



Albany County Medical Reserve Corps VOLUNTEER NEWSLETTER

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The Albany County Medical Reserve Corps (MRC) 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 Volunteer Week

April 12-18, 2015

April 12th marks the start of **National Volunteer Week**, a time to celebrate volunteers and inspire people to help their communities through service. This special week was first designated by executive order by President Richard Nixon in 1974. Every President since has signed a proclamation of support for National Volunteer Week. Locally, Albany County Executive Daniel P. McCoy will present the Albany County Executive Volunteer Awards on April 20, 2015 to individuals in our county whose efforts have truly made a difference.



In recognition, we thank you for your participation in the Albany County Medical Reserve Corps (MRC). Our MRC volunteer force is an invaluable asset for emergency preparedness and response in our county. The commitment, skills, and enthusiasm you display while planning for, and responding to, public health emergencies is impressive. Every action you take counts, including attending trainings and responding to phone notification drills!

Experience teaches us that public health emergency preparedness requires extensive collaboration. This is why we often partner with other emergency volunteer response groups, including the Albany County Sheriff's Office, the American Red Cross, and the Albany County Citizen Corps. By working together as volunteers, we have the fortitude to meet our challenges and accomplish our goals in Albany County.

Thank you for sharing your time, knowledge, and skills as an MRC volunteer!

THANK YOU!

Why I Volunteer

In honor of **National Volunteer Week**, we are kicking off a new newsletter segment called **Why I Volunteer**, in which Albany County MRC volunteers can share a bit about themselves and their volunteer experiences.



Benita L. Law-Diao, CDN



We want to hear from you!

Be featured in our next **Why I Volunteer**.

E-mail [Maureen Casale](mailto:Maureen.Casale@albanymrc.org) to sign up.

Everyone is welcome to participate!

How long have you been a member of the Albany County MRC?

I have been an MRC volunteer since 2009, and I have been an American Red Cross disaster relief volunteer, military caseworker, blood donor, IHL Instructor and emergency preparedness volunteer for going on 21 years. I received my 20 year pin last year.

What is your profession?

I am a NYS licensed/certified dietitian-nutritionist and a program research specialist for the Office of Health Insurance Programs, New York State Department of Health.

What MRC volunteer activities have you participated in?

I participated in the airplane crash simulation at the Albany International Airport, ham radio operators class, American Red Cross Shelter Fundamentals Training, and the Disability Etiquette Seminar, among others.

Are you involved in any other volunteer activities?

I teach nutrition classes for A Village, Trinity Alliance and other community organizations; Promote sustainable agricultural programs and assisted in the creation of "Our Children's Garden" in the South End of Albany; Environmental education projects like Clearwater Sloop and Child and Nature Network; and public health projects in Costa Rica, Dominican Republic, Senegal, and Belize.

Why do you volunteer for the Albany County MRC?

All of us have something to contribute. I believe in being prepared and I want to be able to assist when and wherever I can. I care about the quality of life for my community, so I give back however I can. I've worked in other countries and have learned so much from the rich experiences I have had abroad.

Thank you for your volunteer service, Benita!



Connect with fellow volunteers on the Albany County MRC social media pages!

Volunteers Needed for POD (Point-of-Dispensing) Exercise

The Albany County Department of Health is conducting an exercise to test its ability to dispense medications quickly in a large-scale emergency.



There are **two** ways MRC volunteers can participate:

#1 Participate in the POD (Point-of-Dispensing) as a recipient:

We are seeking **250 volunteers** to pre-register and participate in the process to receive mock medications. Upon pre-registering, volunteers will complete a short medical screening form, print and bring it to the POD exercise, get screened for medical contraindications and receive mock medications (M&Ms). **Pre-registration should only take 1-2 minutes and participation in the POD should take no more than 10-15 minutes.** You do not have to be an MRC volunteer to participate in this option, so you may also ask your spouse or other friends and family to pre-register and go through the POD, too!

Thursday, May 21, 2015

3:30 pm - 5:00 pm (When you pre-register, you will be able to select an appointment time.)

Cornell Cooperative Extension, 24 Martin Road, Voorheesville, NY

Volunteers must pre-register at: <http://www.health.ny.gov/go2clinic/01>

The Required Entry Code is: ACDOH

#2 Participate in POD operations and provide evaluation feedback afterwards:

MRC volunteers are needed to operate the POD and provide evaluation feedback afterwards. Just-in-Time training will be provided prior to the exercise. The time allotted includes allowance for both Just-in-Time training and evaluation. Dinner will be provided. Only MRC volunteers can participate in this option.

Please complete the volunteer POD staffing survey at the link below if you are available to participate:* <https://www.surveymonkey.com/r/MRCStaffing>

Thursday, May 21, 2015

2:30pm - 6:00pm

Cornell Cooperative Extension, 24 Martin Road, Voorheesville, NY

*Please note, our POD volunteer staffing needs are based on the number of anticipated POD recipients, stations and modeling estimates. Additional information will be provided to those selected to volunteer at the POD.

Please contact Maureen Casale at Maureen.Casale@albanycounty.com or (518) 447-4610 with questions.



TRAINING ANNOUNCEMENT: Introduction to Epidemiology

Please join us for an informative session provided by
Albany County Department of Health Epidemiologist Marcia Fabiano, RN, MS.

In this training you will learn the basics of epidemiology, what an outbreak is, and the steps in an outbreak investigation, including methods of contact tracing. MRC volunteers interested in assisting the Albany County Department of Health during an epidemiologic response, should the need arise, are encouraged to attend this training.

Tuesday, April 21, 2015

5:30pm - 7:00pm

Albany County Department of Health, Auditorium
175 Green St, Albany, NY 12202

Dinner will be provided

To register, please complete the survey below:

https://www.surveymonkey.com/r/Epi_MRC_Training_042115

4 Lenses Training Recap

The Albany County MRC participated in “4 Lenses Training” on March 11, 2015, along with Albany County Department of Health staff and Albany County Citizen Corps members. The training was facilitated by Lieutenant David Kolb, MA, CEM, who first provided this unique workshop to our volunteers back in 2011.

In addition to learning what color (Blue, Green, Gold, or Orange) their personality type is, volunteers also learned skills to better communicate with each other in times of stress. Each group was also asked to create a list of things they value or that make them happy (pictured) and everyone enjoyed reviewing these lists and participating in the group discussion.

Thank you for helping to make 4 Lenses Training a success!



Questions or Comments? Please contact:

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(518) 447-4610 maureen.casale@albanycounty.com

