

# Greater La Crosse Area Medical Reserve Corps

Volunteers Building Strong, Healthy, and Prepared Communities



Bi-monthly Newsletter

November/December

## UNIT Development

Our MRC unit is a work in progress. The goal is to gather people, both trained medical professionals and laypersons interested in learning about/modeling emergency preparedness, and participating in training/exercises to support large-scale public health responses.

While there may be opportunities to meet other people and become part of a community, our current goal is to develop a vehicle for shared training opportunities between our volunteers and existing professional agencies, as well as to create opportunities for our volunteers to work together to build a more resilient community through public education, group presentations, etc.

Another goal of this unit is to recruit/cultivate volunteer leadership to develop this organization as an MRC whose community activities reflect the needs of the communities it serves. We are looking for people who can assist with unit communications, community access, public presentations, volunteer trainings, and unit management tasks.

Several surveys have been conducted to gain your feedback in meeting times, activity interests, and best routes of communication.

We are still trying to find the best practices to help you engage with the Greater La Crosse Area Unit and harness your interests and talents to benefit community resilience.

Please keep reading our newsletters, share with others, and give us feedback regarding our methods to grow our Unit.

## In This Issue

- Unit News-
  - Unit Development
  - Grant Opportunity
  - Unit Meeting 2/1/2018
- Do One Thing
- Building Resilience *article*
- Community Partnering
  - Rural Fire Dept Exercise
- Training
  - Volunteer Reception Center Exercise
  - Until Help Arrives
- Volunteer Reporting
- Factors for Success
- MRC Member Spotlight

## SAVE the DATE:

Greater La Crosse  
Area Unit

Meet & Greet

Thursday, February 1

5:30 – 7:30 PM

La Crosse County

Location TBD

## GRANT application opportunity:

GRLAMRC is seeking community partners to participate in a **Request For Proposal** to build community resilience through preparedness or response planning activities. Anyone interested in contributing ideas, and/or participating in the grant delivery can contact Brenda at [bhanson@lacrosseocounty.org](mailto:bhanson@lacrosseocounty.org). To learn more about the grant opportunity go to [Request for Applications](#). I will facilitate a meeting to solicit project ideas and level of funding on Monday, November 27 at 5:15 p.m. Participate in person or via telephone.

## Do One Thing

Continuing with our series that will help you to be an effective member of the Greater La Crosse Area Medical Reserve Corps (GLAMRC), please review the next task noted in the New Member Intake Checklist: complete the La Crosse Area MRC Orientation Module 2017 & submit answers to Post-Test questions. This should take about 20-30 minutes.

The orientation module is found at <http://www.getactivelacrosse.org/wp-content/uploads/2015/10/La-Crosse-Area-MRC-Orientation-Module-2017.pdf> .

The quiz can be found at <http://www.getactivelacrosse.org/wp-content/uploads/2015/10/Orientation-Post-Test-Questions-Updated-2017.pdf> .

The Federal Emergency Management Agency (FEMA) has been prominent in the news, responding to Hurricanes Harvey, Irma and Maria, and to the wildfires out west. FEMA's National Preparedness Goal defines what it means to be prepared for all types of disasters and emergencies:

**“A secure and resilient nation with the capabilities required across the whole community to prevent, protect against, mitigate, respond to, and recover from the threats and hazards that pose the greatest risk.”**

Our MRC area has recently been relatively safe from natural disasters, terrorist attacks and disease outbreaks. But we are plagued with an epidemic of addictive drugs that take a heavy toll on our people. Drug misuse is burdening our criminal justice agencies. We don't have enough area resources to provide for treatment and recovery; slots aren't available for in-patient treatment of the addict in a timely manner. We are losing men and women to heroin overdoses. Families are grieving as this epidemic grows. Our role as an MRC includes partnering with others to prevent, protect against, mitigate, respond to and recover from threats.

The Coulee Council on Addiction has recently launched an initiative to rebrand and build a new facility to be known as The Coulee Recovery Center. This resource will help individuals and their families, expanding area services. Much of the funding will rely on the generosity of the area community. For additional information on substance abuse and this resource to improve the area's ability to mitigate, respond to and recover from substance abuse, check out these links: <http://www.getactivelacrosse.org/substance-free/> and <http://www.couleecouncil.org/> .



## Community Partnering

9/25/2017

### Rural Fire Department Annual Exercise



Approximately 60 people participated in this exercise on a farm in south La Crosse County. Four rural fire departments there including Shelby, Stoddard Bergen, Coon Valley, and Campbell, MedLink paramedics, Medical students in the WARM program through the Scenic Rivers Area Health Education Center (AHEC) System as well as medical volunteers from Gundersen Health System. As pictured right, four MRC members attended to serve as “scribes” for the fire unit leaders.

Four scenario rotations allowed each of the 4 rescue groups to complete: 1) a logging accident resulting in a leg crush injury with a pulsatile arterial bleed; 2) a farmer who had a heart attack up in his tractor cab; 3) a child who has a severe asthma attack in the barn and goes into respiratory distress, and 4) a grain entrapment; and observe a 5<sup>th</sup> scenario that the Stoddard Bergen fire department is demo'd/explained to teach the other groups how to conduct an auger entrapment extrication.

## VOLUNTEER RECEPTION CENTER (VRC) TRAINING & SIMULATION



After a major disaster occurs, the large number of spontaneous, unaffiliated volunteers who converge to assist with recovery can be overwhelming to an already stressed Community.

A Volunteer Reception Center (VRC) provides a place where large numbers of volunteers can be efficiently processed and referred to organizations needing their services. The process provides an easily managed way to document volunteers being registered and to fill requested need for help.

### What Can Your Agency Do?

- Join us to learn how a VRC operates and how community agencies/individuals can enable this operation for our community/region.
- We need volunteers to help us simulate how an effective/safe VRC should be facilitated.

**WHEN:** Tuesday, December 12, 2017      1:00—2:30 PM

**WHERE:** Western Technical College, Lunda Center, La Crosse

To register, go to Eventbrite <https://tinyurl.com/vrc1212>

Complete a registration form as a spontaneous volunteer and then your role will be to participate in a mock interview & the volunteer intake process.

For more information, or to volunteer as VRC staff, email [vrclacrosse@gmail.com](mailto:vrclacrosse@gmail.com)

### **UNTIL HELP ARRIVES** <https://community.fema.gov/until-help-arrives>

The Greater La Crosse Area MRC Unit has budgeted for materials to provide training in our communities to teach the public how to stop life-threatening bleeding.

Our Unit will host two 1-hour training sessions on Sunday, January 28 and February 11, to orient and supply interested volunteers with the means to conduct these trainings in area communities. We would like to organize presenters to provide coverage to rural communities where EMS response times are greater. Venues could be churches, town halls, civic groups, schools, etc. Contact Brenda @ [bhanson@lacrossecounty.org](mailto:bhanson@lacrossecounty.org) if interested in attending. One training will be held in La Crosse, the second will be located outside of La Crosse County, pending the interest of people traveling from other counties.

### Volunteer Reporting: Action Requested

Please check your emails monthly for a notice from Sue Conard. Click on the link and track your volunteer hours for the month. The volunteer hours provide reporting information as well as data that may aid in grant applications. It only takes a couple minutes!

## Factors for Success

Continuing with our evaluation of GLAMRC, using *Factors for Success*, and continuing with Factor 1- determining the purpose and scope of our MRC unit, we find subfactor 1.3 is to “Develop a Mission Statement”. The rationale states that “An MRC unit must be able to describe why it exists, who it serves and what it hopes to accomplish...”; “the main method or activity through which the unit tries to fulfill its purpose...”; “and the principles or beliefs guiding the unit...” (its values).

GLAMRC earns a full point in the assessment process as we have our mission statement in place:

*The Greater La Crosse Area Medical Reserve Corps will contribute to a systematic, coordinated and effective voluntary response to incidents affecting area communities by pre-identifying and training volunteers. MRC volunteers supplement existing local emergency and public health resources.*

Next issue we will look at goals and objectives. More information is found at <https://mrc.hhs.gov/FactorsForSuccess>.

## MRC Member Spotlight

Roberta Walczak RN, BSN worked for 30 years at the Tomah VA Medical Center helping veterans. She now works part time at the Monroe County Health Department, primarily doing Preparedness Planning. She received her nursing Diploma at Madison General School of Nursing and went on to earn her Bachelors of Science in Nursing at Viterbo University.



Roberta has been a member of the MRC for about a year, helping with the Farmers Market in Mindoro and most recently acting as a scribe at the Rural Disaster Drill Day.

Having lived in the rural Sparta area for the past 35 years, she enjoys many outdoor activities including gardening, hiking, kayaking, mushrooming and snow-shoeing. She grows medicinal and culinary herbs and makes herbal products to share with family and friends. Being a grandmother to her two grandchildren is her favorite activity though!

## Contact Us

for more information or to get involved at:

**Brenda Lutz-Hanson**

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E: [bhanson@lacrossecounty.org](mailto:bhanson@lacrossecounty.org)

Visit us on the web at: [www.greaterlacrosssemrc.org](http://www.greaterlacrosssemrc.org) <https://mrc.hhs.gov/homepage>