, Office of the Surgeon for inclusion in our newsletter.



Online Resources for Healthy Living

<https://www.presidentschallenge.org/>

<http://www.fitness.gov/>

<http://www.letsmove.gov/>

<http://www.health.gov/>

<http://www.choosemyplate.gov/>

<http://www.cdc.gov/HealthyLiving/>

<http://www.mayoclinic.com/health/HealthyLivingIndex/HealthyLivingIndex>

<http://www.minnesotagrown.com/>

<http://www.health.state.mn.us/macros/topics/prevention.html>

Training Updates

Psychological First Aid

Central Minnesota Chapter, American Red Cross (St. Cloud)

Tuesday November 6th 6:00-10:00 pm

To Register: (320) 251-7641

Max 25 participants

Fall into Preparedness Workshop

Saturday October 13th 9am-12:45pm

Whitney Senior Center, St. Cloud

Watch for more information

To Register: <http://www.co.sherburne.mn.us/hhs/volunteer/> or contact your local coordinator

The Medical Reserve Corps of Greater Kansas City (MRCKC) has developed training videos for Volunteers on assisting those with functional needs in a mass care disaster shelter.

The videos received the National Innovator Award at the Integrated Training Summit in Nashville this year. Thirteen Training for Volunteers in Disaster Shelters videos have been uploaded, and 13 more will be released October 2012. The posted videos are short, one-to-four minutes, and topics include:

- Universal Precautions
- Body Mechanics
- Initiating a Conversation with a Disaster Victim
- How to Use a Wheelchair
- Transferring from Bed to Wheelchair
- How to Use a Patient Lift
- Use of a Sliding Board
- How to Use a Gait Belt
- How to Use a Nebulizer
- Blood Glucose Monitoring
- Assisting in Feeding
- Administering Tube Feeding
- Bedpan Usage
- Changing a Colostomy Bag
- Emptying a Colostomy Bag

They can be found online at:

<http://mrckc.org/trainingvideos.asp>

The Central MN Healthcare Systems Preparedness Program has announced that they will conduct another full scale functional exercise, Spring 2013 with a potential theme of infectious disease.

Do you want to participate?

Update your www.mnresponds.org profile contact information, email and phone, to make sure you are receiving our emails/ notifications and ensure your license (if applicable) is verified by your state licensing board.

Review your trainings, add what you have completed. You can upload your certificates to your profile or send copies to your coordinator to verify.



In order for you to participate in this full scale functional exercise, the following trainings must be completed and verified on your profile: Orientation (in person, or online), Personal and Family Preparedness (in person, or online), and both National Incident Management System (NIMS) IS 700.A and Incident Command System (ICS) IS 100.B (online <http://training.fema.gov/IS/crslst.asp>).

Because of the potential theme, additional classes to take would be Mass Dispensing Sites: A Primer for Volunteers, Oh, The Places You'll Go: Providing Care in Non-Traditional Settings During an Emergency, and The Off-Site Care Facility-An Alternate Care Site: A Primer for Volunteers all from the University of Minnesota's School for Public Health's online Continuing Education courses: <http://www.sph.umn.edu/ce/online/>.

Watch for more information early next year!



Fall into Preparedness

Central MN CERT/
MRC Workshop

Saturday October 13th
9:00a - 12:45p

CLICK to Register

Questions, Comments, and Suggestions for future newsletters please email to Tony.Buttacavoli@co.isanti.mn.us and write "MN Responds Newsletter" in the subject line