

# Connections

A Quarterly Newsletter for  
Region IV Medical Reserve Corps  
(Southwest Washington)

“Volunteers Building Strong, Healthy, &  
Prepared Communities”

Issue No. 11 Summer 2008

## **Who depends on you?**

September is emergency preparedness month and this year's theme asks “Who depends on you to be prepared during an emergency or disaster?” MRC is participating with a local group of emergency preparedness organizations to plan a variety of events to help convey this message to the public.

Our Medical Reserve Corps will participate in several ways. We will have a display at CRESA's annual 9-1-1 Day Open House September 13. We will provide emergency preparedness and MRC recruitment information. We need volunteers for this event. If you'd like to help, see the “Volunteer Opportunity” article on page 2 of this newsletter.

In addition, the third MRC training of 2008 for members only is October 1. It will follow the theme “Who depends on you?” Is it your children, your parents, your spouse, your employees or your beloved pets? This training is a great opportunity to give you the tools to take the next step in preparing your family and loved ones. As an added incentive, our new Volunteer Leadership Workgroup secured a special **personal preparedness tool for each MRC member who attends!** If you'd like to attend, the accompanying article, “Training Opportunities,” tells what to do.



## **Training Opportunities**

### **Psychological First Aid-9/22**

Cowlitz County Emergency Management invites MRC members to a Psychological First Aid (PFA) class September 22. PFA is a national *Core Competency* recommended for all MRC volunteers. The instructor is Bernadette Dominguez, RN, MSN, Mental Health Planner, Cities Readiness Initiative, and a MRC member. She taught a similar training February 13 for us. She provides an overview of PFA including the usual, expected personal reactions of victims of disasters & the difference between PFA and psychotherapeutic interventions. She will share specific interventions MRC volunteers can use with victims.

The training is **Monday, September 22, 6:30-8:00 p.m.**, Cowlitz County PUD Conference Room, 961 12th Ave, Longview, WA. **Seating is limited.** To register, contact Jennifer Engkraft, 360-577-3130 or [engkrafj@co.cowlitz.wa.us](mailto:engkrafj@co.cowlitz.wa.us).

### **Who Depends on You?-10/1**

The third MRC training of 2008 asks “Who Depends on you to be prepared during an emergency or disaster?” Whether you're just beginning to make a plan and build a kit, or consider yourself more advanced in your preparedness, there will be tips and great ideas for all.

Our trainer is Cindy Stanley, Emergency Management Coordinator and Public Educator, Clark Regional Emergency Services (CRESA).

This training is **Wednesday, October 1, 7:00-8:30 p.m.**, at the Clark County Center for Community Health. **Seating is limited.** To reserve a space, contact James Lanz at [James.Lanz@clark.wa.gov](mailto:James.Lanz@clark.wa.gov)

### **2008 Partners in Preparedness Conference-10/25**

The Citizen Corps, which includes the MRC, invites all volunteers to attend their fall conference. This is an opportunity to learn new skills or brush up on old ones. A variety of trainings on disaster preparedness will be offered by many different organizations.

The conference is **October 25**, will cost \$30-35, and be held at a location still to be determined. For more information, contact [James.Lanz@clark.wa.gov](mailto:James.Lanz@clark.wa.gov)



SNACC officers receive the MRC Volunteer of the Year Award May 6. Pictured (from left): Diane Sievers, SNACC president-elect, Laurie Brown, nursing professor & SNACC adviser, James Lanz, MRC coordinator, and Teresa Taylor, SNACC president.

## **MRC Volunteer of the Year Student Nurses Association of Clark College**

The Student Nurses Association of Clark College (SNACC) was honored May 6 at the Clark County Citizen Corps Emergency Volunteer Training & Appreciation Event. SNACC was recognized by Region IV Medical Reserve Corps (SW WA) for their enthusiastic collaboration with the MRC during the past year. As a direct result of their support, our MRC volunteer pool has grown by 64 members since December! In an effort to recruit additional student nurses, MRC Volunteer Orientation classes are scheduled November 19 & 20 at Clark Center, WSU Vancouver. Thank you SNACC!!

## **How's our NIMS Compliance?**

“NIMS Compliance” refers to a national requirement that all emergency first responders **including all Medical Reserve Corps volunteers** must complete two, basic emergency preparedness classes to be considered an **active MRC member**. Both classes (IS-100 & IS-700) are available free, on-line. Currently 17 of 134 (13%) of our MRC volunteers have completed both classes (10 others have completed one of the two classes). For directions on how to take either class, go to: [www.clark.wa.gov/health/emergency/volunteer.html](http://www.clark.wa.gov/health/emergency/volunteer.html) Click on *2008 Spring Newsletter*, then follow the directions in the “Caps & Classes Update,” page 2.

Note: If you'd prefer to take these classes with other MRC members in a classroom setting rather than on-line, contact James Lanz. If there's enough interest, we'll organize a class.

## **FD 6 Open House a Success!**

Six MRC volunteers staffed our emergency preparedness & MRC recruitment booth June 7 at the Fire District 6 Open House. An estimated 3500 people attended the event. Our key messages included:

1. Individuals & families need to get prepared **before** emergencies occur.
2. Stop germs: Wash hands frequently, cover your cough, stay home when ill.
3. Help your community---volunteer with the MRC.

Thanks to Carrie Achilles, Bettina Fitzgerald, Mitzi Henshaw, Brian Larson, Tracy Rude, and Gail Solorzano. We couldn't have done this important community outreach without you!

If you're willing to help at a similar Open House on September 13, see “Volunteer Opportunity” below.

## **Volunteer Opportunity**

### **CRESA's 9-1-1 Day Open House-9/13**

11 a.m.-2 p.m. (2 hour shifts available)

**Needed:** Volunteers to help staff an emergency preparedness & MRC recruitment information table. Wear your **blue MRC t-shirt** & receive a **new MRC lanyard!**

**If willing to help, contact James Lanz (360) 397-8000, x7228 or [James.Lanz@clark.wa.gov](mailto:James.Lanz@clark.wa.gov)**

## **ER Management Degree**

Brenda Bush, MRC Volunteer

The Emergency Management Associate of Applied Science Degree was approved by the Oregon Department of Education 4/23/99. Clackamas Community College offers the degree for \$25 **per class** (not per credit) for Oregon residents (or \$30 per class for Washington residents). It requires 93 credits of coursework. Classes can be obtained through the FEMA Independent Study Program at [www.fema.gov](http://www.fema.gov) (look for “Training” link). I've gone through the program and it was relatively painless. For more information, send an email to [James.Lanz@clark.wa.gov](mailto:James.Lanz@clark.wa.gov) & he will forward it.

## Latent Effects of Earthquakes

Chuck Martin, MRC

First responders report that most injuries after an earthquake are cuts to hands and feet and cuts, bumps, and bruises to head and shoulders. Why?

When an earthquake occurs at night, waking folks from sleep, people run for cover or try to get out of their homes. Most times it's dark, requiring everyone to feel their way through broken glass from windows, picture frames, vases, knickknacks and dishware, not to mention things that have fallen off of bookcases and walls.

You can prevent these accidents by taking several simple steps in advance:

1. Secure to the wall all bookcases, cabinets, pictures, art work mounted on walls, and other large or tall pieces of furniture.
2. Follow the advice of Tami Kihl, City of Vancouver Emergency Management Coordinator:
  - Keep a small plastic bin under or near your bed, containing a pair of hard soled shoes, leather work gloves, a flashlight, and whistle. A bike helmet would be good too!
  - Put together 72-hour emergency supply kits: one for home, one for car, and one for your office.

## Earthquake Awareness Quiz

Here's a short, interesting earthquake awareness quiz. Just 10 questions, it only takes a few minutes. Take it yourself and share it with family members, friends, and co-workers. Bob Binford, MRC volunteer, who worked during the 1989 Loma Prieta and 1994 Northridge earthquakes in California, said “I thought it was a great little piece. The questions related to actual activity and provided quick answers for incorrect statements. I'll keep it and use it (at my worksite).”

[www.nwcn.com/sharedcontent/features/flash/quake/during.html](http://www.nwcn.com/sharedcontent/features/flash/quake/during.html)



Ngo Vo takes PHC client's blood pressure.

## Project Homeless Connect

Alina Staub, RN, MRC

I had an unforgettable experience on Saturday, April 26! I assisted at Project Homeless Connect (PHC) as a MRC volunteer. Many of us staffed a “Nurses Station,” providing first-aid and blood pressure checks. Another MRC member who's a veterinary technician examined several pets of grateful clients, while another directed clients to different areas.

“Ending homelessness, one person at a time” was the theme. Partners included service providers, businesses, citizens, and the faith community. A multitude of resources were offered including alcohol, drug, & financial services, bus tickets & gas assistance, clothing, food & household goods, counseling, employment, vision & hearing testing, legal & utility assistance, meal & child care programs, disability resources, haircuts, children & family services, housing & shelter, and showers & cleanup information. It was a tremendous success, involving 350 volunteers serving over 200 persons.

I felt enthusiasm, love, and compassion from all the volunteers who worked hard to plan and set-up this event. Our efforts were rewarded with a sparkle of hope in each individual when they entered the doors and were greeted with a genuine spirit of giving. While the causes and solutions to homelessness are complex, there is much an individual and community group can do to help. There is always a necessity and we can make a difference! Helping homeless persons offers an opportunity for charity and self-reflection.

We appreciate the MRC volunteers who participated: Anne Battson, Pat Dye, Debbie Everts, Bettina Fitzgerald, Steven Gresswell, Emily Sellers-Subocz, Diane Sievers, Alina Staub, and Nga Vo.



To join the MRC or for more information, contact:  
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