



CITY OF BETHLEHEM MEDICAL RESERVE CORPS NEWSLETTER

Volume 9, Issue 2

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Current Bethlehem MRC Volunteer Numbers

NURSES	53
NURSE PRACTITIONERS	1
PUBLIC HEALTH/MEDICAL	4
PHYSICIANS	6
PHYSICIAN ASSISTANTS	1
PHARMACISTS	7
NON-PUBLIC HEALTH/NON-MEDICAL	6
MENTAL HEALTH PROFESSIONALS	9
EMS PROFESSIONALS	6
DENTISTS	2
VETERINARIANS	1
TOTAL:	96

Bethlehem MRC Assists with Runner's World Half Marathon & Festival

The Runner's World Half Marathon & Festival was held October 18th-20th, marking the 2nd year this event has been held in Bethlehem. Many races/runs were held: the children's race, the Eukanuba dog run, the 5K & 10K, and the half marathon. There was also a wellness expo for race participants to meet with various vendors and sponsors of the weekend event.

Bethlehem MRC provided emergency preparedness and vaccination information to attendees of the health expo, which was open from Friday to Saturday afternoon, and

worked as Support and Gear (SAG) vehicle drivers during the 5K, 10K, and half marathon. Working with Bethlehem EMS and St. Luke's Hospital, SAG vehicle drivers were dispatched throughout the race routes to pick up fatigued or slightly injured runners and brought them to the first aid tent for evaluation/treatment or to be checked out of the race for accountability purposes.

Several weeks later, the Bethlehem MRC participated in a meeting with the organizers and

agencies that assisted with the event to fully debrief and share successes and corrective items for next year's festival.

For more information about the Runner's World Half Marathon and Festival, please visit:

<http://rw.runnersworld.com/rwhalf/>



Sunday's SAG Team: Melissa Mennen, Dee Darragh, and Fallon Maggio

County Notification Systems

Did you know that many counties have a notification system in place to inform the public of emergencies or major crises? All you have to do is sign up! Here are some local options:

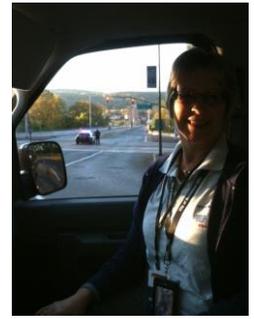
Northampton County:
www.notifync.org

Lehigh County:
<http://ema.lehighcounty.org/Sections/Reverse911Registration/tabid/828/Default.aspx>



Tom Ritter practices fire suppression at the MRC/CERT Training Rodeo

Bethlehem MRC in Action!



Dee Darragh in a SAG vehicle at Runner's World



Fallon Maggio and Smokey the Bear at Preparedness Day



Chuck Micklosky learns about MCI triage at the MRC/CERT Rodeo

Recent Activities:

June 20th/21st: SERVPA Operational Drill

June 24th: MRC/CERT Training Rodeo at Mack South

August 20th: Ready, Pack, Go! presentation with Lehigh County EMA at CARIE

September 14th: Preparedness promotion at Lowe's Safety Saturday

September 21st: Preparedness Day (Lehigh County) with Lehigh County EMA

October 19th: SAG Vehicles and Preparedness Promotion at Runner's World Half Marathon & Expo

October 20th: SAG Vehicles at Runner's World Half Marathon & Expo

*Three orientation sessions were held between June and October

Upcoming Events/Opportunities:

December 9th: SERVPA Call Down Drill

May 1st: Northampton County Special Olympics (save the date!)

*We'll be sending out information regarding American Heartsaver and BLS classes in early spring 2014

Global Brigades: A Volunteer's Experience in Honduras

By Joshua Kaminski

This past July, I had the amazing opportunity to serve as a Global Health Intern in Honduras. I, along with 53 other students from the US, England, and Canada, spent four weeks working alongside community members and Global Brigades employees.

Global Brigades is a NGO that currently works in Honduras, Panama, Ghana and Nicaragua. The organization works to implement holistic development programs alongside community members. It is currently the world's largest student-led global health and sustainable development organization. The shortest definition of what Brigades do is:

“Groups of passionate volunteers who mobilize toward positive social change.”

The internship encompassed four weeks of hands on work, community research, research proposal design and presentation, and community visits. We also had a few days of rest and the opportunity to see some of the beautiful sights of Honduras.

After having been in the communities and working alongside the community members, our research proposal group had the opportunity to sit down and speak with a mid-wife. We quickly learned that midwifery training is seriously lacking in rural Honduras, in fact there is no formal training recognized by the government to train the midwives in these communities. The need for midwives is very important in the rural communities because most communities are a minimum of three hours away from a proper hospital with weather and road conditions permitting.

This led us to think of the idea of adding an optional training class onto the Community Health Workers class. This is an established 6-12 month program that selected members of the community participate in and then are able to take this essential medical training, such as first aid and being able to recognize more serious conditions, into their community to share.

Global Brigades has a special connection with Sociedad Amigos de los Niño's, an orphanage in Honduras. The founder of Global Brigades grew up as a member of this orphanage. The last Sunday of the internship we had the opportunity to celebrate a mass with Sister Maria Rosa, founder of Sociedad Amigos de los Niño's in Tegucigalpa. We then of course had the chance to spend play time with the children where I met Josué. Josué is a four year old boy who had just arrived at the orphanage the week before severely malnourished. He, like many other orphans, has parents but unfortunately they cannot care for him properly and recognize it is better to send him to the orphanage where he will receive food, shelter, and clothing. Although our internship did not work directly with improving the orphanage, this short time we spent interacting with the children was life changing for both us and the children.

To learn more about the Global Brigades Honduras Summer Internship, check out this Youtube video: <http://youtu.be/Y0quVWi7IGY>

For more information on Global Brigades visit their website: <http://www.globalbrigades.org/>



Josh and Josué



Josh and the Ojochal family

Health Topic: Food Safety During the Holidays

By Dr. Basil Dolphin

Enjoying food is an important part of the holiday season. We often prepare and eat foods that are special either because they are expensive or difficult to make. Often there is a lot of food. Eating is one of the things that makes this time of the year fun and memorable. But sometimes uninvited guests appear and make their own special kind of memories. Keeping a few basic principles in mind can keep bad memories at bay.

There is a host of ways that one can become sick from eating contaminated food. Some examples are: Bacteria, Viruses, Parasitic Protozoa, Worms, Prions and Natural (Toxins found in fish, shell fish and fungi).

The CDC recommendations on safe food handling from its **Bad Bugs** are as follows:

- Washing your hands before and after handling food and in between handling different foods is one of the most important steps you can take. Do the same with equipment, utensils, and countertops.
- Wash raw fruits and vegetables under running water. These nutritious foods usually are safe, as you probably know from the many times you've eaten them, but wash them just in case they've somehow become contaminated. For the most part, the less of a pathogen on a food – if any – the less chance that it can make you sick.
- Cooking food to proper temperatures kills most bacteria, including *Salmonella*, *Listeria*, and the kinds of *E. coli* that cause illness, and parasites.
- Keep any pathogens that could be on raw, unwashed foods from spreading by keeping raw and cooked foods separate. Keep them in different containers, and don't use the same equipment on them, unless the equipment is washed properly in between. Treat countertops the same way.
- Refrigerate food at 40°F as soon as possible after it's cooked. Remember, the less of a pathogen there is in a food, the less chance that it can make you sick. Proper refrigeration keeps most types of bacteria from growing to numbers that can cause illness (although if a food already has high numbers of bacteria when it's put in the refrigerator, it could still cause illness).

A good example of a bacterial pathogen is *Listeria*. It often is found in dairy items. In an interesting twist, it can multiply in the refrigerator. Pregnant women and immuno-compromised individuals are at special risk when they become sick with *Listeria*. Infections can cause fever, fetal loss, meningitis, as well as internal and external abscesses. So pregnant women and immuno-compromised people should avoid raw milk products, but it can also be found in ready to eat meats and smoked fish. Hand and food washing is important in prevention as is thorough cooking. Five of the top ten fatal food poisoning outbreaks in the world were due to *Listeria*.

E. coli is famous for causing food poisoning. Most types of *E. coli* are harmless bacteria; in fact they are an important member of our digestive community. However, there are a number of types that cause diarrhea, as well as severe food poisoning leading to organ failure and death. As in preventing any food born disease, hand washing is vital, as is keeping all food at the proper temperature.

Give food space-during the holidays it is tempting to jam food into the fridge and to place large amounts of food in tall containers. Unfortunately, doing so prevents proper air circulation. Large volumes of warm food allow bacteria to multiply before the food becomes chilled. So while resisting the urge to stuff yourself, don't stuff the refrigerator.

A helpful video from the FDA is found below. It reviews safe storage techniques.

<http://www.fda.gov/Food/FoodborneIllnessContaminants/BuyStoreServeSafeFood/ucm188807.htm>

In summary, keep hot foods hot and cold foods cold. Wash your hands or even better, use alcohol based hand disinfectants. Enjoy this festive time of the year. But remember: it's hard to enjoy your friends and family when you can't make it out of the bathroom



Volunteer Appreciation

We offer our sincere thanks to all our volunteers for dedicating their time, expertise, and enthusiasm to our community through the Bethlehem MRC. Your efforts help to strengthen our community by promoting public health initiatives and preparing our citizens to respond to emergencies & disasters.

Specifically, we'd like to thank those volunteers who actively participated in the Bethlehem MRC through trainings and community outreach in 2013:

Dee Darragh
Jack Fliter
Kathy Halkins
Christine Henricks
Joshua Kaminski

Frances Kopy
Melissa Mennen
Chuck Micklosky
Peggy Palmer
Carol Rice

Tom Ritter
Naylin Rivera
Deb Spadaccia
Nancy Stott
Patty Zurick

Many thanks also to Officer Tom Defrank from the Bethlehem Police Department for creating badges for all of our new volunteers!

REMINDERS

Please remember to notify the Bethlehem MRC of any contact changes and update your SERVPA profile as needed, focusing on:

- Contact information (address, phone number, email)
- Professional licenses (including expiration dates)
- Driver's license (expiration date)
- Completed trainings

If you cannot remember your login information, please do not create a new profile. Contact Fallon Maggio (fmaggio@bethlehem-pa.gov) to obtain your login name and/or reset your password.



For information about joining the City of Bethlehem Medical Reserve Corps, please contact the Bethlehem Health Bureau at 610-865-7083 or visit our website at www.bethlehemmrc.com