

Minnesota Responds



Central Region

Central Region Minnesota Responds MRC

Local Program Administrator
for Benton County:

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<http://www.co.benton.mn.us/PubHealth/mnresponds/index.htm>

VOLUNTEER NEWSLETTER 2008, ISSUE 4

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CITIZEN CORPS CONFERENCE

READY, SET, GROW!

NOVEMBER 14-15

On Friday and Saturday, November 14 & 15, several volunteers and county administrators from the Central Region MN Responds MRC Unit went down to the Continuing Education Building on the St. Paul Campus, University of Minnesota. Now if you have never been to a conference or training at the Continuing Ed. Building, they really know how to do it! The facility itself is great, and they always feed us very well!



Friday we learned about all of the Citizen Corps programs which include the Medical Reserve Corps, CERT (Community Emergency Response Team), VIPS (Volunteers in Police Service), Fire Corps, and USA on Watch, which is the expanded neighborhood watch program. To learn more about all of these programs, visit the Citizen Corps website www.citizencorps.gov

In the morning, they had a panel discussion with leaders from the Hugo Tornado response. They showed a (12 minute) video that was very visual. You can view this video at the City of Hugo website <http://www.ci.hugo.mn.us/> (links to a YouTube video).

Friday afternoon and Saturday included some very informational breakout sessions. Attendees could take Psychological First Aid, National Incident Management System (NIMS), Rural Search and Rescue, and Moulage!

There were several vendors set up in the lobby of the conference center, talking about different volunteer programs and supplies. I picked up a fun, colorful home hazard brochure from the Fire Corps table.

All in all, it was a great conference and we look forward to next year!



C. Heltunen - Benton County

Anatomy of a Deployment Bag

Cynthia Heltunen is the Central Region MN Responds MRC county administrator for Benton County. She keeps her deployment bag stocked and ready to go with just a few last minute additions!



Flashlight & extra batteries
 MN State Road Map
 Small Garbage Bags
 Bandana
 Sunscreen
 Bug Spray
 Sewing Kit for quick mends



Work Gloves
 N95 Respirator Masks
 Snack
 Water Bottle
 Deployment Bag Checklist
 Pens/Small Notepad
 Sunglasses

Remember!

Photo ID
 ID Badge (if you were given one)
 Credentialing Information
 Personal Medications
 Some Cash, Credit/Debit Card
 Cell Phone
 Family Communication Plan

Eye Drops
 Pain Reliever
 Antacids
 Band-Aids
 Lotion
 Hand Sanitizer
 Chapstick
 Antibiotic Ointment
 Hand & Face Wipes

Cynthia's Hints & Tips:

- Consider dual-use items, such as my band-aids with the antibiotic cream and snack that has comfort and energy capabilities.
- Pack all liquids in sealable bags. This will prevent spills! I also pack all 'like' items together such as medications.
- I label EVERYTHING: Cynthia - Benton. That way everyone knows it's mine. While it's nice to share, in a response you're going to need to take care of yourself and you'll want to ensure you have your supplies when/if you need them.
- Check your bag periodically. Make sure you have all your supplies, and that things haven't expired. Replace perishables. Nothing is worse than old, bad chocolate!
- Don't use supplies out of your bag, unless it's an emergency. I probably wouldn't remember or replace them, so I'd be missing things I need.
- Your MN Responds Deployment Bag is the bag that you'll bring to one-day response or onsite for a multi-day overnight stay response. Pack it with the things you'll want/need during the day.

You don't have a bag? You want one? Attend Orientation!

*Do you have a stocked bag? Send us a picture! It may be included in a future newsletter.
 Tony.Buttacavoli@co.isanti.mn.us*

Training Schedule Update

Hello Volunteers! These are the trainings currently scheduled **January through March 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

*Tuesday 1/6 6:00 - 8:00 p.m. Wright County, Human Services Building (Buffalo). Call Jon Young (763) 682-7507.

* Tuesday 1/13, 6:00 - 8:00 p.m. Isanti County, location TBD. Call Tony Buttacavoli (763) 689-8284.

* Monday 2/9 5:00 - 7:00 p.m. Wadena County, Public Health Office (Wadena). Call Deb Belch (218)631-7629.

* Tuesday 3/24 7:00 - 8:30 p.m. Pine County, location TBD. Call Pauline Amundson (320) 469-0399.

* Tuesday 3/24 4:00 - 6:00 p.m. Benton County, SRR Middle School (Sauk Rapids). Call Cynthia Heltunen (320) 968-5147.

Personal & Family Preparedness

* Monday 2/9 4:00 - 6:00 p.m. Sherburne County, Government Center (Elk River). Call Marcia Engvall (763) 241-2750.

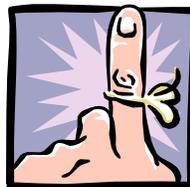
* Monday 2/23 5:00 - 7:00 p.m. Wadena County, Public Health Office (Wadena). Call Deb Belch (218)631-7629.

Psychological First Aid

* Tuesday 2/17 5:00 - 9:00 p.m. Wadena County, Public Health Office (Wadena). Call Deb Belch (218)631-7629.

* Saturday 2/28 8:00 a.m. - 1:00 p.m. Morrison County, Gov't Center (Little Falls). Call Sandra Driscoll (320) 632-0373

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!



Central Region MN Responds MRC Unit Update

Demographic Profile:

925 registered volunteers total.

Physicians= 15
Physicians Asst= 5
Nurse Practitioner= 14
Nurses= 571
Pharmacists= 16
Dentists= 2
Veterinarians= 28
Mental Health= 47
EMS= 54
Respiratory Therapists= 5
Other PH & Med= 60
Non PH & Med= 108

Training Profile:

FEMA IS-100= 98
FEMA IS-200= 68
FEMA IS-700= 116
Psych First Aid= 126
Orientation= 256
Mass Dispensing= 30
Personal & Family= 39
400 volunteers have completed at least one training.

Our goal is to have at least 80% of our volunteers complete orientation. If you have not taken orientation, how can we help you? Please let us know.

Did You Know?

The University of Minnesota Center for Public Health Preparedness has an extensive online training program?

<http://cpheo.sph.umn.edu/umnphp/>

PREVENTING HOME FIRES A CITIZEN'S RESPONSE

According to FEMA more than 4,000 Americans die and more than 20,000 are injured as a result of fires – many of which could be prevented. Direct property loss due to fires is estimated at \$8.6 billion a year.

When there is a fire, do not waste time gathering valuables or making a phone call. Fires can spread quickly, becoming life threatening in two minutes and engulfing a residence in as little as five minutes. While flames are dangerous, heat and smoke can be more dangerous and can sear your lungs. As the fire burns, poisonous gases are emitted that can cause you to become disoriented or drowsy, which could put you into a heavy sleep. The leading cause of fire-related deaths is asphyxiation, outnumbering burns by a three-to-one ratio. It is important to learn about fires in order to protect yourself and your family.

Step 1: Have a Kit

In addition to your family kit, you may want to have a portable kit and keep it in your car or a garage not attached to the house. This kit should contain:

- Copies of prescription medications and medical supplies,
- Bedding and clothing,
- Bottled water and a snack,
- Flashlight (don't forget the batteries!), and
- Copies of important documents.

Step 2: Make a Plan (for your escape)

Consider your evacuation routes from each room. Pick a spot for your family to meet, close enough for the kids to get to but far enough away from your house. Make sure your kids know where the meeting spot is. Practice, Practice, Practice! Inquire about emergency plans at places your family spends time: work, child-care providers, and school. Notify



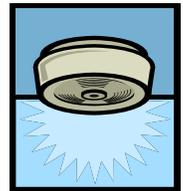
caregivers and babysitters about your plan. Make a plan for your pets!

Things to consider:

- Make sure windows are not nailed or painted shut. Make sure security gratings on windows have a fire safety opening feature.
- Consider escape ladders.
- Make sure burglar bars and other antitheft mechanisms that block outside window entry are easily opened from the inside.
- Teach family members to stay low to the floor where the air is safer and get out as quickly as possible.
- Clean out storage areas. Do not let trash accumulate.

Step 3: Be Informed

Install Smoke Alarms! According to FEMA, properly working smoke alarms decrease your chances of dying in a fire by 50%. Place smoke alarms on every level of your residence, outside of bedrooms on the ceiling or high on the walls, at the top of open stairways or at the bottom of enclosed stairs, and near (but not in) the kitchen. Test and clean smoke alarms once a month and replace batteries **at least** once a year. Replace smoke alarms once every 10 years.



What can you do? Prepare yourself first. **Then talk to your family and friends about safety.**

For More information visit:

<http://www.usfa.dhs.gov/citizens/index.shtm>

Information Adapted from:

*<http://www.ready.gov/america/beinformed/fires.html>

Now accepting
Questions
Comments, and
Suggestions
for future newsletters!

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