

MONROE COUNTY MRC

Medical Reserve Corps of Monroe County Monthly Newsletter

VOL. 3, ISSUE 10

10.07.2015

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Spread the Word

A big THANK YOU to all our volunteers who participated/responded during our bi-annual notification drill! We had a response rate of 51% (43/85). If you did not receive our message please be sure you are registered on SERV-IN and your contact information is correct because this is also how you will be notified in the event of an emergency in which we are activated. Thanks again!

Upcoming Events

*****October 21st: DRIVE THRU POINT OF DISPENSING EXERCISE 3:00-5:30PM*****

OUR BIGGEST EXERCISE OF 2015!! Drive-thru Public Health Point of Dispensing sites are a method of dispensing medications relying on the public's access to personal vehicular transportation to more quickly dispense these meds in a safe manner. This POD will be a small scale drive thru flu shot clinic (with actual flu shots dispensed), and the location will be at Sherwood Oaks Christian Church. **We will need volunteers to help staff the exercise!!** It will be a great opportunity to practice a drive-thru POD, learn more about POD logistics and a potential role in a public health emergency. We ask volunteers come early and we will need a few volunteers to help tear down as well.

Please email gadams@co.monroe.in.us if you plan to volunteer as attending a brief meeting prior to the event is required to volunteer (to learn POD layout and day of event details, sign liability waiver, receive free t-shirt, etc.)

November 2nd-3rd and 4th-5th: Search and Rescue in Community Disasters Training

Free class from the National Emergency Response and Rescue Training Center. IUB is hosting two sessions of the Search and Rescue in Community Disasters class. It is a free, 16 hour (1.5 day) class from FEMA and the NERRTC. No prior experience as a first responder is necessary to take the class. It is designed to teach you the basics of how you could respond to a tornado, flood, or other disaster in your community or on campus. If you are interested, please use this link to access the registration form. The first class will be November 2nd and 3rd (8am-5pm, and 8am-Noon) follow by a second class November 4th and 5th (8am-5pm and 8am-Noon). You do not have to be IU affiliated to go. <https://iu.box.com/s/o8aohvvcrcbtrls6tk4oioq93hwrw8h> (Flyer attached in monthly MRC email)

(New) Monroe County MRC Suggested Trainings

Although very similar, the Monroe County MRC has changed its recommended training plan. All volunteers are asked to complete the trainings for their own safety and understanding in an emergency as well as for the health of those around them. The trainings were edited so you as volunteers have some flexibility in the trainings you choose as well as making them all trainings that can be completed online for your convenience. To see the new tiers, visit www.monroemrc.com/trainings.html or see the attached handout. Incentives for completion include a water bottle upon completing tier one, an MRC drawstring bag for tier two, and an MRC fanny pack for tier three *in addition* to the great knowledge!



Do 1 Thing October: Power

Goal: Be able to safely meet your basic needs during an electrical outage.



We count on electricity for heat, food, and medical needs. Many gas appliances even need electricity to run. A power outage is an emergency that often follows another emergency—like a hurricane, tornado, or winter storm. That makes it even more important to be prepared in advance.

Power Outage Safety...

- Discard food if the temperature in your refrigerator exceeds 40 degrees for more than 2 hours.
- Stay away from downed power lines and anything they are in contact with such as fences or buildings.
- Never drive over downed power lines; they may be energized.
- Never use charcoal or gas grills inside a structure. You may be overcome by carbon monoxide.
- If you must use candles, be sure to use them safely. Never leave candles burning unattended.

Tasks for this month:

- Have flashlights ready in an easily accessible place and check batteries in flashlights and radios
- Acquire and learn how to safely use a portable generator
- Create a power outage plan and decide what you can do before, during and after a power outage to minimize the effect on you household

Do 1 Thing is a non-profit organization that wants to help build stronger communities. When people in our community are prepared, emergency responders can help more people. When people are prepared themselves, they can help their neighbors. Each month they focus on a different topic to help people get prepared.

Volunteer Opportunities

“Safe at Home” October 24



To reduce risks from falls and allow older adults to remain in their homes safely, the Area 10 Agency on Aging is sponsoring "Safe at Home" on Oct. 24 in Owen and Monroe Counties. After a kickoff breakfast at 8 a.m., volunteers will do repairs and light construction for seniors. Projects include installing carbon monoxide detectors, hand rails and extended toilet seats, tightening faucets, installing shower grab bars, patching a concrete pad, cutting brush, cleaning gutters, and raking leaves. Minimum age is 18; 16 if with an adult. Please contact Chris at 812-876-3383 ext. 508 or cmyers@area10agency.org or go to www.area10agency.org/safeathome. (www.area10agency.org/rsvp)

For more opportunities visit <https://bloomington.in.gov/volunteer>

Important Reminders



- **Please create a SERV-IN profile at serv-in.org. This is how you will be contacted during an emergency.** Be sure to add Monroe County MRC to your “organizations” by clicking on the “+” next to “County” then “Monroe” to select it. It is also important to make your “Contact Method 1” SMS/Text Msg and select your phone carrier in order to receive messages from us in that event.
 - * **Not registering for SERV-IN can prohibit you from volunteering in an emergency**
- Check out our Facebook @ www.facebook.com/monroemrc

Spread the Word!



If you know someone interested in volunteering during an emergency, have them check out our website at monroemrc.com for more details and information on joining or email us at monroemrc@co.monroe.in.us and we'll begin the process!

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