



### Central MN Responds MRC

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## VOLUNTEER NEWSLETTER 2012, ISSUE 4

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## Fall into Preparedness

On Saturday October 13th, the Central MN Responds Medical Reserve Corps (MRC) Unit, the Benton/Stearns Community Emergency Response Team (CERT) and the Sherburne CERT, facilitated a half-day workshop for MRC and CERT volunteers in the fourteen county Central Region. The workshop was held in St. Cloud at the Whitney Senior Center. The morning opened with a presentation by the MRC Coordinator and a Volunteer who responded to the June 2012 Flood in the Northeast (Duluth). The volunteers then chose two of six breakout sessions. Sessions included Homemade IED Awareness, Marketing Yourself as a Volunteer, Patient Movement and Transport, Volunteer Safety, ICS Overview, and the MN Mobile Medical Team. The day ended with a presentation about Emotional Intelligence and how that can make you a better volunteer; and door prizes were given away. A total of 56 MRC or CERT Volunteers, local coordinators, and guests attended the event.



Volunteers in Patient Transport and Movement.



Volunteers in the closing session.



**We look forward to the next one!**

The Central MN Responds MRC Unit Coordinators would like to thank Barb Schmit and Judith Sawaert for serving on the planning team for the Workshop. Your assistance was much appreciated!

### Central MN Responds MRC Volunteer Activities

**11/24:** 6 Volunteers attended the American Red Cross Health Services Training in the Twin Cities.

**10/15:** 3 Volunteers helped with a race track crash exercise in Kanabec County.

**10/13:** 26 Volunteers attended the Fall into Preparedness Workshop.

**10/7:** 1 Volunteer staffed a Family Emergency Preparedness booth at the Rice Youth Safety Day in Benton County.

**Sept, Oct:** 2 Volunteers served on the planning team for the Fall into Preparedness Workshop.

The American Red Cross has a long history of providing disaster relief (131 years). The Medical Reserve Corps has a fairly short history (10 years!) but the capabilities to work together are immense.



The Red Cross knows sheltering; they have been doing it for years and are good at it. The Red Cross knows family assistance centers; they hold the agreement with the Federal Aviation Association (FAA) to provide these services and care following any aviation emergency/disaster.



What the Medical Reserve Corps brings to the table is a vast pool of trained, **local** medical and non-medical Volunteers who know their communities, know their resources, and can provide direct patient care or assistance under the auspice of either a government entity or healthcare facility.



Both Volunteer groups are essential to response and recovery, both have proven themselves to be effective and willing to learn, train, and respond.

When events like Hurricane (or Super Storm) Sandy occur, it is natural for you, as a Volunteer, to want to do something. As an MRC Volunteer, the options to respond out of our jurisdiction (state), are limited. But as a Red Cross Volunteer, if your schedule allows, there are possibilities to gain a vast amount of knowledge and learn new skills that will benefit our MRC unit and our communities.

We will continue to send Red Cross opportunities as appropriate. If you don't receive information following significant national events, please check the Documents section of your [www.mnresponds.org](http://www.mnresponds.org) profile as information may be posted there as well.

Hello! My name is Kimberly Thon. I work for the Central/West Central Healthcare Preparedness program through the St. Cloud Hospital as an Emergency Preparedness Specialist. I have been a MRC volunteer for about two years. I received information through MRC that the American Red Cross was looking for people to do a "just-in-time" Health Services training to respond to Hurricane Sandy. Through my employment, I have partnered with our local MRC and American Red Cross and knew it was time to put my talents and training to work!



I took the training through the Twin Cities Chapter of the Red Cross, and then was asked to go to New York City for a two-week deployment. The Twin Cities chapter of the American Red Cross (ARC) did a fantastic job of orientation prior to my leaving so I was completely prepared for my journey.

I was orientated to my position at the ARC offices in Manhattan, NY. I left to serve at a mass care shelter on Long Island that same day. This shelter was located at a college gymnasium in Nassau County. It was the last open shelter on Long Island and was home to up to 400 people of all ages, and income levels. Those living in the shelter had enough space for a cot, their blanket/pillow and whatever space was under the cot for their personal items. By the time I arrived, clients had been in the shelter for three weeks. The environment was clean and safe with plenty of food, snacks and beverages. Clients were able to visit health services as necessary, send their laundry to be done, and come and go during daylight hours. However, transportation was very limited so clients were struggling to get medications, meet their personal needs, meet with contractors, or visit their homes. Due to these concerns and difficulties, behavioral health was an integral part of the shelter, especially during evening hours. Behavioral Health was met through the US Public Health Service, along with Nassau County Human Services and the American Red Cross.

As a health services provider, I met clients' needs for anything you can imagine, along with providing services in the isolation area. Health Services worked closely with the Disaster Medical Assistance Team (DMAT), FEMA representatives, ambulance services, law enforcement and behavioral health.

After this experience, I will definitely deploy again, and hope to do more work with our local MRC and American Red Cross. The partnerships we have created over the years have made such a difference to people's lives both today and into the future. I am thankful for the experience!

## Fit to Deploy

When the call comes, do you grab your bag and head out the door? For the first responders among us, I'm sure you have everything (gear, family plan) in order. But for the rest of us, being sent on a deployment - whether for a day or a week - takes some planning.

I recently had the opportunity to deploy as a part of the MN Type-3 All Hazards Incident Management Team (IMT) to the New York State Emergency Operations Center (NYSEOC). I knew I was going to be in the office, in Albany about as far away from the 'action' as MN. Having little to no deployment experience, but plenty of exercise and training experience I knew there were a couple of things I needed.

In the two days I had to get ready, I went and bought myself a pair of comfortable business casual shoes. This was the best investment! We stood for meetings, walked on breaks, and ran from one end of the building to the other.

The rule to remember when packing for deployment is only bring what you yourself can carry. I always travel with a regulation size carry on. This was particularly pertinent as two of my teammates had to gate check, and their luggage took a detour to Alabama. It did arrive late that night, but there is nothing worse than the fear of not having clean...socks.

There were two items of clothing I knew I needed in my suitcase: a pair of cargo pants and a sweater/fleece. Pockets for pens, notepads, and sticky notes were essential! I also always had hand sanitizer, lotion, and lip balm on me. The two extra pockets on the pants were a lifesaver! The temperature in different areas of the building was as variable as 10 degrees, so layers were perfect.

One of the things I wish I had, and purchased after, is a good backpack with water bottle pockets on the outside. It will save your back, shoulders, and day to have all your supplies (and a snack) easily accessible.

As we learn more things about deployment, we will pass them along to you. If you learn something, or know something, that would benefit the other Volunteers, please do pass them on to your local coordinator.

By: Cynthia Poyhonen  
(Benton County)



Cynthia Poyhonen (Benton County)  
in the NYSEOC.

## UNIT GOALS

Offering Volunteer Training Opportunities remains an ongoing Unit Goal. Not only does it build our Unit capacity, it increases the opportunities for you as a Volunteer to deploy and respond.

How can you help? Attend trainings, and just as importantly, update your [www.mnresponds.org](http://www.mnresponds.org) profile! The only way we can filter Volunteers by skills is if your skills, trainings, qualifications, and certifications are updated on your MN Responds profile.



Marcia Engvall (Sherburne County)  
presenting at 'Fall Into Preparedness'.

### Central MN Responds MRC Unit Volunteer Core Competency Training

Volunteers Registered as of 12/12/2012: 1226

	2010	2012	2012
Orientation	34%	444	36%
Personal and Family Preparedness	10%	151	12%
Psychological First Aid	15%	197	16%
National Incident Management System (IS 700)	16%	235	19%
Incident Command System (IS 100)	15%	227	19%
ICS for Single Resource and Initial Action Incidents (IS 200)	11%	164	13%

The National Goal for each of the core competency trainings is 100%. [www.medicalreservecorps.gov](http://www.medicalreservecorps.gov)

In 2010, there were 1154 Volunteers Registered.

Where to get these trainings:

University of Minnesota School of Public Health Online Training Site <http://www.sph.umn.edu/ce/online/>

FEMA's Independent Study Program (IS 700, 100, 200) <http://training.fema.gov/IS/>

<https://www.mrc.train.org/>

Look for flyers, brochures and course information on your [www.mnresponds.org](http://www.mnresponds.org) page under **Documents**.

## Training Updates

### MN Responds MRC Orientation

**01/17/2013** 6:00 - 8:00 p.m. Stearns County Service Center  
Instructor: Cynthia Poyhonen  
To Register: (320) 968-5147,  
[Cynthia.Poyhonen@co.benton.mn.us](mailto:Cynthia.Poyhonen@co.benton.mn.us)

### Psychological First Aid

**02/28/2013** 6:00 - 8:00 p.m. Stearns County Service Center  
Instructor: TBD  
To Register: (320) 656-6276,  
[Sally.Burg@co.benton.mn.us](mailto:Sally.Burg@co.benton.mn.us)

### American Red Cross - Shelter Training

**March, 2013:** Wright County  
More information coming.

### ICS Position Specific Training

If you are employed by a facility, and have a role in ICS during an incident or training, there are Position Specific Trainings being offered. Refer to the Documents section of your MN Responds Profile for more information.

Have you downloaded the PFA and Responder Self Care Apps? <http://www.sph.umn.edu/ce/perl/mobile/>

# HELLO

I got my FLU Shot.  
Have you?



## Operation Super Bug

The Central/West Central MN Healthcare Systems Preparedness Program will conduct an infectious disease exercise, **March 19-21 2013** at Camp Ripley, near Little Falls MN.

### The Role of the MN Responds MRC Volunteer

While the role of the Central MN Responds MRC Unit is still being worked out, we anticipate there will be opportunities for Volunteers to come up for one night and one day (either the 20th or 21st). We believe our role will be Closed Points of Dispensing, training and educating others. More information will be coming from Tony Buttacavoli in January.

### *Do you want to participate?*

Update your [www.mnresponds.org](http://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 local 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/crslist.asp>).



Because of the potential theme, additional classes to take would be Mass Dispensing Sites: A Primer for Volunteers, from the University of Minnesota's School for Public Health's online Continuing Education courses: <http://www.sph.umn.edu/ce/online/>.

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