



# 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.

## Albany County Presents Active Shooter Training Course in May 2013

Active shooter situations are unpredictable and evolve quickly. Typically, the immediate deployment of law enforcement is required to stop the shooting and mitigate harm to victims. Because active shooter situations are often over within 10 to 15 minutes, before law enforcement arrives on the scene, individuals must be prepared both mentally and physically to deal with an active shooter situation<sup>1</sup>.

In partnership with the Albany County Sherriff's Office, the Albany County MRC will be offering two (2) sessions of a new training course entitled "**Civilian Response to Active Shooter Training**" for MRC members and Albany County Department of Health staff on Thursday, May 30th, 2013. Complete details regarding this training can be found on Page 3 of this newsletter.

<sup>1</sup> US Department of Homeland Security. October, 2008. Active Shooter: How to Respond. Retrieved from: [http://www.dhs.gov/xlibrary/assets/active\\_shooter\\_booklet.pdf](http://www.dhs.gov/xlibrary/assets/active_shooter_booklet.pdf)



The Boston Marathon bombings, and the fertilizer plant explosion in Texas, illustrate how critical it is to prepare for emergencies. The National Association of County & City Health Officials (NACCHO) has created a webpage for resources related to these tragic events, including information for first responders, healthcare providers, and families.

Remember, MRC volunteers across the country continue to play a vital role in emergency preparedness and response.

Please visit:

<http://www.naccho.org/topics/emergency/explosions.cfm>

In this issue:	
MRC Goes Mobile!	Page 2
Text First, Talk Second	Page 2
Training Calendar	Page 3
Albany County Among Healthiest in New York State	Page 4
Contact Us	Page 4

## MRC Goes Mobile!

With more smart phones than people in the United States and work being done more and more from locations other than a traditional office, the Division of the Civilian Volunteer Medical Reserve Corps recognized the need to go **mobile**. Now, you can access the **national [MRC Web site](#)** from your mobile device's browser.

Simply type the address [www.medicalreservecorps.gov](http://www.medicalreservecorps.gov) into your web browser, and you are set. You can help a potential partner or volunteer learn more about the MRC when out and about. Now, the MRC is at your fingertips wherever you go! Check it out!

Article courtesy of The Medical Reserve Corps, 2013.

## Text First. Talk Second.™

Almost every large scale emergency and natural disaster in the last 10 years share something in common: each caused massive mobile phone service disruption for millions of Americans. Mobile call volume simply overwhelmed provider capacity during these incidents.

The desire to call loved ones after an emergency is natural. However, preparedness experts universally agree that during an emergency and its immediate aftermath, communicating via SMS text messaging should be your first choice. This is because non essential calls often shutdown wireless phone service and prevent 911 calls from getting through.

In fact, just a single one-minute phone call takes up the same bandwidth as 800 short SMS text messages. **Unlike phone calls, text messages get through even when the network is congested.** Even if a text message gets a "busy signal" on its first try, the text system will continue to keep trying to deliver your message.

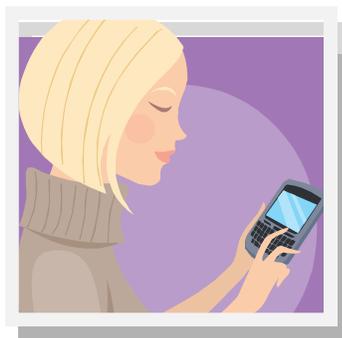
Article courtesy of Safe America Prepared, 2013.

<http://www.safeamericaprepared.org/>

### Registered and Ready

Don't forget, anyone interested in joining the Albany County MRC should also visit our own recruitment website:

[www.registeredandready.com](http://www.registeredandready.com)



### Remember, In an emergency:

- Let your friends and loved ones know you're okay with a text message, not a phone call.
- Keep your text messages short.
- Don't use your cell phone unless you absolutely need to.

**Text First.**  
**Talk Second.™**

## Albany County MRC Training Calendar—Spring/Summer 2013



### Civilian Response to Active Shooter Training

**Thursday, May 30, 2013**

Please join us as the Albany County Sheriff's Department presents the "Run, Hide and Fight" strategies of responding to an Active Shooter crisis within the workplace.

#### Afternoon Session

12:30pm—2:00pm

*Lunch will be provided.*

or:

#### Evening Session

5:30pm-7:00pm

*Dinner will be provided.*

Please complete this survey to register: <https://www.surveymonkey.com/s/ActiveShooterTraining>  
or contact Maureen Casale at [maureen.casale@albanycounty.com](mailto:maureen.casale@albanycounty.com)

### New Volunteer Orientation & Introduction to Point-of-Dispensing

**Thursday, June 6, 2013, 5:30-7:30pm**

This training will provide MRC volunteers with:

- ◆ A brief orientation to the MRC
- ◆ An introduction to the Incident Command System (ICS)
- ◆ Details on the Albany County POD plan
- ◆ The roles we will ask volunteers to fill in an emergency

***This training is for new and existing volunteers who have not yet attended a Point of Dispensing training.***

*Dinner will be provided.*

Please complete this survey to register: <https://www.surveymonkey.com/s/Orientation060613>  
or contact Maureen Casale at [maureen.casale@albanycounty.com](mailto:maureen.casale@albanycounty.com)

### Respirator Fit Testing and MRC ID Badging

**Tuesday, June 11, 2013 or Wednesday, June 19, 2013**

The Albany County Department of Health is please to offer respirator fit testing for MRC members. Fit testing is conducted to determine the correct size respirator you should wear in order to protect against harmful airborne contaminants in the event of an emergency.

*Please read carefully if you would like to participate in fit testing:*

- **Fit testing will be offered by appointment only on the above dates between 9:00am and 3:00pm. Each appointment will last approximately 30 minutes.**
- **You must call Maureen Casale at (518) 447-4610 to schedule an appointment.**
- **If you do not have an MRC ID Badge, we will take your picture and create a badge at the time of your fit testing appointment.**
- **At this time, we regret we can only offer a limited number of appointments.**



Please note, all of the above trainings will take place at the:

**Albany County Department of Health**

**175 Green St, Albany, NY 12202**

**(518) 447- 4610**

## Survey Finds that Albany County is Among the Healthiest in New York State

**“The findings in this report demonstrate that by working together we can make a difference.”**

- Albany County Executive  
Daniel P. McCoy

Did you know  
The Albany County  
MRC is on Facebook?  
Click the button below  
and “like” our page!



New rankings on county health show that Albany County is among the healthiest in New York State. The findings were released by the Robert Wood Johnson Foundation and the University of Wisconsin’s Population Health Institute as part of the fourth annual County Health Rankings. Every county in the country is ranked on Health Outcomes (how healthy we are) and on Health Factors (indicators of overall general health.)

In the 2013 County Health Rankings, Albany County scored high on composite Health Factors, achieving a ranking of 11 out of 62 compared to other counties in the state. Health Factors is a summary of measures for health behaviors, clinical care, social and economic conditions, and physical environment.

“Albany County’s Department of Health should be proud of the tremendous outreach and education the staff already does 365 days a year,” said Albany County Legislator Mary Lou Connolly, Chairwoman of the County Health Committee. “I firmly believe Albany County consistently ranks well because of the number and variety of clinics, programs and services that are offered on a regular basis. And when a crisis hits like with H1N1, our staff and entire county mobilizes to respond quickly and effectively.”

Excerpt courtesy of <http://www.AlbanyCounty.com>, March 20, 2013. Please read the complete article here:  
<http://www.albanycounty.com/departments/health/news.asp?id=3706>

### Update your ServNY Profile Reminder

On March 4th 2013, all Albany County MRC members should have received an e-mail notification to review and update their ServNY profile. This notification drill was carried out to validate and ensure profile updates are made. This is crucial, as updated information allows us to rapidly contact volunteers in times of need!

If you haven’t already, please log into ServNY by clicking on this link:  
<https://apps.nyhealth.gov/vms/appmanager/vms/public?prog=1>

#### Questions or Comments?

Please contact:

Maureen Casale

Public Health Planner, MRC Coordinator  
(518) 447-4610

[maureen.casale@albanycounty.com](mailto:maureen.casale@albanycounty.com)

