Do One Thing

Over the last few newsletters this section has focused on helping you become an active member of the Greater La Crosse Area Medical Reserve Corps (GLAMRC), by completing the New Member Intake Checklist found at https://www.getactivelacrosse.org/wp-content/uploads/2015/10/New-member-Intake-Checklist-Jan-2017.pdf. If you have followed along, Sections 1 and 2 should be completed.

Section 3 opens up some wonderful training opportunities through the establishment of a TRAIN account. This is done by accessing https://wi.train.org/DesktopShell.aspx. For local events and training opportunities, please set up your access to GLAMRC’s unit calendar at http://www.getactivelacrosse.org. These steps are short and sweet, giving you something different to do inside as winter winds down.

As the author of this article, a retired public health nurse, I needed to update my TRAIN account. It was easy to do and I love the changes. It is so user friendly - see the screenshot below. I think an update on the Blood Borne Pathogens Training is for me. And then I plan to click on the “Browse Courses” link…
**UNIT MEETING ANNOUNCEMENT**

May 15 6:00-7:30 PM  OR  May 17 6:00-7:30 PM

**AGENDA**

- Welcome/Introductions
- Unit Housekeeping Items
- 2018-2019 Unit objectives
- Until Help Arrives overview for community presentation
- Stop the Bleed regional interface
- Community outreach: AED & Hands-only CPR
- Discuss Unit Training needs/resources

**In This Issue**

- Do One Thing
- Unit News-
  - Unit Meeting
  - Reporting Hours
- Training Announcements
- Community Partnering
- Education
  - Flooding
- Factors for Success
- MRC Member Spotlight

RSVP to GreaterLaCrosseMRC@gmail.com

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**Volunteer Reporting: Action Requested**

All MRC Units report their activities/volunteer hours to the national website. The reported hours are assigned a monetary value and the data is used to communicate community investment, volunteer profiles, etc.

Please help us reflect of community investment by completing the monthly 5-question survey to capture our data. All activity is counted — training, communication, etc.

**Volunteer Hours reporting for January:**
https://www.surveymonkey.com/r/8V8MKT9

**Volunteer Hours reporting for February:**
https://www.surveymonkey.com/r/8LMBDY

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**Training Announcements**

**Skywarn Training:** SKYWARN is the volunteer program of storm spotters that relay real-time weather information to the National Weather Service. Most sessions are open to the general public with no need to pre-register. All training is free and usually lasts around 2 hours.

For more info visit: https://www.weather.gov/arx/skywarnfaq

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Service Area</th>
<th>Webinar Details</th>
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</thead>
<tbody>
<tr>
<td>March 14</td>
<td>10:00 a.m.</td>
<td>All Counties</td>
<td>NWS La Crosse Service Area</td>
<td>On-line Webinar Email: <a href="mailto:todd.shea@noaa.gov">todd.shea@noaa.gov</a> for information</td>
</tr>
<tr>
<td>March 15</td>
<td>7:00 p.m.</td>
<td>Winona</td>
<td>Winona, MN</td>
<td>Winona County Office Bldg 202 W. 3rd Street</td>
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<tr>
<td>April 3</td>
<td>6:30 p.m.</td>
<td>La Crosse</td>
<td>La Crosse, WI</td>
<td>Marycrest Auditorium (2nd floor) Mayo Health Center, 700 West Ave</td>
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<td>April 6</td>
<td>1:00 p.m.</td>
<td>All Counties</td>
<td>NWS La Crosse Service Area</td>
<td>On-line Webinar Email: <a href="mailto:todd.shea@noaa.gov">todd.shea@noaa.gov</a> for information</td>
</tr>
</tbody>
</table>
Carfentanyl Awareness Training for field Professionals: Presented by Western WI Healthcare Emergency Readiness Coalition along with Gundersen Health System and Tri State Ambulance. NO COST FOR ATTENDING

DATE: March 12, 2018 9AM – 12PM OR 6PM – 9PM (Same presentation)
LOCATION: Stoney Creek Inn – Onalaska
OBJECTIVES: Provide awareness information regarding possible exposure to Carfentanyl in the field and the use of Naloxone along with a “Train the Trainer” session for administering Naloxone.
PRESENTERS: Dr. Chris Eberlein, Gundersen Health System EMS Section and Tri State Ambulance

Questions: Contact Bob Ritger 608 780-6789 Bob.Ritger@dhs.wisconsin.gov

M2018 Advances in Trauma Care
Friday, May 18, 2018
7:30 AM - 4:45 PM
Rasmus Center, Gundersen Health System, La Crosse, WI

Intended Audience and Purpose: This program is designed for physicians, nurse practitioners, physician assistants, social workers, paramedics, emergency medical technicians, first responders, residents and students of healthcare-related fields.

Link to registration & information

STOP THE BLEED DAY Live Training
Friday, March 30th 10:30 AM
Presented on the Gundersen Facebook page: https://www.facebook.com/gundersenhealth
To join: log on to Facebook, type in the URL listed above and click on the live video displayed on the home page

Community Partnering

Western WI Healthcare Emergency Response Coalition (WW HERC)
- GLAMRC is partnering with other agencies to staff an education exhibit at the La Crosse Area Builders Association Home Show at the Onalaska Omni Center on March 9-11. We will be inviting show attendees to try their hand at compressions, use of an AED, and severe bleeding control. Volunteers are still needed to staff the exhibit on Saturday (3/10) from noon – 5:00 p.m.

Sudden Cardiac Arrest Association (SCAA)
- GLAMRC is exploring how we can support the advocacy for businesses to implement Public Access Defibrillation programs at their sites. Additionally, how can we empower members of the public to access use the AEDs in our community?

Tri-State Ambulance
- Tri-State Ambulance manages a registry for AEDs in a portion of our 7-county HERC. Through the PulsePoint phone app, responders & bystanders alike can locate an AED in their community, as long as it is registered. Can GLAMRC assist with community advocacy in promoting PulsePoint and campaigning for the public & private sector to register their AEDs with Tri-State Ambulance?

AHEC
- GLAMRC participated with AHEC & four rural fire departments in their annual rescue drills (See Facebook photo). We will be participating again on June 2. More information to be provided next month.
“Moderate to heavy rainfall impacts southwestern Wisconsin into Tuesday, with light icing towards central Wisconsin. Melting snow, compounded by rain, will bring widespread flooding; the water has very little place to go given the frozen ground. Area rivers will swell out of banks, with some reaching moderate flood stage or higher. Slick stretches of roadway are anticipated as temperatures drop below freezing area-wide.”

The weather scenario with flooding in the forecast is all too common for our area. Are you “ready”? A key action to keep you and your family safe during flooding comes from Ready Wisconsin:

**Turn Around ... Don’t Drown**
The Centers for Disease Control report that over half of all flood-related drownings occur when a vehicle is driven into hazardous flood water. The next highest percentage of flood-related deaths is due to walking into or near flood waters. Why? The main reason is people underestimate the force and power of water. Many of the deaths occur in automobiles as they are swept downstream. Of these drownings, many are preventable; too many people continue to drive around the barriers that warn the road is flooded. Most flood-related deaths and injuries could be avoided if people who come upon roads covered with water followed this simple advice: **Turn Around Don’t Drown®**. The reason that so many people drown during flooding is because few of them realize the incredible power of water. A mere six inches of fast-moving flood water can knock over an adult. It takes only two feet of rushing water to carry away most vehicles. This includes pickups and SUVs.

If you come to an area that is covered with water, you do not know the depth of the water or the condition of the ground under the water. This is especially true at night, when your vision is more limited.

Play it smart, play it safe. Whether driving or walking, any time you come to a flooded road, **Turn Around Don't Drown®**.

For more information on flooding, including flood insurance, minimizing damage, risks, and costs, see [http://readywisconsin.wi.gov/flooding/](http://readywisconsin.wi.gov/flooding/).

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**Factors for Success**  This section is dedicated to evaluating GLAMRC and determining our capabilities and training needs. We finish with Factor 1, *determining the purpose and scope of our MRC units*, by looking at subfactor 1.5 - a "Periodic Re-evaluation of MRC Unit Purpose, Scope, Goals and Objectives, and update its unit profile to reflect any changes”.

The rationale with this subfactor states that to effectively serve its community, an MRC unit should do this “in accordance with changes in community needs, community plans and/or MRC unit capabilities”. In other words, does our MRC change to reflect our community.

**Performance Measure/Scoring:**

<table>
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<tr>
<th>Points</th>
<th>Measurements</th>
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<tbody>
<tr>
<td>2</td>
<td>MRC unit purpose, scope, goals and/or objectives reviewed within past 2 years</td>
</tr>
<tr>
<td>1</td>
<td>MRC unit purpose, scope, goals and/or objectives reviewed within past 2-5 years</td>
</tr>
<tr>
<td>0</td>
<td>MRC unit purpose, scope, goals and/or objectives not reviewed or reviewed &gt; 5 years ago</td>
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In the next issue, we will look at the second **Factor for Success**, establishing community partnerships. More information can be found at [https://mrc.hhs.gov/FactorsForSuccess](https://mrc.hhs.gov/FactorsForSuccess).
MRC Member Spotlight

Cassandra Durack is a student at Viterbo University in the Healthcare Management program. Over a year ago, Cassandra became a member of the MRC because she wanted to get involved in community outreach and learn about emergency preparedness. Since then, Cassandra has spent time volunteering for a variety of different La Crosse County/MRC events where she has been able to network and connect with the community. She will to help the MRC with events, planning, and outreach.

Cassandra has lived in the area for the last 20 years and calls bluff country her home. She graduates this summer with her bachelor’s degree and plans to enroll into a master’s in healthcare administration where she hopes will take her career to the next level. She would like to work for a healthcare organization in community outreach and emergency planning.

Contact Us  for more information or to get involved at:

Brenda Lutz-Hanson
P: (608) 785-9844
E: bhanson@lacrossecounty.org

Visit us on the web at:
www.greaterlacrosse.org
GreaterLaCrosseMRC@gmail.com
Greater La Crosse MRC
https://mrc.hhs.gov/homepage

NEWSLETTER CONTRIBUTORS: Becky Campbell, Cassandra Durack, Brenda Lutz-Hanson.

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