



The MRC Times

JANUARY 2009



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WE NEED YOUR INPUT!

- Willing to contribute to this newsletter?
- Would you prefer to receive a hard-copy of this newsletter?
- Do you have training ideas or suggestions?

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NACCHO

You may be asking yourself, "Just what is NACCHO?" As a big supporter of the MRC and its function, NACCHO is an organization you should know. It is the **National Association of County and City Health Officials**. Please don't pronounce it as nacho (as in cheese) the "a" is a long "a". Their official mission statement is:

"NACCHO is the national organization representing local health departments. NACCHO supports efforts that protect and improve the health of all people and all communities by promoting national policy, developing resources and programs, seeking health equity, and supporting effective local public health practice and systems." In 2006 NACCHO was

awarded a cooperative agreement to assist the U.S. Surgeon General's Office of the Civilian Volunteer MRCs in enhancing MRC units' abilities. The overarching goal is to strengthen the ties between the MRC program at all levels and the nation's public health system. NACCHO promotes and supports the MRC in part by offering scholarships to MRC leaders to attend conferences and trainings as well as Capacity Building Award grants to MRC units. This funding can be a vital part of MRC strength. As funding cuts are felt across all forms of business and government I am happy that NACCHO is such a strong supporter of the MRC mission. NACCHO has submitted recommendations to the Presidential Transition Team including reference to public health emergency pre-

paredness and designating funds for training of the public health workforce. These funds would trickle down to MRC units. Without NACCHO many MRCs including this one would have a difficult time sustaining functional units. The funding helps us to purchase software, office supplies, training materials and to make it possible to attend trainings, meetings and conferences. On rare occasions there is funding available in the form of a scholarship for MRC members to attend trainings that require travel and lodging. If you would be interested in these, please let me know and I will keep you informed as to the availability and the training offered. If you are interested in information regarding Public Health and PH Initiatives, please visit the NACCHO website. www.naccho.org

Looking Ahead



We face 2009 with many different emotions. Some are very happy to see an end to 2008, while others are afraid of what 2009 will bring. Others see a year of hope ahead. No matter how you feel, change is in the air— some of it good and some of it could be pretty bad. Our economy is in question and unfortunately for some we are already taking hard hits at home. We can't change what happens on a broad scale, but we can change how we adapt and prepare for this year and all of the dire predictions. There's that word again—"prepare". Just as we can be prepared for an emergency, we can make preparations to help ease us through a downfall in the economy. I know that many live paycheck to paycheck, some are on a fixed income which will make any downfall that much harder to bear. Small steps taken can hopefully

have a big impact on how we get through this. If we take the time to really plan out how & where we are spending our dollars, if we really, seriously tighten our belts, it will make a difference. Here are just a couple of ideas: team up with extended family to make purchases at a warehouse store -split the price and split the product-won't work for a TV but will for paper goods, groceries and dry goods. Substitute going out with staying in- get back to the tried and true family traditions of reading aloud or playing games together. Create projects to work on together and then celebrate their completion with a special evening out. Take this time to get back to basics.

Worrying gets us nowhere, so let's act, let's be conscientious and let's get ready. In doing so, we should all make it through to the other side.

A Word From Liz

Happy New Year! It's certainly a cold and snowy one so far! With wind chills dipping down to cruel levels once again I feel I have to remind everyone to have an emergency winter kit in their vehicles. Many people feel that having a cell phone will "save" them if their vehicle is compromised while driving in the winter. Having a cell phone will certainly help contact someone, but it won't keep you warm while waiting for help or push you out of a ditch. Prevention of course will go a long way-make sure your vehicle is in good shape. Have your battery checked to make sure it has a good charge and that the treads on your tires aren't too worn. Remember to keep extra gloves, hats and even a blanket in your car during the winter as well as a small shovel. When the wind chills take a dive please keep skin covered when going outside. Frostbite is no fun and can have long lasting negative effects.

As some of you know we have had a bump in the road as far as ID badges are concerned. We are currently working on getting the issue resolved and as soon as everything is back in working order we will begin creating and distributing ID badges again. We are already working on the plans for this years dispensing exercise. So far it looks like we will be having it in May. Once the date is written in stone I will let you know how you can participate. Our next MRC meeting will be in February and, again, once the date is solid, I will send out a message. CERT classes in Lake in the Hills have started and I am happy to know that so many of you are attending. Please be sure to send me a copy of your course certificate as well as a copy of your CPR certificate upon completion.

Resources



Here are two more learning websites and some of the courses offered. Both require you to create a log-in and password and are free of charge.

www.ualbanycphp.org/learning/default.cfm

Click on the "e-learning Center" link to get started. Applicable courses:

Your Family Disaster Plan; Preparedness & Community Response to Pandemics; Terrorism, Preparedness, and Public Health: An Intro; and Working in a Point of Dispensing (POD)

www.sph.umn.edu/cpheo/umncphp/online/home.html

You will be able to create a log-in when you register for a course.

Applicable courses:

The Off-Site Care Facility-An Alternate Care Site: A Primer for Volunteers; Mass Dispensing Sites: A Primer for Volunteers; Personal Protective Equipment; Disaster Mental Health

Don't forget! We have a media library covering topics related to public health and emergency response. Contact Liz for a full listing of the library topics.

Training Corner

As a McHenry County MRC Member, you are required to pass the *FEMA 100a and 700a online courses within three months of application for membership. Online courses are free of charge.

IS-700 is now IS 700a "National Incident Management System (NIMS), an Introduction" and IS-100a "Intro to Incident Command System"

How to Get Started

- Go to website: <http://training.fema.gov/IS/NIMS.asp> Choose your course and click on it. Follow the prompts or make appropriate choices from options given. Remember to let me know when you have completed the course and exams- I will need a copy of your certificates for your file.

There are many other courses available on this website, listed under ISP courses. Here is a sampling:

IS-55: An Introduction to Hazardous Materials- a general introduction to hazardous materials and identification

IS-102: Deployment Basics for FEMA Response Partners

IS-200a: ICS for Single Resource & Initial Action Incidents

IS-394A: Protecting Your Home or Small Business from Disaster

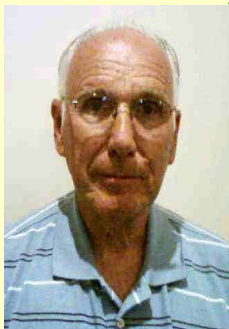
*If you have already completed IS 100 and IS 700 you do not need to take the revised "a" courses.



Member News and Events

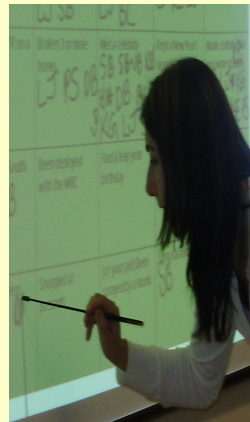
Our Hats Off to.....Chuck Bretz

Chuck Bretz joined the MRC in March of 2007. Chuck jumped into the MRC with both feet and boy has he gotten wet! Chuck has been able to attend and participate in most of the MRC activities, trainings and exercises. He has also lent a hand in the organization of an all hazards preparedness planning committee at St Paul's United Church in Crystal Lake. Chuck says that the whole process got started with last years National Preparedness Month. Chuck picked up items at the MRC meeting on preparedness for the "Get Ready! Get Ready Now!" campaign and he took them into his church. From there a committee was formed. The result has been tremendous. The church now has fire extinguishers, first aid kits and AEDs paired together at key locations in the church. The congregation has practiced fire and tornado drills as well. Folders with preparedness information and guidelines were given to every family of the congregation so that each family could work on personal preparedness. Now the church and their Emergency Preparedness committee are sharing their plans with other churches.



Way to go Chuck!

Holiday Get Together 2008



Susan works her magic on the Smart-Board



Deb with one of the many donations to Animal Control



Helene & Herb have their holiday cheer on!

LET'S WELCOME :

Leslie DuBois, MCDH Health Educator
 Please join me in welcoming Leslie to the Emergency Response Program. Some of you may have had the pleasure of meeting her at the December Get-Together. If not, here is a little info on our newest team member:
 Leslie graduated in August with a Bachelor Degree in Public Health from Northern Illinois University. She was born and raised in Joliet and has recently moved to St. Charles. Leslie loves to cook and she has a new favorite food every week. Last week was eggplant dishes and this week it's goat cheese dishes. Leslie is looking forward to learning everything she can in her new job, is happy to be working full time and is enjoying getting to know the people she works with.



THANK YOU FOR YOUR TIME AND SKILL

Animal Control extends its gratitude for the many generous donations from the MRC members. Thanks are also in order for:
 Stan Borucki, Vicky Borucki, Larry Nordlund, Katie Larson, Terri Foppe and Helene Eddy for lending a hand or two in the Communicable Disease Mailing and Katie Larson, Sandi Jaeschke, Jan Camden, and June Hoch for greeting Flu Shot Recipients at the Vote & Vax Sites.

McHenry County Department of Health
Attn: Medical Reserve Corps
2200 North Seminary Avenue
Woodstock IL 60098

“The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don’t play together, the club won’t be worth a dime.”

~Babe Ruth

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Is your personal information changing because of a:

- ...Move?
- ...New phone number?
- ...New email address?
- ...New or updated certification?

Please let us know if these changes happen so we can adjust our records!

