

# THE CORPS

Official Newsletter for the Maryland Responds Medical Reserve Corps

## Summer 2024

September is National Preparedness Month, a time to encourage families, businesses, and communities to prepare for and plan for disasters. Maryland Responds Medical Reserve Corps believes that preparedness is not just a focus for September but a year-round commitment. As a volunteer, your safety is just as crucial as the safety of your community.

One key aspect of preparedness is having an Emergency Supply Kit. In the aftermath of an emergency, access to clean water, electricity, or other essential resources may be limited. Make sure you are ready with a personal supply of food, water, and other essentials to last at least three days.

*Here are some essential items to consider including in your kit:*



A 3-day supply of medicine, at a minimum. If medications need to be kept cold, have a cooler and ice packs available.



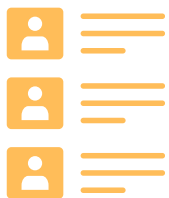
Ready-to-eat canned meats, fish, soups, beans, vegetables, and fruits. Choose foods that need little or no cooking.



Information about medical devices such as wheelchairs, walkers, and oxygen including model numbers and vendor.



List of allergies to food or medicines, copies of medical insurance card and copies of a photo ID.



Contact information for family members, doctors, pharmacies and/or caregivers.



One gallon of water per person, per day (plus pets).



Bank account numbers (checking, savings), social Security cards and records.



At least one change of clothing/shoes per person.

# MRC National Summit

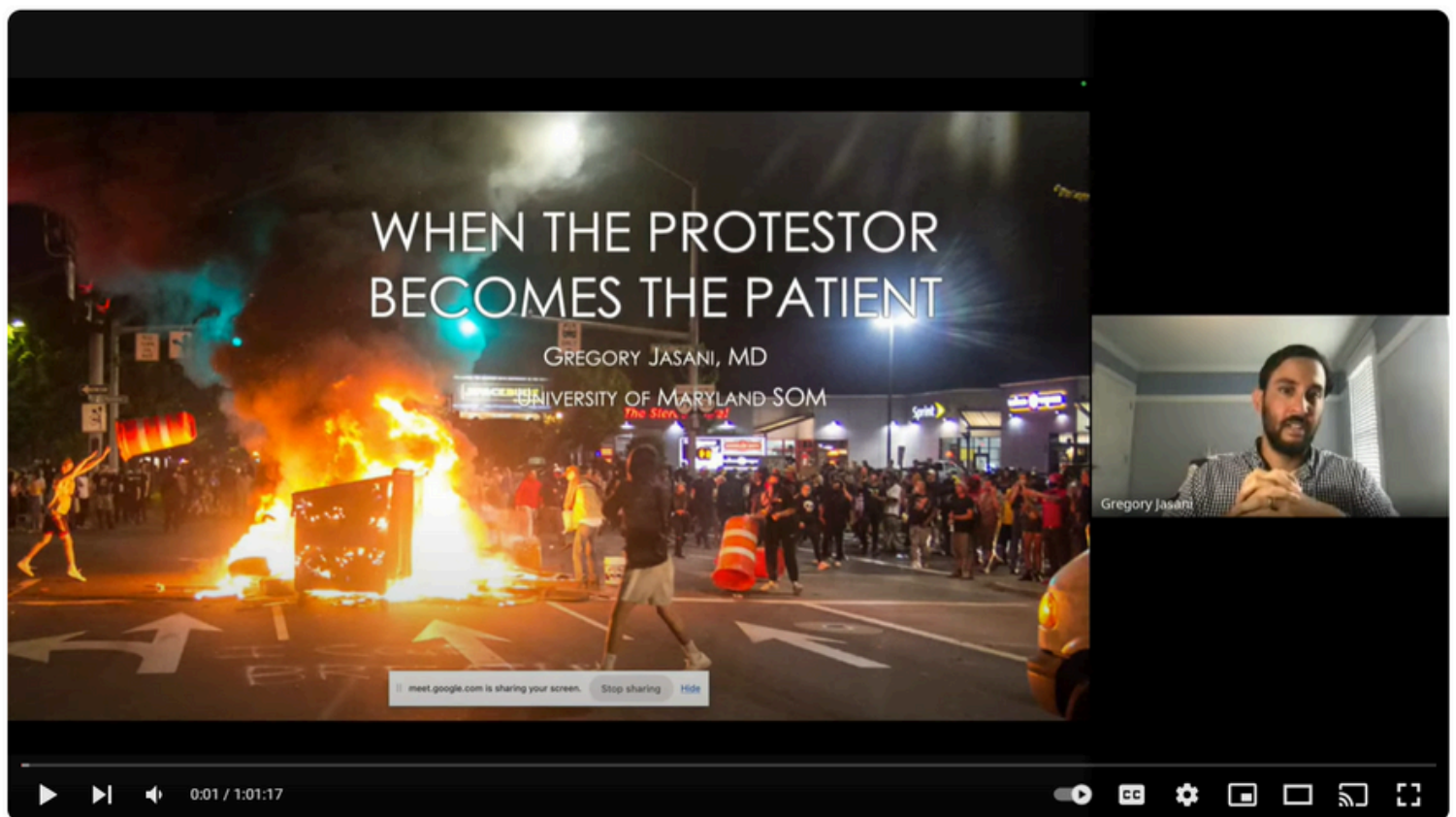


Over 600 Medical Reserve Corps leaders from across the country gathered in Chicago from May 22 to 24 for the MRC National Summit. Representing Maryland Responds, Mallory Simcox, Jeremy Costin, and Randall Young joined the event under the theme, "The Power of Community, Collaboration, and Connection: MRC Leading the Way for the Next 20 Years." The summit offered a valuable opportunity to celebrate the network's growth and achievements over the past two decades while exploring strategies to expand its impact in communities for sustained success.

Mallory Simcox showcased a poster on the MRC STTRONG grant, highlighting its significant outcomes and future potential. Meanwhile, Jeremy Costin collaborated with Kalene Bataluna from Central District Health in Idaho to present how to develop a successful and sustainable training program for MRC units, sharing insights and best practices to enhance program effectiveness.

# Response to Protest Injuries Virtual Training

On Thursday, June 27th, Maryland Responds started its new quarterly virtual training series with Dr. Gregory Jasani, Assistant Professor and Emergency Medicine Physician at the University of Maryland School of Medicine. The inaugural session, titled "Response to Protest Injuries," focused on the role of Medical Reserve Corps volunteers in providing care during civil unrest. Dr. Jasani addressed the unique challenges and considerations for volunteer safety when offering medical assistance in volatile situations. The session shed light on our response to protest injuries and emphasized the importance of understanding our role as responders during civil unrest. All sessions will be recorded, and the first session recording is attached below.



Maryland Responds MRC: Response to Protest Injuries Training

# Unit Administrator Spotlight



Jon Safran, is the newest MRC Coordinator for Prince George's County team. Jon currently serves as the Logistics Officer for the Prince George's County Health Department where is is responsible for the procurement and logistical concerns of medical equipment and products for the office of Public Health and Emergency Preparedness and the county's population of over one million residents. As a Director with the military nonprofit organization, Veterans Success Resource Group, a seven-time charity golf tournament organizer and former Vice President to the East Coast Chapter of the Tuskegee Airmen Inc. (ECCTAI), Jon comes with a lifetime of experience in volunteer work and community service. Originally from Philadelphia, Jon has made his home in Maryland after retiring from a 23-year career in the US Air Force. With an extensive background in military leadership and aviation technology, he is eager to assist the citizens of Prince George's County with the MRC mission. Jon is married to his beautiful wife Bridget and they share their two teenage daughters, Nadia and Gabrielle.

# Unit Administrator Spotlight



If you ask Brenda Caldwell, the MRC Unit Administrator for Allegany County, what she is most proud of about her region, she will tell you it's the strong sense of community and cooperation among the people there.

"Whenever a need arises, you can count on folks to pitch in and help their neighbors and communities," she said. "During the early months of the COVID-19 pandemic, there was a PPE shortage nationwide. The Allegany County Health Department undertook an initiative to recruit volunteers to sew reusable isolation gowns for distribution to frontline EMS and medical personnel and also to area long-term care facilities. Allegany MRC volunteers assisted in that effort by assembling nearly 200 gown kits for the sewing volunteers. Each kit contained an instruction sheet, pattern, and construction materials for five isolation gowns. As a result of their efforts, the health department was able to make and distribute 930 isolation gowns to 15 different facilities and agencies around the county. "

That spirit of community can be seen in Allegany County every day. Brenda says she looks forward to helping grow and coordinate volunteer efforts in Allegany through Maryland Responds.

# Mental Health First Aid Training

We are delighted to announce an exclusive opportunity for you to participate in virtual Mental Health First Aid courses, hosted by Maryland Responds Medical Reserve Corps in collaboration with the Mental Health Association of Maryland.

## **Course Dates:**

Saturday, September 28th (Filled)

Saturday, October 26th

Saturday, November 23rd

Saturday, December 21st

The course begins promptly at 10:00 am and ends at approximately 5:00 pm. It includes two 15-minute breaks and one 45-minute pause for lunch.

## **Registration Details:**

Be sure to keep an eye on your inbox! An email with the sign-up link will be sent out one month prior to the session. Please note that registration operates on a first-come, first-served basis, and only the first 30 volunteers will secure spots. Additionally, a waitlist will be created for each class.

## **Important Note:**

All volunteers must have a completed profile to be considered for the course. If you sign up without completing your profile, you will receive an email notification and have 24 hours to finalize it. Failure to do so will result in your spot being given to another participant.

## **Inquiries Welcome:**

If you have any questions or require further clarification, please contact [mdresponds.health@maryland.gov](mailto:mdresponds.health@maryland.gov).

# Maryland Responds Medical Reserve Corps: Road To Readiness

A common question we get is, "How can I become a fully deployable volunteer?" The answer follows our five-step Road to Readiness (R2R) process. Completing these steps will qualify you to respond as a deployable volunteer when needed. Every volunteer must finish all the steps to be ready for deployment. If you have any questions or require further clarification, please contact [mdresponds.health@maryland.gov](mailto:mdresponds.health@maryland.gov).



## Step 1: Complete Your Profile

- Ensure your profile is at least 90% complete by visiting [your profile page](#). Don't forget to include your professional license number, expiration date, and practice location (if applicable).



## Step 2: Watch the Maryland Responds Orientation

- Take the Maryland Responds Orientation Course by visiting [this link](#).



## Step 3: Submit the Liability Form

- Sign and submit the liability form by visiting [this link](#).



## Step 4: Upload Your Photo

- Go to the settings tab in your profile and upload a photo for your Maryland Responds MRC ID badge. The photo should be in GIF or JPEG format and no larger than 2 MB.



## Step 5: Specify Your Shirt Size

- Return to the training tab on your profile page, select "Add Training Course," and choose "R2R Step #5." Enter your shirt size, then click "Save Changes."

# Volunteer Spotlight



Abbie Blankman and Carole Klein have played crucial roles in the Montgomery County MRC's vital records response team. Since May, the dedicated volunteers from the Montgomery County MRC have been instrumental in supporting the vital records team. They have been making phone calls to assist individuals in obtaining birth and death certificates and helping with flow and crowd control during walk-in appointments for birth certificates. Carole and Abbie's commitment has been unwavering, as they have contributed numerous hours each week, providing invaluable support even as other volunteers have dropped off. In addition to their hands-on assistance, they have continuously offered invaluable advice to enhance the efficiency of the vital records team. The success of this response effort is undoubtedly attributable to the tireless efforts of these incredible volunteers.



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