

City of Bethlehem Medical Reserve Corps Newsletter

**Volume 1,
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**Summer 2008
Edition**

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HEROES AT HOME

Special points of interest:

- The City of Bethlehem MRC currently has 108 volunteers.
- PA has 14 MRC corps Units
- Nationwide 742 MRC units are serving our country.
- June is home safety month

Volunteer Appreciation and Overview

Thank you MRC Volunteers for dedicating your time and talent to our unit.

2007-2008 has been a great year as we have recruited over 100 volunteers and more than half of you have completed the orientation program. Your volunteerism is truly appreciated and greatly needed to help build a safer more prepared community. Thus far our unit has held five orientation classes and two quarterly meetings as a way to acclimate, train, and organize our volunteers. In addition, a survey was distributed to volunteers to find out what types of training and volunteer ac-

tivities you are interested in. These surveys have been reviewed and your comments will be used to plan activities and make our unit stronger.

The quarterly meetings have given us the opportunity to talk and learn more about Points of Dispensing sites, and how the Health Bureau plans to organize them. MRC volunteers will be a critical component to successfully running a POD site. Our MRC will continue our efforts to prepare and train our volunteers to success-

fully support these medical distribution centers.

Subcommittee formation has also been initiated to better focus our talents and knowledge. If you have not joined a subcommittee and would like to please contact Kelly Berk. For more information on subcommittees please visit our website and check out the what's new section of this newsletter.

Thank you all so much for your volunteerism. Please peruse our newsletter to find out more about our unit and some exciting events.



Orientation of New Volunteers

Come one come all.

Don't fret if you have not yet attended the orientation program; you will have plenty of opportunities to get acquainted with our unit and get in

on the action. Upcoming orientations will be held on June 26th at 6pm in the Town Hall rotunda, July 15th at 10am in City Hall second floor, July 17th at 6pm in City Hall second floor room A205.

Orientations will be held regularly so check out our website and click on **Schedule of events** to see what dates and times fit with your schedule. So tell your friends and get ready to volunteer!

GET READY 2008! Community Preparedness Institute

Preparing for an emergency is a coordinated effort between our first responders and our general community. GET READY Preparedness Institute was created with this in mind. Grant funding was provided by the PA Department of Health, Lehigh County Emergency Management Agency, and the U.S. Department of Transportation to work with Lehigh Carbon Community College and local stakeholders to develop training courses dedicated to emergency preparedness. The classes are open to the community and FREE of charge.

Some of the featured courses are : Are You Ready, BLS/ CPR Heart-

saver AED, Community Emergency Response training, and Psychological First aid. To see the entire course listings visit www.lccc.edu , then select "courses/programs" and click on "noncredit Courses". You can search courses by location subject, or keyword. Choose the title of the course you wish to register for and follow the online instructions. Mail, phone, and fax registrations also accepted by printing the full brochure off of the website.

Courses start on June 2 and run through June 8, 2008. So get ready, and get involved by signing up today.

You can also view the courses on the MRC website under the Schedule of Events link.

- Pre registration is required for all classes.
- Classes open to the general public and are FREE of charge.
- Lunches and refreshments are available for registered participants.
- Classes subject to cancellation— please register Today at www.lccc.edu

What's New With our Unit

To better organize our unit we have instituted 4 new subcommittees that will help us focus our efforts and individual talents. The new subcommittees are: Administrative & Support, Education & Outreach, Mental Health, and Clinical.

A listserv has been created for each subcommittee to allow us to plan without excessive meetings.

For each subcommittee a listserv has been created. This is a specific e-mail group that includes all subcommittee members and can serve as a forum for planning and ideas. The listserv will allow us to plan trainings, volunteer events, and strengthen our infrastructure without

having excessive meetings and work-groups.

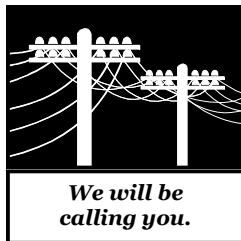
Profiles of each subcommittee's objectives are posted on our website for our volunteers to review.

If you are interested in joining one or more of the subcommittees please contact Kelly Berk via phone or e-mail at (610) 997-7905 or kberk@bethlehem-pa.gov.

Stay Alert-- MRC Call Down Drill

As promised we will be testing our activation and communication skills through a call down drill. This simply means you will be contacted and asked your availability to serve as a MRC volunteer. If you have not completed the orientation course you still will be contacted as part of the exercise. However, if this was a real event you would not be able to serve, because completion of orien-

tation as well as the ICS-100 course, is a requirement to serve as a MRC volunteer. Please be honest with your response to the call down drill as this will help us test our re-



sponse and plan for an actual event. REMEMBER— IF YOU CANNOT VOLUNTEER YOUR SERVICES PLEASE DO NOT RESPOND TO THE PHONE CALL OR E-MAIL as this will tie up the lines for those calling us to confirm their availability to attend the event.

Keep your ears and eyes open . We will be contacting you SOON!

Summer Preparedness– Stay Safe Around Animals

Warm weather means picnics, long walks, and plenty of outdoor activities. It also means we are in contact with more people and more animals. During the summer months animals bites increase and often occur in children. Anyone can be attacked by an animal, but children, joggers, delivery personnel, bicyclists, law enforcement, animal control officers, and pedestrians are especially at risk.

Animals including domesticated pets and wild animals may attack for a variety of reasons. It is important to remember that an animal will always protect its owner, property, territory and offspring. They may also attack if they feel threatened, teased, are in pain or are injured, are surprised, are interrupted while eating or sleeping, or are over-stimulated from playing. Always



treat an animal with respect and never hurt or tease an animal.

Learn to read the warning signs of a potential attack. Aggressive posturing may include: wrinkled nose, erect ears, hair standing up, glaring eyes, stiff legs, teeth bared, growling, snarling, or barking, erect tail or tail between legs. It is important to note that an animal with a wagging tail is not necessarily friendly. If you are threatened by an animal always stay calm, stand still, speak firmly but do not yell, slowly back away, and shield yourself if possible .

If you are bitten by an animal immediately wash the wound with warm soapy water. If you are bitten by a domestic animal get the owner's

name address, and phone number, and ask for proof of rabies vaccine. You should also write down any other applicable information about the owner and a description of the animal. If possible, it is a good idea to document the animal's rabies tag number.

Wild animals may also attack. A good rule of thumb to follow: once wild, always wild. So please do not attempt to capture or keep wild animals as pets. If you are bitten by a wild animal it is imperative that you seek medical attention and contact the Bethlehem Health Bureau and or the Police Department to have the animal captured and tested for rabies. For more information please check out our website at <http://www.bethlehem-pa.gov/health/communicable/rabies.htm> .

Tell Us About It

As part of our quarterly newsletter we would like to hear from you about your experience with preparing for emergencies. Please write in and tell us what you and your family have done to plan, prepare, practice, and protect yourself and your belongings.

Tell us about how you and your family are preparing for emergencies

Emergency preparedness is an ongoing process that needs to evolve over time as your family grows and changes. So tell us what has

worked for you, or about how having a plan or a kit has helped you in a time of need. Let us know some tips, tricks, or suggestions about

what you added to your plan or kit, or even about how you store your preparedness supplies. So don't be shy and tell us about it! E-mail your stories to kberk@bethlehem-pa.gov.

GET READY BETHLEHEM

Starting in July, the Bethlehem Health Bureau will be launching the annual GET READY BETHLEHEM campaign. From July through September multiple educational events will take place throughout our community urging our citizens to prepare and get ready for all hazard events.

The GET READY campaign will focus on educating community

members about ways to plan, prepare, practice, and protect. If an emergency strikes, it is important to have a plan of action for you and your loved ones. Information about making a family preparedness kit, communications plans, ways to practice your plans, and distributing information on ways to protect yourself through documentation and insurance will be discussed at these

events. Mini individual preparedness kits will be distributed at various sites as a way to motivate and encourage the community to GET READY. For more information check out our website <http://www.bethlehem-pa.gov/health/emergency/getready.htm>, local media sources, or call Julie Zumas at the Bethlehem Health Bureau at 610-865-7087.

Get Ready

Plan * Prepare * Practice * Protect



medical
reserve
corps

City of Bethlehem MRC
10 East Church Street
Bethlehem, pa 18018

Phone: 610-865-7087
Fax: 610-865-7326
E-mail:
kberk@bethlehem-pa.gov

COBMRC-Bethlehem
Health Bureau

Heroes at Home

[http://www.bethlehem-pa.gov/health/
emergency/volunteer.htm](http://www.bethlehem-pa.gov/health/emergency/volunteer.htm)

OUR MISSION: The City of Bethlehem Medical Reserve Corps is dedicated to organizing and preparing a medically related volunteer base that will serve to assist with emergency services, public health practice, and community outreach and education.

It is through this mission that the City of Bethlehem MRC will assist and collaborate with existing community and public health agencies to effectively use our vital community and medical resources in response to a major natural or man-made disaster.



Reminder to Update Your Volunteer Information

Has your contact information changed?

- Name, address, phone (home, cell , work), e-mail, or Emergency Contact Person...etc.

If so, please contact Kelly Berk at 610-997-7905
or e-mail to kberk@bethlehem-pa.gov

MRC Quarterly Meetings

August 23rd at 10am

August 25th at 6pm