



Albany County Medical Reserve Corp Volunteer Newsletter

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The Albany County Medical Reserve Corp Volunteer Newsletter is designed to keep our volunteers informed about Albany County's emergency preparedness efforts, volunteer training opportunities, and pertinent emergency preparedness news.

National Preparedness Month

The U.S. Department of Homeland Security designated September as National Preparedness Month. Emergency preparedness is a tremendous and challenging undertaking that requires every member of the community to play a role. In support of this effort the Albany County Department of Health (ACDOH) reached out to businesses, community groups, the faith-based community, and the public to encourage Capital Region residents to take some simple steps to prepare for emergencies including:

- **Create a Go Kit** of basic supplies your will need in an emergency.
- **Make a Plan** to contact family/friends if you are separated.
- **Be Informed** about potential threats that could affect you.
- **Get Involved** by joining the Albany County Medical Reserve Corp.

For your FREE family preparedness planning kit, contact the Albany County Department of Health at (518) 447-2057 or MRC@albanycounty.com.

To date, the ACDOH has distributed almost 1,800 family preparedness kits during National Preparedness month. If you would like to promote family preparedness to a group you work with, we would be happy to supply you with free family preparedness kits to distribute (whiles supplies last). Please contact Jill Dunkel at 447-4633 or MRC@albanycounty.com.



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For More Information:

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Albany, NY 12202

www.albanycounty.com/health/mrc/

Thank you to the MRC Volunteers, their family members, friends, and colleagues who helped us assemble more than 1,400 family preparedness planning kits that have been distributed this month. We continue to receive requests from the public for these kits and we could not have fulfilled these requests without the help of our volunteers. THANK YOU!!





What's Your Readiness Quotient?

In recent years, local, state and federal government agencies have urged the public to “get ready” and to prepare for emergencies – from natural disasters to terrorist attacks. Some members of the public have heeded the advice but others have not. The Council for Excellence in Government has created a simple quiz to assess your Readiness Quotient. The **Readiness Quotient** – or RQ – is a first of its kind tool for individuals, families and communities to determine and evaluate their readiness.

See how you stack up against the national average and learn specific steps you can take to better prepare yourself and your family, as well as things you can do to encourage your community, schools and workplace to be better prepared.

Your first important step is to learn your RQ score. This simple test takes less than one minute to complete. To take the RQ quiz, go to <http://www.whatsyourrq.org/>.

Training and Drills

Trainings will be held at the Albany County Department of Health, 175 Green St., Albany, NY (we share a parking lot with DMV). To register for these trainings, please contact Jill Dunkel at 447-4633 or jdunkel@albanycounty.com.

ICS 100/700 Training

Wednesday, October 22, 2008 5:30 pm to 8:00 pm

Speaker: Brian Wood, Albany County EMS Coordinator

Dinner will be provided

Overview of Psychological First Aid

Monday, November 3, 2008 5:30 pm to 7:30 pm

Speaker: Jill Dunkel, MRC Coordinator

Dinner will be provided

Weapons of Mass Destruction Awareness

Wednesday, November 19, 2008 5:30 pm to 8:00 pm

Speaker: Captain John Layton, Critical Incident-Emergency Management Unit,
Albany County Sheriff's Department

Dinner will be provided

Volunteer Activation Drill

On Wednesday, October 8, 2008 we will be conducting a volunteer activation drill. All MRC volunteers are urged to participate. We will be testing our automated call down system and volunteers **will be asked to physically report to the Albany County Department of Health**. We are also testing our Just-in Time Training (JITT) procedures. Volunteers who report will be assigned a Point of Dispensing (POD) job and provided with JITT for that position. Please help us test our volunteer activation system and JITT procedures by participating in this drill. You will receive specific information in the October 8th CALL. (PS: The drill will coincide with the end of the work day).

Albany County Flu Clinics and Flu PODs

This fall our Immunization Program will be holding a series of Flu clinics in the community to provide flu shots. Volunteers are needed on the following dates:

Thursday, October 16th	1:00 pm - 3:30 pm	Hiawatha Grange, Westerlo
Friday, October 17th	1:00 pm - 3:30 pm	Herbert Kuhn Senior Ctr., Colonie
Wednesday, October 22nd	1:00 pm - 3:30 pm	Watervliet Senior Ctr.
Thursday, October 23rd	9:30 am - 11:30 am	St. Sophia Church, Albany
Monday, October 27th	1:00 pm - 3:30 pm	Avila Retirement Ctr., Albany
Thursday, October 30th	1:00 pm - 3:30 pm	Wyman Osterhout, New Scotland

In addition, the County will be working with four municipalities to test potential Point of Dispensing (POD) locations in those communities. We would greatly appreciate volunteer participation in these activities. Volunteers interested in helping out with community flu clinics (to help with paperwork, etc) or participation in our Flu POD drills, please contact Jill Dunkel at 447-4633 or jdunkel@albanycounty.com.

Protect Yourself and Others During Flu Season

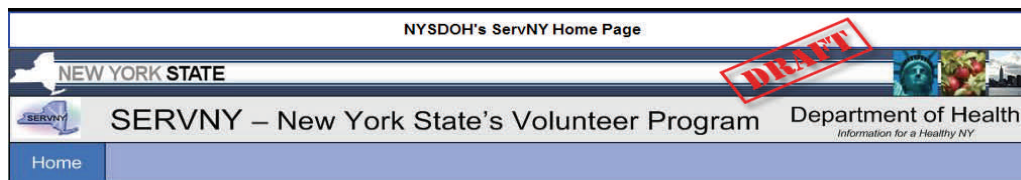
Please remember to get your Flu Shot and encourage family and friends to do the same. Getting the flu shot, and practicing proper respiratory/cough etiquette including:

- Cover the nose/mouth when coughing or sneezing;
- Sneeze into the crook of your arm (inside of elbow) and not into bare hands;
- Use tissues to contain respiratory secretions and dispose of them in the nearest waste receptacle after use;
- Wash hands often;

are the best ways to protect yourself from getting the flu and other respiratory infections.

ServeNY

The Albany County Medical Reserve Corp has been very fortunate to participate in a pilot program with the New York State Department of Health's volunteer registry. Our volunteers, both clinical and non-clinical, have been able to register online. Our staff has also had the opportunity to provide input into the development of a new, more user friendly, volunteer database. This database will be called ServeNY.



Most volunteers currently listed in the New York State Volunteer Program database (hosted on the commerce system) have a Health Provider Network (HPN) or Health Information Network (HIN) account. With the launch of the new database in November 2008, volunteers with HPN or HIN accounts will be able to log in with those user names and passwords. Those without HPN or HIN accounts will be issued a temporary passcode to enter the system. Once ServeNY goes live, all volunteers will be asked to log in and update their contact information. Clinical volunteers will be asked to provide information on hospital privileges and credentialing. You will be notified as to the steps you need to take as soon as the system is available.