



Cape May County Medical Reserve Corps Newsletter

Issue 2

Newsletter Date: January 2011

Health Observances

January
Cervical Health Month

February
American Heart Month

March
National Nutrition Month

April
Autism Awareness Month
Public Health Awareness Week

May
American Stroke Month

June
Men's Health Month

MRC Family Preparedness

Welcome to the 2nd Cape May County MRC Newsletter. The purpose is to provide up to date information on all MRC training opportunities, drills/ exercises and Public Health issues going on throughout Cape May County and the Southern regions.

With a new year and a new decade before us it is a great time to make Family Preparedness a priority. Though some people feel it is impossible to be prepared for unexpected events, the truth is that taking preparedness actions helps people deal with disasters of all sorts much more effectively when they do occur. Knowing you're prepared for and emergency can help you and your family stay calm and act effectively.

To assist you in this process the Cape May County Department of Health will be offering 3 25 minute sessions on "How Prepared is Your Family for an Emergency?" on **January 21, 2011**, in the 1st floor Conference Room located in Community Health Planning offices. Each session will be 30 minutes and limited to 7 people at a time. You must call to schedule which session you will attend. 463 -6575

Session 1 10:00—10:30

Session 2 10:45—11:15

Session 3 11: 30: 12:00

CORE COMPETENCIES

Describe the procedure and steps to protect health, safety, and overall well being of themselves, their families, the team and their communities.

Have Family Preparedness Plan

Describe chain of command (ISC)

Describe role of MRC unit in Public Health and in an Emergency response.

Describe MRC role(s) in : the communication process, impact of event on the mental health needs of the public and MRC members.

Demonstrate ability to follow procedures for assignment, activation, reporting and deactivation.

And The Survey Said:

In our 1st newsletter we included a survey on what trainings you have taken, were interested in taking, the preferred days, times and duration of the training session and what format the training should be in.

According to those that responded there are still many MRC members who need to complete the Core Competencies. It was also evident that our past method of one day long training session was difficult for many to attend. With this in mind as well as the responses to questions regarding days, times and duration of sessions, we will be offering shorter classroom trainings as needed and encouraging members to use the New Jersey Learning Management Network (NJLMN) for Core Competency completion.

The NJLMN offers courses, along with CEU's , that address all required core competencies. As MRC members the NJLMN is available to you at NO charge and at any time of day. For members that would like a hands on training in how to use NJLMN we will be offering 1-2 hour sessions beginning in January. Dates will be determined ASAP and e-mailed to all. Courses may be taken independently at home if you prefer. Please, you must send a copy of CEU certificate via e-mail or snail mail to the Cape May County Department of Health c/o Community Health Planning Department in order to receive credit for completion of competency.

[See attached for recommended courses](#)

MRC Members at the Avalon Community Hall



MRC volunteers Chuck Allison, Noreen Sisko and VIM volunteer Fran Teasdale, participating at the Cape May County Disabilities Awareness Day held on November 13, 2010 at the Avalon Community Hall.

**MRC:
VOLUNTEERS
BUILDING
STRONG,
HEALTHY,
AND
PREPARED
COMMUNITIES!**

*** SAVE THE DATE! ***

Cape May County Healthcare Resource Day is scheduled for Saturday, April 9, 2011 from 11 am to 2 pm at the Wildwoods Convention Center.

Approximately, 60 agencies will be invited to display information about their purpose, mission, service or product. In addition, health screenings

will be offered free of charge by the Parish Nurse Program. Screenings will include blood pressure, blood sugar, cholesterol, peripheral artery disease and bone density.

There will be a yet to be determined medical speaker. (suggestions welcome!)

HELP US RECRUIT!

- Medical professionals
- Community leaders
- Friends

Anyone you think would be a good addition to our team.

Tell them about our mission, goals, trainings and invite them to join us!

The larger our MRC team is the better equipped we'll be to serve the public in case of a county-wide crisis.

Special Needs Trailer Exercise Planned for Spring

As many of you know, due to the extended loss of electricity in last year's winter storms, many shelters were opened throughout Cape May County. The American Red Cross was responsible for operating these shelters with nursing assistance provided by the County Department of Health. As part of this response, we found that several people seeking shelter also had medical needs—care for chronic conditions, medication needs, mobility assistance, etc. Persons with special needs are not necessarily appropriate to be sheltered in a traditional Red Cross shelter. The New Jersey Department of Health and Senior Services Medical Coordination Centers for southern jersey have responded by providing Medical Needs Trailers (MNT) for each County. The Cape May County Department of Health has a MNT



that has supplies to care for 25 people should the need arise. The Department is developing a plan for the operation of a special needs shelter and will be exercising this plan in the spring of 2011. We welcome your participation in this exercise. We will be sending out more information as the date draws near. Please check back soon!

**Readiness Begins
With YOU!**

CONTACT INFORMATION

Cape May County Dept. of Health
4 Moore Rd DN601
CMCH NJ 08210

Joan Rowland RN BSN
MRC Coordinator
jrowland@co.cape-may.nj.us
609-465-1225

Chrissy Matthews
Administrator
cmathews@co.cape-may.nj.us
609-463-6689