

Upcoming Events:

APRIL 8, 2016
APRIL 11, 2016
APRIL 12, 2016
APRIL 19, 2016
JUNE 17-21, 2016
JULY 30, 2016

NEXT MEETINGS:
APRIL 12, 2016

6:00 pm- 8:30 pm
LOCATION LAZY DOG,
CONCORD
May 10, 2016

Please Update
your DHV
account!

http://
disasterhealthcarevol
unteers.ca.gov/



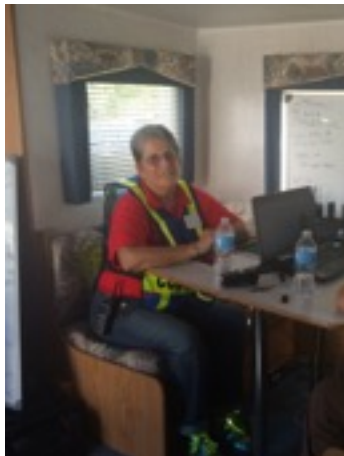
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Contra Costa County
Medical Reserve Corps

MRC UPDATES

CCC MRC Member to Receive Award

Yolanda 'Lonni' Cronin has been awarded the Outstanding MRC Responder Award by national MRC. Lonni has been a registered nurse in the unit since 2010. Lonni was nominated for her participation in the Valley Fire. During the MRC deployment, Lonni went above and beyond her normal participation level. She was one of the first unit members to respond and brave the elements in the first night shift, being the only RN, for more than the 900 evacuees. No task was too small for her, she continued to show dedication and compassion for many of the evacuees by providing medical assistance, well checks, and emotional support. She was instrumental in the transition medical operations in Lake County, by co-staffing the medical clinic with Marin MRC volunteers to ensure a smooth transition between units and filling staffing needs at the time. Lonni also ensured the team was well by offering her house to team members and ensuring everyone had what they needed. In all, she provided more than 50 hours of service, giving up personal vacation time She displayed flexibility, and leadership during this this operation, making it such a successful deployment. Lonni will be officially recognized during the MRC Well Check on April 12, 2016.



MRC Supports Future Workforce

Six MRC members helped 11th grade students practice sitting through job interviews at Dozier Libbey High School in Antioch On March 23rd and 24th. We were given a page of instructions and suggestions of what to ask the students, then a scoring rubric so they could see where they shined and where there were opportunities to improve. Each person interviews 6-8 students and made it a very realistic experience for them. They dressed professionally, made good eye contact, and were prepared for the kinds of questions we would be asking. Even though we encountered a lot of sweaty palms, the students did a fine job and took our constructive criticism with the good intentions in which it



was delivered. It was a great experience and I highly recommend this volunteer opportunity. (Pictured Steve Martin, Loreen Atallah, Lisa V-Smith and Mary Frazier, Mary wrote this article).

The unit also supported Dozier Libbey High School 10th graders by providing e-mentorship. MRC members identified how many students they wanted to e-mentor. They then received emails from students asking questions about their medical careers. Students questions focused on how hard college was, what we like most about our jobs, what makes our jobs difficult, and what skills are required for these careers. The students expressed their interest in a variety of medical careers. Ten MRC members participated in this event. It was a great opportunity for our members to interact with the students. Thank you to all who participated in both events.

Upcoming Events

The MRC will be participating in the following events, contact the MRC Coordinator for details and to sign up.

Vaccine Clinics

- Flu season is coming to a close. We will focus on planning for next years season. If you want to be involved in the planning process notify the Coordinator.

Community Outreach

- Hands Only CPR/AED training | Diablo Valley College April 8, 2016 10:00 a.m.
- Hands Only CPR/AED training | Brentwood Center April 11, 2016 2:30 p.m.
- Hands Only CPR/AED training | Los Medanos College April 12, 2016 2:00 p.m.
- Hands Only CPR/AED training | San Ramon April 19, 2016 3:30 p.m.
- Just added- Habitat for Humanity First Aid stations | June 17-21st 8:30 a.m.- 4:00 p.m.
- Darius Jones Foundation Heart Screening | July 30, 2016 8:00 a.m.-4:00 p.m.

Training

- There will be a number of Psychological First Aid Overview courses offered in the next few months. Please watch your email for details
- Mental Health Services in CCC by NAMI- every Wednesday 7:00 p.m.-8:30 p.m. Family Justice Center-Concord

Commit to your Community



Do you know someone who would be interested in joining the MRC?

Invite them to a meeting or connect them with the MRC coordinator

lisa.vajgrt-smith@hsd.cccounty.us

(925) 313-9548

Welcome New Members

Nancy Aron RN and Michelle Teegarden EMT/MH and Dr. Pramita Kuruvilla are joining the group. Welcome aboard!

CCC MRC is actively recruiting behavioral and mental health professional to our unit. If you know someone, please tell them about the MRC and have them call the coordinator.

If you know anyone who wants to join the MRC please have them contact the MRC Coordinator at 925-313-9548.

Competency Corner

Caring for Pets

Many of us own a pet, and consider them part of the family. We would hate for anything to happen to them during a disaster. We have also seen people refuse to evacuate unless they have their pets. This competency corner will focus on pet preparedness and explain ADA service animals.

Many evacuation shelters will not allow your pets. However they are required to allow service animals. Often, pet shelters or staging areas will be co-located close to shelters, but your furry friend will not be allowed inside to sleep with you. There may be some exceptions but to do not count on it.

A service animal is defined by the ADA “as a dog (and now miniature horses) that are individually trained to do work or perform tasks for people with disabilities”. The work or task the dog/horse has been trained to do must directly relate to the person’s disability. This is a different definition than an “assistance animal” Assistance animals have a broader definition, but do not fall under the ADA requirements.

Service animals must be under control at all times, and must be harnessed, leashed, or tethered, unless the device interferes with their work.

If the animal services are not obvious, only two questions can be asked 1) Is the dog/horse a service animal required because of a disability? 2) What work or task has the dog/horse been trained to perform? Staff cannot ask about the person’s disability, special identification or papers, medical documentation or training documentation.

A service dog/horse can only be removed if it is out of control of the handler, or the handler does not take effective control, or the dog is not house broken. If the animal is removed, staff must provide the person the opportunity to obtain goods or service’s without the animal. Staff cannot be expected to care for the animal.

Pet Preparedness. We all know we need a plan, and a kit to be prepared for a disaster. Well if you have pets, your plan and kit must include them. It also must be specific to the type of pet you have. So what are the main supplies I need?

-Enough food and water for 96 hours. In order to determine how much food to store, follow the bag guidance or talk to your vet. Make sure your food is sealed, and rotated for expiration. How much water do they need? Good question. A dog will drink one ounce of water, per pound per day. Cats require less ranging between 5-10 fluid ounces a day. You must also consider if its hot, or they are stressed, they may drink more.

-A carrier/cage and leashes. Many pet friendly shelters or staging areas will require your pet to be in a cage or carrier. You must plan on having one of these, as they are not always provided. Also

consider, your pet will be out of their normal surrounds, this will keep them safe and comfortable. Make sure it is big enough that the pet can stand up and turn around in it. For large breeds, this may be a challenge. Ensure at a minimum you have a leash. If there is not a pet shelter established, or a staging area have a plan to temporarily relocate your pet, to a friend or family, or check into local hotels that allow for pets.

-ID and records. You will want your pet identifiable. Do not rely solely on a microchip. Make sure you have tags for your pets, and pictures of them, especially any distinguishing marks. Vet records may also be required for entrance into shelters and staging areas. Make sure they are up-to-date on vaccines and be mindful they might require new vaccines to be housed.

What about exotic pets and livestock? More people focus on dogs and cats, when they think about disasters, forgetting about livestock and exotic pets. If you have one of these pets, have a plan for them, and do your research. They need many of the same basics- food, water, shelter, and identification.

Additional Resources:

www.ada.gov/service_animals_2010.htm

www.recross.org/prepare/location/home-family/pets

emergency.cdc.gov/disasters/animalspubevac.asp