



NEWSLETTER

Volunteers Building Strong, Healthy, and Prepared Communities

Psychological First Aid

December 2013

The North Central Idaho Medical Reserve Corps is excited to have begun working more closely with one our partners, the American Red Cross, to be able to better coordinate our skilled volunteer workforces in a response. On January 11th, 2014, the American Red Cross will be providing a training on Psychological First Aid to interested MRC members. The training is from 1:00–4:00PM and is free to all participants.

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Psychological First Aid (PFA) can be provided by trained volunteers in a crisis or traumatic event by enhancing immediate and ongoing safety and providing physical and emotional support for survivors. Traumatic events affect survivors, rescue workers, and friends and relatives of victims who have been directly involved. PFA assists with coping skills, basic functioning, and long-term and short-term adaptability.

The biggest benefit you can take from this training is the ability to help those in your community when they are in need of understanding or support. PFA can help everyone, including children, adolescents, elders, and families.

The North Central Idaho MRC is in the beginning stages of organizing a Resiliency Emotional Support Team (REST). The REST Team is comprised of a core group of qualified, trained individuals who, when activated, can be rapidly mobilized to provide on-site disaster mental health services. Psychological First Aid is one of the many services the REST team can provide during a disaster. If you would like more information on the Psychological First Aid training or REST team, please contact Ryan Bender (MRC Coordinator) at 799-0393 or rbender@phd2.idaho.gov.

Did You Know?

In August 2013, the Wisconsin Disaster Medical Response Team MRC (Appleton, WI) assisted a search & rescue mission for a missing female with Alzheimer's disease. The missing woman was found safe by one of the MRC unit's K-9 emergency response teams.

In September 2013, the 47th Medical Company NMSG MRC (Las Cruces, NM) volunteers supported sheltering and medical care for 45 evacuees from flooding in San Felipe, NM.

Public Health - Idaho North Central District
215 10th Street Lewiston, ID 83501

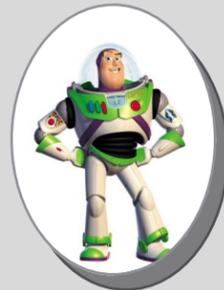
December is Safe Toys and Gifts Month!

According to the U.S. Consumer Product Safety Commission, hospital emergency rooms treated an estimated 251,700 toy-related injuries in 2010 throughout the United States. Additionally, in 2007 alone, toymakers recalled over 19 million toys worldwide because of safety concerns such as lead paint and small magnets.

When it comes to toys and gifts, the excitement and desire to get your children their favorite toys may cause shoppers to forget about safety factors associated with them. Before you make these purchases, it is critical to remember to consider the safety and age range of the toys. For more information about toy safety, go to Health Tradition Health Plan's website at www.healthtradition.com.

Follow these guidelines for choosing safe toys for all ages:

- ◆ Inspect all toys before purchasing. Avoid those that shoot or include parts that fly off.
- ◆ Toys should have no sharp edges or points and should be sturdy enough to withstand impact without breaking, being crushed, or being pulled apart easily.
- ◆ Look for labels that assure you the toys have passed a safety inspection - "ATSM" means the toy has met the American Society for Testing and Materials standards.



Upcoming Events

Medical Shelter Exercise 12/17/2013

On Tuesday, December 17th from 10:00 AM–1:00 PM, MRC volunteers will assist with the set-up and take down of medical cots. The exercise will take place in the Lewis-Clark State College auxiliary gym.

MRC Orientation 12/19/2013

An orientation will be provided for volunteers new to the MRC. The orientation will take place from 4:00 PM–5:00 PM at Public Health in Lewiston.

Psychological First Aid & Disaster Overview Services 1/11/2014

The MRC is working with American Red Cross to provide Psychological First Aid (PFA) and Disasters Overview Services (DSO). The trainings will take place on Saturday, January 11th at Public Health in Lewiston. MRC volunteers that complete the DSO training will have opportunities to deploy with dual membership as an ARC member. The DSO will be from 10:00 AM–12:00 PM and the PFA will take place from 1:00 PM–4:00 PM.



First Aid/CPR/AED

The MRC is offering this 5-hour class that provides a certification card good for two years through American Heart Association. Date has yet to be determined. Further details will be provided early January.

Member Contact Information

The majority of our communications with you is done via e-mail. It has proven to be the best way to get information out to a large group of people quickly and easily. We realize, however, that e-mail addresses change often and become outdated. If you have recently changed your e-mail address, or have noticed that you haven't heard from us in a while, please give me a call or send me an e-mail with your current contact information. We want to stay in touch! Please contact Ryan Bender at 799-0393 or rbender@phd2.idaho.gov. Thanks!

Thank You!

Thank you to those who have participated in recent MRC activities:

Safety Fest

Susie Busnt
Malarie Stout
Kenzie Vernieu

Rosa Bautista
Michelle Reyes
Michaela Kroupa

Sarah Shively
Annee Walters
Rebecca Rafferty

University of Idaho Flu Clinic

Karin Banks
Pennie Planagan
Stephanie Macon-Moore

Winter Preparedness!

While the danger from winter weather varies across the country, nearly all Americans, regardless of where they live, are likely to face some type of severe winter weather at some point in their lives. Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain.



One of the primary concerns is the winter weather's ability to knock out heat, power and communications services to your home or office, sometimes for days at a time. Heavy snowfall and extreme cold can immobilize an entire region.



The National Weather Service refers to winter storms as the “Deceptive Killers” because most deaths are indirectly related to the storm. Instead, people die in traffic accidents on icy roads and of hypothermia from prolonged exposure to cold. It is important to be prepared for winter weather before it strikes.

Tips for Winter Weather Preparedness

Get a kit. You'll need emergency supplies on hand at home, in the car and at work.

- * For home, start with these basics: three days' food and water; a battery-powered and/or hand-crank radio with extra batteries; and a family emergency plan. After getting these supplies, add a first aid kit, medications if needed, blankets and warm clothing, supplies for special members of your household, and pet items.
- * For your car, start with some bottles of water and food bars; bag of sand or kitty litter to provide traction under tires; hats, gloves and blankets; and cell phone charger.
- * For your office, have some bottles of water and food bars and a radio to hear local information about whether or not it is safe to travel. Officials may advise staying in place until it is safe to travel.

Car Emergency Kit



Make a plan. Choose an out-of-town relative or friend to be your family's point of contact for emergency communications. Decide on a meeting place if your family cannot return home because of closed roads. Discuss with your family what you would do in case of severe winter weather in your area.

Stay informed. Before, during and after a winter storm, listen for up-to-date information from your local media and emergency officials. Local media will give instructions from local, state and federal agencies that cover road conditions, winter storm watches and warnings, power outages and health information. Make sure your battery-powered radio is working and you have extra batteries in case the electricity goes out.

For more information on how to prepare for winter storms, please go to <http://www.ready.gov/winter-weather> for more information.