



A Gift To Yourself This Holiday Season

Volunteering is Good for You

“There’s a growing body of research showing that volunteering is associated with better physical and mental health outcomes,” says Eric S. Kim, a research fellow at the Harvard T.H. Chan School of Public Health. A study he co-authored, published in *Social Science and Medicine* earlier this year, found that volunteers were more likely to use preventive health care services. For instance, people who volunteered were 47% more likely to get cholesterol checks and 30% more likely to get flu shots than those who didn’t volunteer. (An annual flu shot appears to lower the risk of heart attack and stroke by about one-third over the following year.) Read more at: <http://www.health.harvard.edu/blog/many-ways-volunteering-good-heart-201606039726>

Benefits of Volunteering

The voluntary sector is an important contributor to the well-being of families, communities, and individuals across the country. There are also many benefits for those who contribute time and energy through volunteering. It is a great way to make new friends, to develop new skills and abilities, attain valuable employment experiences, and to broaden one’s perspective.

Read more at: <http://www.pqchc.com/wp-content/uploads/2012/11/HealthBenefitsOfVolunteering.pdf>



Five Main Reasons People Volunteer

Three are “self-focused:”

1. Understanding: the desire to learn new things and acquire knowledge.
2. Esteem enhancement: feeling better about yourself and finding greater stability in life.
3. Personal development: acquiring new skills, testing your capabilities, and stretching yourself.

Two are “other-focused:”

4. Sense of community: making the world, or your piece of it, better.
5. Humanitarian values: serving and helping others, often with a strong religious component.

Thank you, Volunteers! Happy Holidays!





HEALTHCARE COALITION NEWS



REGION 3 HEALTHCARE COALITION

Cornerstone's Conference in Michigan's Thumb

This year's Cornerstone's Conference was held at the DoubleTree Hotel in Bay City on November 10. One hundred attendees spent the day learning about how to care for and transport patients with suspected special pathogen exposure. Included in the conference was BettyAnn Eash from Michigan Department of Health and Human Services (MDHHS), Division of Emergency Preparedness and Response (DEPR) who gave a presentation on emerging diseases, and Erik Foster, MDHHS Entomologist spoke about Michigan's connection to Zika. Dr. Travis Walker from McLaren Lapeer also spoke about his firsthand experience and lessons learned working at the Freeman Health System in Joplin Missouri in 2011 when an EF 5 tornado leveled the hospital and much of the city.

Region 3 promoted the MI Volunteer Registry by having a display booth at the conference, where attendees were encouraged to sign up and register. Region 3 was also promoting local attendees to volunteer to join the local Mobile Medical Field Team (MMFT); a team being created that could respond in the event of a disaster when supplemental medical assistance is needed. In addition to receiving additional training, MMFT members will be registered within the MI Volunteer Registry. The conference also had vendors on hand to demonstrate and discuss new products aimed at protecting healthcare and first responders from special pathogen exposure.

The Cornerstone's Conference is an annual event in Michigan's thumb region which brings healthcare, EMS, emergency management and public health workers together for a day of learning about the best practices of emergency preparedness planning, and is put on by the Region 3 Healthcare Coalition. Funding for the conference is provided from the US Department of Health and Human Services Office of the Assistant Secretary for Preparedness and Response through a cooperative agreement award supported by the MDHHS.



*Rob Kelly
Region 3 Coordinator*

Cornerstone Conference featuring Erik Foster, MDHHS



REGION 5 HEALTHCARE COALITION

Programs in Region 5 Engage Volunteers!

Region 5 healthcare preparedness staff, in conjunction with Region 5 emergency management staff, held a Volunteer Reception Center (VRC) training workshop in late June 2016. This workshop provided a number of volunteers from the Region (including Citizen Emergency Response Team (CERT) members, representatives from local public health departments and also representatives from the Region's emergency management programs with an opportunity to learn how to set up and manage a VRC. A VRC would be set up primarily to manage spontaneous volunteers at a large scale disaster or other incident. The individuals and teams of volunteers that would set-up a VRC are encouraged to register in the MI Volunteer Registry to support their notification and also to provide a structure (in the form of a "Mission") for the VRC Management team's response. The 6-hour workshop prepared a number of volunteers to work as part of a team to support this important aspect of volunteer management during a disaster situation. Also discussed at the workshop were personal and family preparedness and the idea that teams from other Michigan regions may be activated to set up a VRC in the region experiencing a disaster.

Annually, the Western Michigan University Homer Stryker M.D. School of Medicine trains and ensures that their new medical students become State of Michigan licensed Medical First Responders. In 2016, 72 students completed the program. At the conclusion of the program, and following their licensing, students often informally volunteer to provide medical support for special events. The MI Volunteer Registry is promoted during their training and students are encouraged to register. Many are interested in volunteering and have informally worked as volunteers to provide medical support at various festivals and Western Michigan University events. When possible, MI Volunteer Registry missions are established for the special events as a way to sanction their involvement and protect their activities. Students work in pairs and deploy with Medical Reserve Corps (MRC) equipment that is available within the Region. The students play a critical role in the enhancement of a medical response, now as students and in the future, as physicians.

*Dena Smith
Region 5 Coordinator*



MRC Volunteers in Training



REGION 2S HEALTHCARE COALITION

Exercises and Events

Region 2 Citizen Corps VRC Exercise

The Region 2 Citizen Corps (2 North and 2 South) VRC Exercise conducted on October 29th, 2016, at the Wayne County Community College Downriver Campus had a turnout of approximately eighty-two (82) Community Emergency Response Team (CERT) and MRC volunteers and team leaders. The purpose of the VRC Exercise was to get volunteers acquainted with the general principle, layout and forms associated with a VRC. Region 2 South and 2 North Healthcare Coalitions supported the October 2016 VRC Exercise with deployment of the MI Volunteer Registry badging and credentialing kits.

Volunteers were split into two groups. One group of volunteers manned the stations and the other group came through the VRC as mock public. This process worked well and enabled the volunteers to see the inner workings from both sides.

The exercise accomplished the goals set forth and provided many lessons learned. Everything discussed during the after action review will be considered as plans are refined, and mini training sessions with the Citizen Corps will be incorporated to better familiarize volunteers with the forms that are used during a VRC activation.

Region 2 South Volunteer Involvement in Recent Events

Each year, the City of Detroit hosts a variety of special events bringing a vast number of participants and spectators into Region 2 South. In 2016, Detroit hosted two of the largest annual sporting events: the Detroit Free Press Talmer Bank Marathon and the Chevrolet Grand Prix. Competitive racing for the Chevrolet Grand Prix began on June 3, 2016, and concluded on June 5, 2016, on Belle Isle in Detroit, requiring a large amount of preparation for first aid and emergency services support.



2016 Grand Prix Medical Team

Similarly, the 39th Detroit Free Press Talmer Bank Marathon was held on October 16, 2016, with a reported 23,359 runners registered in one of the five races. Each of these labor-intensive annual events require assistance from a large number of medical volunteers in Southeast Michigan to staff medical stations, roving medical units, conduct surveillance and patient tracking operations.

Volunteer recruitment occurred prior to the events utilizing various healthcare organizations. For Grand Prix operations, over fifty (50) medical

volunteers attended the required event orientation and reported for three days of race operations. Additionally, over fifty (50) volunteers attended the required orientation and reported for duty at the Detroit Free Press Talmer Bank Marathon. For each event, volunteer responsibilities included patient care in three (3) medical stations strategically staged around the event activities, operating rover teams to provide patient assistance and transportation, and monitoring and updating patient tracking applications. Specifically for the Detroit Free Press Talmer Bank Marathon, volunteers were deployed internationally to assist with medical operations on both the Ambassador Bridge and the Detroit-Windsor Tunnel. Volunteers were pre-assigned to their stations and staged with equipment to prepare them for specialized patient care needs. Over the three day duration of the Grand Prix, volunteer medical staff treated one-hundred eighteen (118) patients and one hundred eighty-four (184) patients were seen during the Detroit Free Press Talmer Bank Marathon.

Volunteer involvement will continue to be a critical component of ensuring that these events are safe for participants and spectators. Any volunteers interested in assisting with special event operations, like the Detroit Free Press Talmer Bank Marathon and the Chevrolet Grand Prix, are encouraged to contact the Region 2 South office at 734-728-7674.

Region 2 South also encourages volunteers to investigate other local opportunities for volunteer involvement. Four (4) MRCs have been established and are active in the City of Detroit, Monroe, Wayne, and Washtenaw Counties within Region 2 South. Volunteers are encouraged to contact these MRCs for additional information on team involvement and ways in which they can assist in local activities and response. Below is the contact information for the four MRCs within Region 2 South:

- City of Detroit MRC:
Point of contact: Scott Browne brownesc@detroitmi.gov
- Monroe County Health Department MRC:
Contact: mrc@monroemi.org
- Washtenaw County Health Department MRC:
Point of contact: Amanda Naugle nauglea@ewashtenaw.org
- Wayne County Health Department MRC:
Point of contact: Veronica Rodriguez vrodriquez@waynecounty.com

Amy Shehu
Region 2S Coordinator



REGION 6 HEALTHCARE COALITION

Medical Surge Exercise

In October the Region 6 Mobile Medical Field Team (MMFT) conducted a medical surge table top including Newaygo, Muskegon, and Kent county teams. The table top exercise simulated a deployment to Spectrum Health Hospital in Ludington. The scenario was catastrophic hospital damage due to strait-line winds. The teams exercised on: deployment, SALT triage, trauma, and burn care.

In this 6-hour table top exercise the teams were able to work together well even though they were from different counties. Participants were able to brush up on their triage skills and adapt to unfamiliar surroundings.



Mercy Health Lakeshore Campus

An obstacle that sparked much discussion was protocols. The teams, coming from different counties had different protocols they were accustomed to. One of the major lessons learned from the exercise is the importance of ADLS training for all members of the team. This course helps responders to understand and respond to mass casualty incidents. The region hopes to complete MMFT exercises regularly to promote preparedness for our volunteer teams.

Mike Gregg
Region 6 Coordinator

MEDICAL RESERVE CORPS

A Year in Review (October 1, 2014, to September 30, 2015)

MRC participation throughout the past year encouraged volunteer participation in public health preparedness and emergency response incidents and activities. Highlights of local unit accomplishments are included below:

During the Flint Water Response, five MRC units were active in assisting at the VRC, blood lead testing clinics, the Food Bank of Eastern



Flint Volunteer Reception Center at the American Red Cross



MI Volunteer Registry Update

DECEMBER 2016

Michigan, and the Michigan Department of Environmental Quality (MDEQ) lead and copper assessment teams. Volunteers were instrumental in assisting with data entry, background checks, water testing kit assembly, food distribution, health education, and home health consultations.

The Monroe County MRC assisted Kroger Pharmacists dispense Potassium Iodide (KI) to families living or working within the 10 Mile EPZ of the Fermi Nuclear Power Plant. 112 families received KI for their emergency kits. In addition, emergency preparedness literature and materials were distributed to those interested.

Wayne County MRC participated on the 1st Annual Region 2 Citizen Corps Conference planning committee hosted by the council February 5th and 6th 2016. This was a two day event open to all in the state that offered training such as Basic Life Support, Down Wire Safety and volunteer roles in Bio Terrorism Response and Points of Dispensing (PODs).

Helping improve vaccination rates, Livingston County Department of Public Health MRC and Washtenaw County MRC volunteers helped with Michigan's Immunization Waiver Program; training nurses to explore the rule with parents, fielding phone bank calls, and scheduling appointments.

A MRC Reunification Support Team was planned for assisting Livingston County to successfully prepare and respond to an emergency. The Reunification Support Team will consist of at least 20 dedicated MRC volunteers trained on preparedness topics and elements specific to family reunification planning.



The Livingston County MRC was also instrumental in participating in the District One Regional Medical Response Coalition (D1RMRC) Volunteer Management Workgroup; alongside public health, emergency management, volunteer agencies and partners. The workgroup collaborated in building impactful and adaptable VRC training material such as videos, manual, set up plans, forms and templates.

D1RMRC VRC Set Up

Triumph Academy hosts open house

BY ANDREA PECK
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Triumph Academy hosted an open house Wednesday to help its students' families prepare for the year.

"Every year we do a move-in day," said Amy Tansel, Triumph Academy principal. "Families can bring in school supplies and we try and make it fun."

This year's open house featured inflatables, a petting zoo, catering by food trucks as well as community information from the Monroe YMCA, the American Red Cross, the Monroe County Medical Reserve Corps and more.

Families flooded the school to help students find their classrooms, set up their school supplies and become more comfort-

able with their surroundings.

"The school's enrollment this year is 688 students.

This year, members of the Monroe County Medical Reserve Corps and Kroger pharmacists also attended the open house to raise awareness about the importance of having potassium iodide (KI) pills if living or working within 10 miles of the Fermi 2 nuclear power plant in Newport.

Carolyn Gardetto of the Monroe County Medical Reserve Corps explained the purpose of their presence was to pass out waivers to receive KI pills and help improve public safety.

"We hope to reach as many people as possible," she said.

Kristan LaFleur attended the open house with her daughter

Ellis, who will begin her first year at Triumph Academy this year.

"It's very nice," she said.

Volunteers from the American Red Cross attended the open house with a simulator that showed people how to work a fire extinguisher.

Representatives of Monroe Bank & Trust, which handles the school's banking, also attended to help students learn about setting the foundation for savings.

Kindergarten teacher Lorian Bellizzi said kindergarten students at Triumph attend a kindergarten camp, so students are that much more comfortable with their new routines by the day of the open house.

"This is like a 'come back and see your teacher,'" she said.



Mackenzie Estill (left) and Julia Robinson use the American Red Cross fire extinguisher simulator during Wednesday's Triumph Academy open house.



Best Practices and Accomplishments:

A 2016 MRC Program Recognition Award for Community Resilience was awarded to Livingston County MRC for their various roles; such as nurses and support staff for blood draws at lead testing clinics for the Flint Water Response, and support to the local health departments for Michigan's new immunization waiver education program.

A 2016 MRC Program Recognition Award for Outstanding Public Health Volunteer Award went to Pat Andring of the Livingston County MRC, always the first in line to help out when called. Her services included activities such as mass dispensing, Michigan Mortuary Response Team (MI-MORT) team exercise, MI-TESA, food-borne illness, active shooter response, Ebola, H1N1, and the Flint Water Response.



Pat Andring

National Association of County and City Health Officials (NACCHO) Challenge Awards were made available for MRC units at up to \$15,000 each. Four MI MRC units each received a competitive award in areas aligned with national health initiatives:

- Newaygo County MRC: High Performance CPR Initiative
- Muskegon County MRC: Cardiac Health Awareness Program CHAP, A New Perspective on Blood Pressure Screenings
- Monroe County MRC: The Potassium Iodide (KI) Community Awareness and Education Program
- Livingston County MRC: Reunification Support Team

Visit <http://www.mrcnaccho.org/challenge-award> for more information.

SMALL STEPS TOWARD EMERGENCY PREPAREDNESS

Do 1 Thing is a national nonprofit based in the Lansing Office of Emergency Management. Started in 2006 as a primarily web-based program, Do 1 Thing has now turned into an award-winning program recognized by organizations such as the CDC and FEMA. The 12-month program features a new preparedness theme each month and that are easy, cost-friendly tips to help individuals and business prepare for emergencies and disasters.



The theme for December is **“First Aid.”**

An emergency can happen at any time and any place. Many public places have a first aid kit, oxygen, or an automated external defibrillator (AED) to treat people. These items can only save lives if someone knows how to use them. Actions you take in the first few minutes after an injury or other medical incident may save someone's life.

Learn more at www.do1thing.com.