

THE CORPS

Official Newsletter for the Maryland Responds Medical Reserve Corps

As we come to the end of the year, we want to take a moment to express our sincere appreciation for all that you do. Your commitment to volunteering, training, and supporting public health efforts has made a meaningful impact on communities across Maryland. Because of your dedication, we are better prepared, more resilient, and stronger together.

Looking ahead to the new year, we are grateful to continue this important work alongside you as we strive to protect and promote the health of our communities. We hope this holiday season offers you time to rest, reflect, and celebrate the difference you've made.

On behalf of everyone at the Maryland Responds Medical Reserve Corps, we wish you and your loved ones a safe, joyful, and healthy holiday season.



Driving Tips for Extreme Cold Weather

Extreme cold weather can present hazards for drivers. Before leaving, prepare yourself and your vehicle for cold weather or winter storms.

Stock Your Vehicle:

- Rechargeable flashlight
- Cellphone and car charger
- Extra food and water
- Flares
- Tools (jack, lug wrench, shovel)
- Road maps
- Blanket/sleeping bag
- Extra warm clothes (boots, hat and gloves)
- First aid kit
- Pocket knife
- Matches or lighter
- Battery jumper cables
- Ice scraper and snow brush
- Paper towels
- Extra washer fluid suitable for low temperatures
- Chains or traction tires
- Small snow shovel
- Kitty litter for tire traction



Traffic Delays:

If you are stuck in a traffic jam or your car becomes disabled:

- Stay with the vehicle
- Run your engine and heater for short intervals
- Crack a window in the vehicle to avoid carbon monoxide build-up
- Listen to your radio for updated traffic and emergency information
- Drink fluids to avoid dehydration
- Make sure your vehicle can be seen by putting markers, like a white cloth, on the antenna or door handle. Use flares if you have them
- Make sure the exhaust pipe is clear of snow and debris

For additional winter driving safety guidance, visit [nhtsa.gov/winter-driving-tips](https://www.nhtsa.gov/winter-driving-tips)

BWI/MDEM 2025 EPLEX Exercise



On Saturday, November 1, MRC volunteers supported Baltimore Washington International Thurgood Marshall Airport (BWI) and the Maryland Department of Emergency Management (MDEM) during the EPLEX full-scale exercise. Volunteers played a critical role in the simulation, serving as victims of a mock aircraft collision and undergoing on-site triage and transport to a simulated hospital. Additional volunteers participated as friends and family members in the Southwest Airlines Friends & Family Operation, helping to test airline reunification and crisis support procedures. With the support of more than 100 volunteers, BWI successfully met its mandatory FAA exercise requirements. We sincerely appreciate your time, commitment, and flexibility, especially given the very early start, and thank you for helping make this exercise a success.

Submitted by Kelly Payne and Connie Dellospedale

Montgomery County Meet & Greet

In November, Montgomery County hosted two Meet & Greet events, providing volunteers the opportunity to meet the new Unit Administrator, Noudehou A. Koutangni (NK), and connect with members of the MRC team, Montgomery County PHEP Betsy Rebert, Marianne Souders, and Maria Fuentes de Castañeda. The Meet & Greets allowed for open conversation between volunteers and staff, with discussion centered on the future direction of the Montgomery County MRC unit and general plans for 2026. Volunteers asked questions, shared feedback, and received assistance with navigating the updated volunteer registry. The events also served as an opportunity for relationship-building and information sharing between unit leadership and volunteers.

Submitted by Noudehou A. Koutangni (NK)



Calvert County KI Distribution Exercise



In September, the Calvert County Health Department conducted a full-scale exercise to test its Point of Dispensing (POD) model, featuring a drive-through potassium iodide (KI) distribution for convenient pick-up by Emergency Planning Zone (EPZ) residents. The exercise was hosted by the Calvert County Public Health Emergency Preparedness (PHEP) program and staffed by health department personnel and MRC volunteers.

Submitted by Sarah Chesnut

Anne Arundel County Food Distribution Operation



Thank you to the MRC volunteers who supported the recent food distribution operations! The Anne Arundel County Office of Emergency Management, in partnership with other county agencies, conducted a four-week food distribution effort at multiple senior center locations throughout the county, providing boxed food to individuals and families in need. MRC volunteers were instrumental to the success of this mission, assisting with both data collection and food box distribution. We received an overwhelming response from volunteers willing to help, and we are deeply grateful to each of you for generously giving your time and energy to support our community.

Attached are photos from the Pascal Senior Center distribution operation.

Submitted by Kelly Payne

Special Thanks!

Thank you for your dedicated support of the Anne Arundel County Department of Health's Behavioral Health Team. Your commitment and hard work in assembling harm reduction kits have made a meaningful difference for individuals across our communities.

Howard County Appreciation Event

On November 13, Howard County held an appreciation event themed “Garden of Gratitude.” The event featured three interactive stations set up around the room prior to dinner to promote mingling and provide opportunities for MRC volunteers to ask questions and engage in discussion. Volunteers received a succulent plant, a pot, and transplanting soil, one item at each station, to encourage participation at all three tables. The stations included Diggin’ in the Dirt, which focused on MRC-issued items such as branded T-shirts, jackets, backpacks, and identifying volunteers with official ID badges; Rose, Bud, and Thorn, which gathered feedback on trainings, ideas for future training topics, and input on how Unit 244 administrators can improve procedures and engagement; and Navigating Juvare, which provided support and guidance on the new registry platform, including profile completion and general platform questions.

Submitted by Randell Young



POD Drill at Notre Dame of Maryland University



On October 7, the Maryland Board of Pharmacy Emergency Preparedness Task Force conducted an annual Point of Dispensing (POD) drill at Notre Dame of Maryland University in Baltimore, with support from the Maryland Responds MRC state team. The exercise brought together students from Notre Dame's School of Pharmacy and Physician Assistant Studies Program alongside Maryland Responds MRC volunteers. During the drill, participants learned how to operate a POD and distribute medication during a simulated public health emergency. This year's scenario modeled an anthrax attack, providing a realistic, hands-on opportunity to practice critical response roles. Regular exercises like this help ensure Maryland remains prepared to respond effectively to a wide range of public health emergencies.

For any questions or concerns, please email:

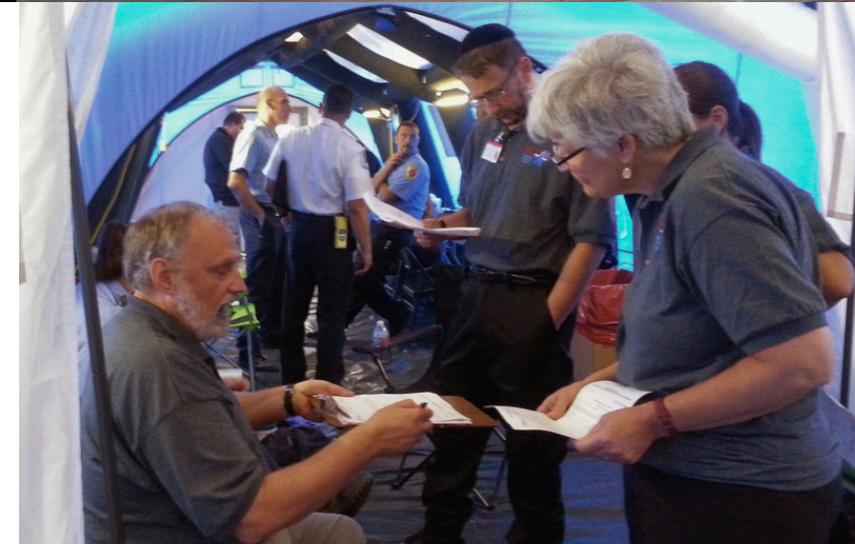
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