



**MARYLAND
RESPONDS**
MEDICAL RESERVE CORPS

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The Pulse is brought to you by the Maryland Department of Health and Mental Hygiene, Office of Preparedness and Response, Maryland Responds Medical Reserve Corps State Program.



THE PULSE

Official Newsletter of the Maryland Responds Medical Reserve Corps

OCTOBER 2015

MARYLAND RESPONDS CELEBRATES NATIONAL PREPAREDNESS MONTH

Each year, September is recognized as National Preparedness Month. We must take action to prepare, now and throughout the year, for the types of emergencies that could affect us where we live, work, and visit.

This year's National Preparedness Month theme is "Don't wait. Communicate. Make your emergency plan today." So don't wait! Make a plan with your family and friends for how you will communicate during an emergency or disaster. Visit www.ready.gov/make-a-plan to learn more and to download free templates.

This is especially important for Maryland Responders. As we all know, large-scale disasters can overwhelm the capability of first responders, especially during the



This infographic was posted on our Facebook and Twitter feeds to draw attention to the importance of communication in emergencies.

first 12 to 72 hours. Having citizens who are prepared to take care of themselves, their families and others during times of crisis allows first responders to focus their efforts on the most critical life-threatening situations. Learn more at <http://bit.ly/OPR-factsheets>.

MEMA NATIONAL PREPAREDNESS MONTH LIP-DUB VIDEO



MEMA National Preparedness Month Lip-Dub Video



MEMA National Preparedness Month Lip-Dub Video

Check out the Maryland Emergency Management Agency's National Preparedness Month Lip-Dub Video here:

<https://youtu.be/hnNK0id10ZQ>

Discover the hazards in Maryland and learn how to prepare for them in this fun and informative video.

Watch for a cameo by the Office of Preparedness and Response, including Maryland Responds state coordinator Stephanie Parsons.

MARYLAND RESPONDS WINS ANOTHER NATIONAL AWARD

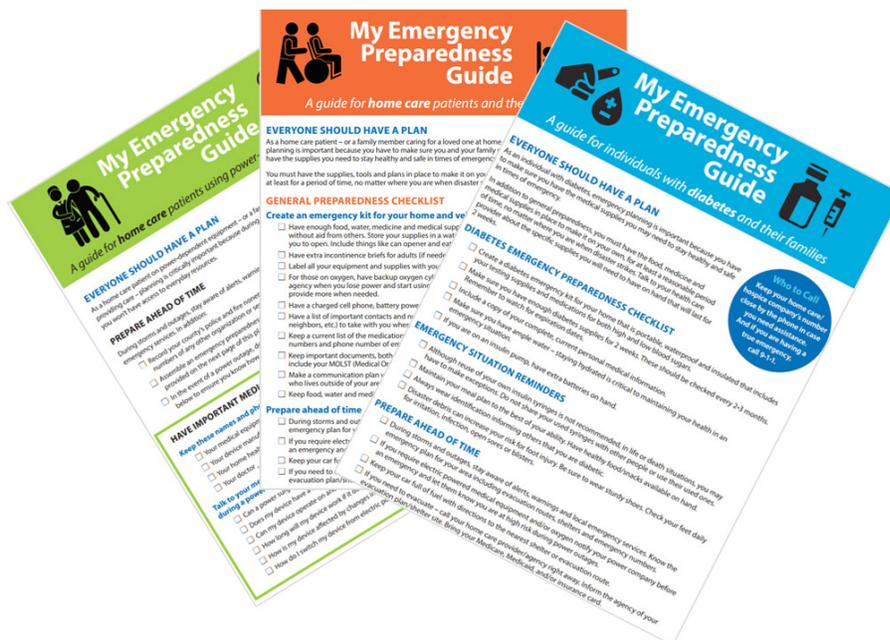
Contributed By: Sara Luell, Public Information Officer, Office of Preparedness and Response

Maryland Responds was awarded a Silver Award for its newsletters by the 2015 National Public Health Information Coalition (NPHIC) Awards for Excellence in Public Health Communications.

The newsletters, viewable at <http://goo.gl/USHjLf>, highlight the hard work and commitment of volunteer public health professionals around the state. Last year, the program received two NPHIC Awards for Excellence.

In addition to the Maryland Responds newsletter, the Maryland Department of Health and Mental Hygiene (DHMH) Office of Preparedness and Response won a Gold Award in the Print category for its “My Emergency Preparedness Guides for Home Care Patients” brochures, which were created to educate and prepare home care patients for emergencies and disasters. Check out the brochures and other preparedness fact sheets (translated in 8 languages!) here: <http://bit.ly/OPR-factsheets>.

NPHIC is the leading national organization for public health communication professionals. As the recognized voice of public health communication, NPHIC's award program offers gold, silver and bronze awards in 17 public health communication categories.



“My Emergency Preparedness Guides for Home Care Patients” brochures.

WELCOME MARYLAND RESPONDS MRC 2015-2016 ADVISORY COUNCIL MEMBERS!

In an effort to strengthen the Maryland Responds MRC Network and to further engage volunteers and stakeholders, the Maryland Responds Advisory Council was established in September 2014. The 2014-2015 Advisory Council helped Maryland Responds grow in a number of ways, including: outlining the year's training curriculum, coordinating the statewide annual conference, and participating in focus groups to design our new brand and outreach materials. Read more about last year's council's successes here: <http://bit.ly/mdr2014ACSuccess>.

Our 2015-2016 Advisory Council members were selected this fall. Applications were received from all around the state and beyond. Appointed members were selected based on factors such as match in Council activities, applicant interests and diversity of backgrounds represented.

Council members will provide strategic direction to the Maryland Responds MRC Network. Specifically, the goals for this year's council are to:

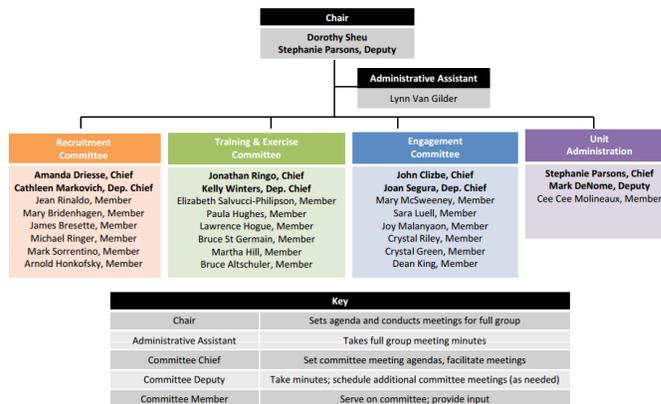
- Set targets and increase opportunities for volunteer recruitment.
- Set priorities and identify resources for training and exercise opportunities.
- Develop and implement strategies for volunteer engagement.
- Provide guidance for Maryland Responds MRC unit administrators.

New members hope to contribute a range of skills and experience to the Council. For instance, Cathleen Markovich, RN, seeks to "contribute my energy and passion for readiness to help." Meanwhile, retired psychologist John Clizbe offers a perspective on rural areas in addition to appreciation of the emotional devastation experienced by disasters.

Visit the links below to learn more about the Maryland Responds Advisory Council:

Bylaws: <http://bit.ly/MDRAdvCouBylaws>

Organizational Chart: <http://bit.ly/mdr15ACOrgChart>



Maryland Responds Advisory Council
2015-2016 Organizational Chart

Join us in welcoming this dedicated team of Maryland Responds MRC 2015-2016 Advisory Council Members:

- | | |
|------------------|------------------------------|
| Bruce Altschuler | Joy Malanyaon |
| James Bresette | Cathleen Markovich |
| Mary Bridenhagen | Mary McSweeney |
| John Clizbe | Cee Cee Molineaux |
| Mark DeNome | Crystal Riley |
| Amanda Driesse | Jean Rinaldo |
| Crystal Green | Michael Ringer |
| Martha Hill | Jonathan Ringo |
| Lawrence Hogue | Elizabeth Salvucci-Philipson |
| Arnold Honkofsky | Joan Segura |
| Paula Hughes | Mark Sorrentino |
| Dean King | Bruce St. Germain |
| Sara Luell | Kelly Winters |

We thank you for your dedicated service!

HIGHLIGHTS FROM THE FIELD

CECIL COUNTY MARYLAND RESPONDS MEMBERSHIP DRIVE

Contributed By: Jerry Truitt, Cecil County Unit Administrator, Cecil County Health Department



Students walking by saw the new Maryland Responds banner and stopped to talk with Cecil County's unit administrator.

The Cecil County Health Department was in northeast Maryland for a community event held by Cecil College on August 28.

Cecil County unit administrator Jerry Truitt held a membership drive for Maryland Responds using materials from the newly branded recruitment kit. Jerry serves as both the Maryland Responds local unit administrator for Cecil County as well as the health department's emergency preparedness coordinator.

Sixty bags were passed out with emergency preparedness information, health department program information, a 52-piece first aid kit,

plus information about Maryland Responds and how to join.

The Cecil County unit had the opportunity to speak to many college students, school staff, and visitors about types of volunteer opportunities with Maryland Responds. Many were not aware that this was a statewide program that is part of a nationwide system of volunteers.

Jerry encouraged prospective Maryland Responders to sign up so that they could participate in opportunities to not only help in Cecil County, but other counties or even states.

GRANT HELPS STATE EXPAND WAREHOUSE SPACE AND ELIMINATE EXPIRED MEDICATIONS

Contributed By: Charmaine Rochester-Eyeguokan, PharmD, CDE, BCPS, BCACP

The Maryland Department of Health and Mental Hygiene (DHMH) Strategic National Stockpile Program relies on many critical partnerships to provide medical countermeasures to the public during times of widespread public health emergencies. The Maryland Board of Pharmacy (MD BOP) is one such partner.

Through its Emergency Preparedness Taskforce, the MD BOP provides pharmacist volunteers and state representatives who promote DHMH's efficient medical warehousing operations.

The MD BOP has also provided DHMH with a grant for the disposal of 55,600 pounds of expired prescription medications in Fiscal Year 2015. This process will be completed in Fiscal Year 2016 through an additional grant from the MD BOP.

Thanks to this partnership, the Maryland Strategic National Stockpile Program will have additional warehouse space and ensure that no expired medications are present in the warehouse.



SHOREBIRDS ANNUAL PREPAREDNESS NIGHT

Contributed By: Barbara Logan, RN, CHEP, Somerset County Unit Administrator



Maryland Responds unit administrator Barbara Logan, Somerset County Health Department, loves helping to recruit Maryland Responders. In this picture, she's engaged a nontraditional audience about emergency preparedness. Left to Right: Amber Lowe, "Sherman" Shorebird, Barbara Logan, and Allyson Logan.

Emergency management, public health, and CERT agencies from the lower four Eastern Shore counties participated in Shorebirds Annual Emergency Preparedness Night on August 29 at the Perdue Stadium in Salisbury, Maryland.

Representatives from the participating agencies set up display tables and engaged attendees. Participants were treated to playing games for prizes and multiple educational brochures, handouts, and tools to assist them in becoming better prepared citizens during all types of disasters and emergencies.

At the Somerset County Health Department booth, participants rolled dice for a chance to win an emergency preparedness bag. The gift bag included items such as: instructions on making emergency kits for people and pets, pencils, crayons, coloring books,

stickers, book marks, carbon monoxide handouts, a carbon monoxide detector complements of the Princess Anne Fire Department, and more! Attendees also played a dice game that tested their emergency preparedness trivia knowledge.

Wicomico County Health Department also provided a spin-the-wheel game which drew in people of all ages from the 3,600 attendees.

Worcester County Health Department provided multiple crowd-pleasing giveaways and focused on recruitment for Maryland Responds. Dorchester County Health Department distributed handouts for all ages including coloring books, pamphlets, and checklists in addition to plastic bags with a checklist printed on the bag.



During the 6th Annual Preparedness Night at Shorebirds Baseball at Arthur W. Perdue Stadium in Salisbury Md., the four counties of the Lower Shore provided educational materials and promoted Maryland Responds. Photo courtesy of Danny Drew, Wicomico County unit administrator.

HIGHLIGHTS FROM THE FIELD

MARYLAND RESPONDS 2015 FALL RECRUITMENT DRIVE

The Maryland Responds 2015 fall recruitment drive is well on its way. At the state program, we aim to support local volunteer recruitment efforts by attending statewide conferences and professional meetings. This fall, the Maryland Responds state program hosted recruitment tables at the following events:

- September 16, 2015, Anne Arundel Medical Center (AAMC) Emergency Preparedness Fair
- September 19, 2015, MedChi Fall House of Delegates Meeting
- September 24, 2015, Maryland Public Health Association Annual Conference
- September 25, 2015, Maryland Chapter National Association of Social Workers 2015 Clinical Conference
- September 30, Maryland Department of Health & Mental Hygiene Preparedness Day Fair



Maryland Responds state program staffers, Dorothy Sheu and Amanda Driesse, hosting a recruitment table at the Maryland Chapter National Association of Social Workers 2015 Clinical Conference.



State program administrator Stephanie Parsons hosting a recruitment table at the AAMC Emergency Preparedness Fair.

Show your support by stopping by our recruitment table if you are at any of these upcoming events:

- October 16, Licensed Clinical Professional Counselors of Maryland 2015 Conference
- October 22-23, Maryland Nurses Association Annual Convention

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES PREPAREDNESS FAIR

On September 30, three of Maryland's local unit administrators represented our state at the U.S. Department of Health and Human Services Preparedness Fair. Mark Denome of Montgomery County, CeeCee Molineaux of Prince George's County and Giselle Bonilla of Howard County hosted a booth to recruit new members and to promote the Maryland Responds MRC Network. Thank you Mark, CeeCee and Giselle!



From left to right: CeeCee Molineaux, Carla Mitchell, and Giselle Bonilla.

MARYLAND RESPONDS 2015 CONFERENCE UPDATE

Thank you again to everyone who attended the Maryland Responds 2015 Conference. We're happy to share that there were over 250 attendees! See links below for updated resources and information about the conference.

Maryland Responds Promo Video:

At the conference, we had an interview booth where we asked our volunteers to share what being a Maryland Responder means to them. We used the footage taken at the conference to create a promotional video for Maryland Responds. Watch the video here: <http://bit.ly/mdrPromoVid1>.

Note: to watch the video with subtitles, select the closed captioning button on YouTube.

Photos:

Thank you to Arnold Honkofsky, Sarah Balcom and Thomas Kater, who took some amazing photographs during the conference. Take a look at all of the photos (including some never-before-seen shots!) at <http://bit.ly/mdr2015ConfPics>.

Video:

We had 13 speakers at the conference, including Secretary Van Mitchell who gave the opening address. Captain Robert Tosatto provided a status update of the national Medical Reserve Corps. Our panel of experts shared their experiences and stories from all around the world. Topics included mental health and care of self and others during disaster response. Watch the full conference at <http://bit.ly/mdr15ConfVideos>.

Awards:

The conference ended with The 2015 Maryland Responds MRC Awards ceremony which highlight innovative local practices and achievements that have helped build and strengthen the Maryland Responds MRC network. Ten award categories were presented by former deputy Secretary Dr. Herrera Scott. Visit our website at <http://bit.ly/MDRAwards> to read about our award winners.

Conference Heroes

We'd like to extend a special thank you to all volunteers who helped out at the conference. Without heroes like you, we could not have pulled off this celebration of our 10-year anniversary event!



Maryland Responds Promo Video



Conference Recording of Panel of Experts



2015 Award Winners



Conference Heroes and Staff

AUTUMN CHARGE EXERCISE

THIS IS AN EXERCISE

This is the text that you will see at the beginning and ending of all communications related to the Autumn Charge Exercise.

On Wednesday, October 7, 2015, beginning at 1 p.m. and ending Thursday, October 8, 2015, at 1 p.m., Maryland Responds unit administrators will participate in a multi-state, coast-to-coast ESAR-VHP and MRC drill that will evaluate the use of the Maryland Responds Registry during a simulated disaster.

During the exercise, you may be contacted by your Maryland Responds unit administrator to participate in the exercise via email, phone, or internal messaging through the Maryland Responds Registry. All exercise communications will start and end with the statement: **"THIS IS AN EXERCISE."**

If contacted, you may be asked for your availability for the exercise deployment period. Please respond to the availability request as if the emergency were real. **You will not be expected to deploy.**

Your Participation is Vital

This exercise will assist in assessing how many Maryland Responders may be able to deploy in a real world emergency. It also give your unit administrators an opportunity to practice utilizing the Registry's notification and activation systems. So when you see:

THIS IS AN EXERCISE

please respond as instructed to help us ensure we are ready for the real thing.

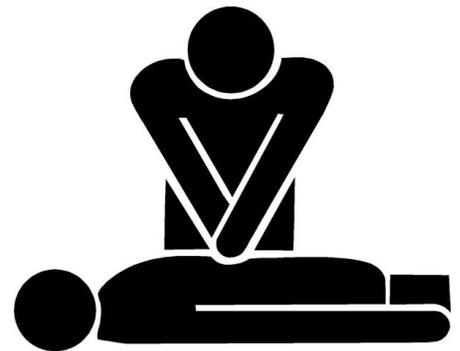
FREE CPR/AED/FIRST AID CERTIFICATION COMING SOON!

When an emergency strikes, will you be ready to save a life? Early CPR is an integral part of providing lifesaving aid to people suffering sudden cardiac arrest. CPR helps to circulate oxygen-rich blood to the brain.

Upcoming CPR/AED offerings will be open to Maryland Responders free of charge. Trainings will be held around the state. Dates

and specific locations are being coordinated. Once final details are scheduled, information will be disseminated through the Maryland Responds Registry and posted on our website.

Sign in to make sure your contact information is up-to-date in our Registry so you may receive Maryland Responds correspondence: <http://bit.ly/MDR-Profile>.



TRAINING - DISASTER PREPAREDNESS FOR CHILDREN

Contributed By: Kay Webster, Hospital Preparedness Program Coordinator, DHMH Office of Preparedness and Response

Registration Deadline: October 8

Save the Children offers a training on preparing staff and community so that families will be ready and children will be safe when disaster strikes.

Want to be a champion for children's safety in your community? Take Save the Children's Prep Rally Leader Training to learn how

you can help prepare and protect the children you care for every day through Save the Children's new emergency preparedness program for grades K-5.

Led by Save the Children staff, the training is interactive, asking participants to take part in polls, and program activities, and learn

from other Prep Rally programs across the country.

The target audience for this training is: emergency management personnel, child care staff, health department and health care professionals.

Learn more and register here: <http://1.usa.gov/1FujUWX>

BE A RECRUITMENT AMBASSADOR FOR MARYLAND RESPONDS!

When disaster strikes... Maryland Responds

To strengthen our response capabilities, we must bolster our volunteer base to ensure adequate numbers of volunteers to support disaster responses. We need your help recruiting new volunteers. Word-of-mouth is a very effective recruitment tool, especially when it comes from our peers. You can help us build our MRC network by going out into your community and sharing your stories. Personal experiences make the deepest impact. Here are a few resources that may help our Recruitment Ambassadors.

Positioning Statement:

The positioning statement serves as a key message that should be reiterated consistently when communicating information about the Maryland Responds MRC.

“The Maryland Responds Medical Reserve Corps (MRC) is a community-based, civilian, volunteer program that helps build the public health infrastructure and response capabilities of communities in Maryland. Maryland Responds is composed of dedicated Responders who stand ready to volunteer their skills, expertise and time to support ongoing public health initiatives and to assist during emergencies.”

Maryland Responds Network Website:

Visit the Maryland Responds Network website to see a list of general FAQs that can be used as talking points. As you speak with potential volunteers, use these talking points to start a conversation and to ensure you cover all of the important facts:

<http://bit.ly/MDRAboutVolunteering>

WHEN DISASTER STRIKES...

MARYLAND RESPONDS

ARE YOU READY FOR ANYTHING?

Join us: mdr.dhmh.maryland.gov

Maryland Responders are dedicated volunteers who stand ready to respond to the public health needs of our community. Whether it's responding to a natural disaster or helping community members prepare for flu season, Maryland Responders are **READY FOR ANYTHING**.

Help us prepare and protect our community by becoming a Maryland Responder today!
Learn more at: mdr.dhmh.maryland.gov.

MARYLAND RESPONDS MEDICAL RESERVE CORPS

MARYLAND RESPONDS STATE PROGRAM
Email: mdrespondds.dhmh@maryland.gov
Web: mdr.dhmh.maryland.gov
Registry: mdrespondds.dhmh.maryland.gov
Facebook: facebook.com/mdrespondds

Recruitment Flier:

Share the Maryland Responds recruitment flier with your friends, coworkers, and community members to raise awareness of Maryland's Medical Reserve Corps. The Maryland Responds recruitment flier presents a brief overview of the Maryland Responds MRC and includes the link to the Maryland Responds website where one can learn more and access the Maryland Responds Registry. This version of the flier (shown above) includes the state program contact information.

To download a copy for distribution, go to:

<http://bit.ly/MDRjoin>

RESPONDER RESOURCES

RESPONDER SPOTLIGHT

In his Responder Spotlight article, pharmacist Tony Gesualdo recounts his deployment experience during the Baltimore City unrest in April 2015. "I first learned about the Baltimore unrest while watching the news, especially since it was on all major channels... On the television, you see the destruction taking place in neighborhoods, people's homes, and local businesses. You wonder how I can help..." Read more of Tony's story here: <http://bit.ly/mdrRS-Pharm>.



Pharmacist and Maryland Responder Tony Gesualdo

Responder Spotlights are part of a new initiative to showcase Maryland Responder stories. These articles describe individual experiences of Maryland Responders. All Responder Spotlights are available on the Maryland Responds website here: <http://bit.ly/MDResources>.

Share your Story!

Do you have a story to share? For instructions on how submit your story for a Responder Spotlight article, email us at: mdresponds.dhmh@maryland.gov

RADIATION EMERGENCY MEDICAL MANAGEMENT (REMM)

Contributed By: Dr. Al Romanosky, MD, PhD, Medical Director, DHMH Office of Preparedness and Response



The "Radiation Emergency Medical Management" app is a valuable reference for those who may have to deal with individuals either suspected or actually exposed to radiation. The app provides guidance for health care providers about clinical diagnosis and treatment of radiation injury during radiological and nuclear emergencies.

The online Web-based and mobile smartphone applications were developed by the Department

of Health and Human Services, Office of the Assistant Secretary for Preparedness and Response (HHS/ASPR), the National Library of Medicine (NLM), the National Cancer Institute (NCI), and the Centers for Disease Control and Prevention (CDC).

The online version is located at: <http://www.remm.nlm.gov>.

The smartphone app is available free from the Google Play store and the iTunes app store.

FOLLOW AND SHARE MARYLAND RESPONDS' SOCIAL MEDIA PAGES



Follow the Maryland Responds state program's pages and re-tweet or share our posts.



➤ Facebook URL: www.facebook.com/MDResponds

➤ LinkedIn URL: <http://bit.ly/MDRlinkedin>

➤ Twitter URL: <https://twitter.com/MarylandOPR>



➤ Twitter handle: @MarylandOPR

MARYLAND RESPONDS MRC NETWORK IDENTITY EXPLAINED

We recently launched the new statewide identity for the Maryland Responds Medical Reserve Corps (MRC) Network. The Maryland Responds MRC Network identity is a system of key messages and visual communications, graphically coordinated in such a way that the public easily identifies the Maryland Responds MRC Network, its constituent parts and its activities.

A clear and consistent identity is key to maintaining a strong image for the Maryland Responds MRC Network. This consistency also associates Maryland Responds with its brand values of community service, action, resourcefulness and teamwork. It also will help reinforce a consistent image and message about the MRC, both state- and nation-wide.

There are several core elements that form the foundation of the Maryland Responds MRC Network identity and contribute to the development of a strong brand. Core elements include the logo, standard terminology and key messages.

These elements are explained in greater detail here: <http://bit.ly/mdrNewEraDoc>.

As part of this new era, Responder Status indicates your readiness to deploy with the Maryland Responds MRC on a disaster response or public health mission. The Road to Readiness checklist guides new members through the initial process of becoming a Ready Responder. Once all steps are completed, you have reached Ready Responder status which means that you are eligible for deployment.

Assess your status with the Road to Readiness checklist available here: <http://bit.ly/MDRRReadiness>.

Maryland Responds MRC Logo



Road to Readiness Checklist

MARYLAND RESPONDS

ROAD TO READINESS

Complete the steps below to reach Ready Responder status. Ready Responder status indicates your readiness to deploy with the Maryland Responds Medical Reserve Corps. Visit <http://bit.ly/MDRRReadiness> for more information on the Road to Readiness steps or email the Maryland Responds State Program for assistance.

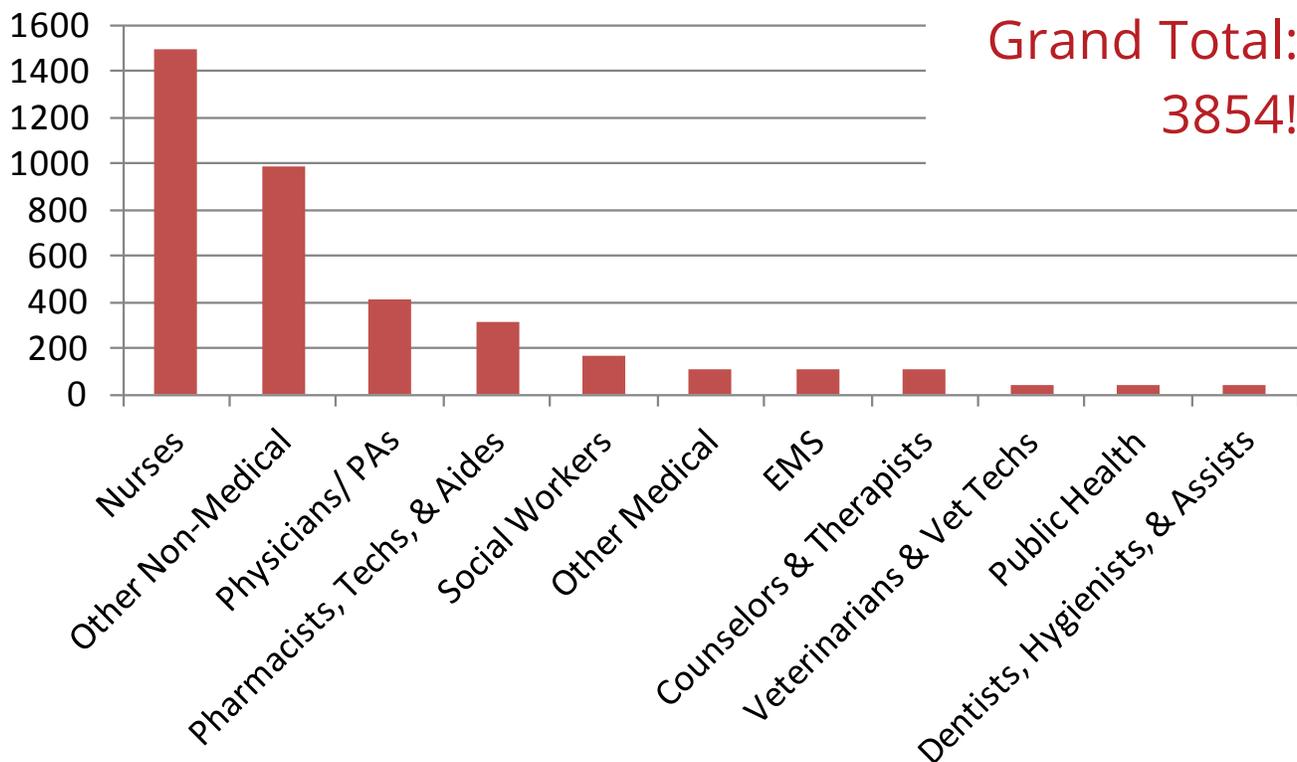
| | |
|------------------|--|
| | <ul style="list-style-type: none"> <input type="checkbox"/> 1. Register to volunteer with Maryland Responds through the Maryland Responds Registry: mdresponds.dhmb.maryland.gov. <input type="checkbox"/> 2. Complete the Ready Responder training courses. <ul style="list-style-type: none"> i. Maryland Responds Orientation <ul style="list-style-type: none"> • Online: http://bit.ly/MDROnlineTraining, or • In class: http://bit.ly/MDRCalendar ii. Introduction to the National Incident Management System (ICS-700) <ul style="list-style-type: none"> • Online: http://bit.ly/IS-700 iii. Introduction to the Incident Command System (ICS-100) <ul style="list-style-type: none"> • Online: http://bit.ly/IS-100 <input type="checkbox"/> 3. Upload training certificates to your Responder profile for verification. <input type="checkbox"/> 4. Submit signed Liability and Confidentiality forms. <ul style="list-style-type: none"> • Liability Form: http://bit.ly/MDRLiabi • Confidentiality Form: http://bit.ly/MDRConfi <input type="checkbox"/> 5. Complete all sections of your Responder profile. In the "Occupation" tab, be sure to include your professional license number, expiration date and place of practice (if applicable). <input type="checkbox"/> 6. For your Responder ID badge, submit a headshot photo (passport quality) and mailing address where you can sign for certified mail to the Maryland Responds State Program (contact information listed below). <p style="font-size: x-small;">Congratulations! By completing the steps above, you have reached Ready Responder status. Next you will receive your Ready Responder kit containing your Responder ID badge, uniform, field guide and more!</p> |
|------------------|--|

MARYLAND RESPONDS MEDICAL RESERVE CORPS

MARYLAND RESPONDS STATE PROGRAM
 Maryland Department of Health & Mental Hygiene
 300 W. Preston Street, Suite 202
 Baltimore, MD 21201
 Email: mdresponds.dhmb@maryland.gov
 Web: mdr.dhmb.maryland.gov
 Registry: mdresponds.dhmb.maryland.gov

MARYLAND RESPONDERS BY OCCUPATIONAL GROUP

Membership Totals as of September 21, 2015



Quarterly membership counts by occupation subgroups can be found here: <http://bit.ly/MDRCcounts>.

MARYLAND RESPONDERS BY LOCAL UNIT

Membership Totals as of September 21, 2015

| County | Percent of Total Membership |
|------------------|-----------------------------|
| Allegany | 2% |
| Anne Arundel | 8% |
| Baltimore City | 9% |
| Baltimore County | 15% |
| Calvert | 1% |
| Caroline | 1% |
| Carroll | 3% |
| Cecil | 1% |
| Charles | 1% |
| Dorchester | 1% |
| Frederick | 5% |
| Garrett | 1% |

| County | Percent of Total Membership |
|-----------------|-----------------------------|
| Harford | 4% |
| Howard | 7% |
| Kent | 2% |
| Montgomery | 16% |
| Prince George's | 9% |
| Queen Anne's | 2% |
| Saint Mary's | 2% |
| Somerset | 1% |
| Talbot | 3% |
| Washington | 2% |
| Wicomico | 3% |
| Worcester | 1% |