



MRC POST STAR

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Stop the Bleed Hits Home (literally)!

It's always good to "put a face" on something when you're trying to get a point across in an important training like our *Stop the Bleed* program. In this case, I'd like to put two! I recently learned of this story from two of our newest MRC volunteers—Annmarie and Matthew Banks. It didn't take long after they had this training at their first-ever MRC meeting for it to be put to extraordinarily good use. This is their story (told by Annmarie) —



Annmarie and Matthew Banks

After our first MRC meeting, where we participated in a "Stop the Bleeding" training session, I thought it would be a good idea to purchase a tourniquet online for each of us to have in our vehicles in the event we come across an emergency. After they came I put together a baggie with the tourniquet and disposable gloves. Shortly after that first meeting, we had a pig roast for our daughter's high school graduation party. The gentleman who was

roasting the pig accidentally stabbed himself in the wrist with the knife as he was slicing the roasted pig! When our son ran over to us to tell us what happened, I instructed him to grab the baggie out of his dad's truck so I could put a tourniquet on to stop the bleeding. The man was placing pressure on his wrist with a thick towel while elevating his arm overhead. Looking around there was blood splattered all over the place. Within two minutes, our son gave me the bag, we took a tourniquet out and put it on just above the elbow. He continued to keep the arm raised, while applying direct pressure and was driven to Albany Memorial Hospital. Upon arrival, the doctor asked why he had a tourniquet on and proceeded to take it off, at which time blood sprayed out and he immediately reapplied it, stating that whoever put it on, did it exactly right. He was transferred to Albany Med and evaluated by a vascular surgeon. He was told that the tourniquet not only saved his life but also saved him from needing surgery. He stayed in the hospital overnight and was discharged without any further problems. We are very grateful to have attended that meeting and training as we felt confident when this emergency occurred that we could help affect a better outcome!

And we're pretty proud of Annmarie and Matthew! They'll have this memory for a long time. How many things in this life are as rewarding as making that kind of difference in someone else's life? I know the pig roaster won't forget them!



Sal Scicchitano, MRC Coordinator

AND BREAKING NEWS!

Our MRC was just awarded a new NACCHO Grant (National Association of County and City Health Officials) for \$7500 to continue our *Stop the Bleed* training efforts in Rensselaer County. This will enable us to continue providing free tourniquets for schools who haven't had the training yet as well as the purchase of additional training supplies.

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Welcome New Members!

- BETTY BELLINO
- SOPHIA CIDOINE
- ELIZABETH DONOVAN
- SUSAN EDWARDS
- CLEMENT HILL
- DAWN LEMIRE
- GENEVIEVE MAILLOUX
- MICHAELAH TOWNLEY
- SOLANYI ULLOA
- JILLIAN VAN ALSTYNE

**IMPORTANT
REMINDERS/ANNOUNCEMENTS...**




Have you checked your ServNY profile lately? Make sure it's kept current by going to:
<https://apps.health.ny.gov/pub/servny/>
Log in and select *Health Applications* then *ServNY* to access your profile information. Be sure to click the "Confirm" button when done!



HAD YOUR ICS COURSES YET? ICS-100 and ICS-700 are the bare-bones Incident Command Structure courses we ask all our volunteers to take to become familiar with the nationally-utilized command structure used at every emergency incident. The are short, easy and FREE! You can do them from home on your computer and even print out your own certificate after you take the final quiz. Go to <https://www.fema.gov> and search for ICS-100 and ICS-700. They can be taken at any time. When you receive your certificate, please email a copy of it to me at (Sscecchitano@rensco.com).

NEED A NEW MRC ID BADGE?

Do you still have your MRC ID Badge? Does it look anything like this one or is it an older design? If yours is missing or you need a newer one, send a good photo of yourself to Sscecchitano@rensco.com and we'll make you a new one.



WHAT—SAL'S DOING BOOK REVIEWS NOW?

Well no, normally I don't! But most of you know I like to write a reflection about 9/11 each year in September, given that it was that cataclysmic event that necessitated and inspired the creation of the MRC. I am not exaggerating when I say I have read at least 25 books about 9/11, most in the early months and years following. But I have NEVER read a book like this one, *The Only Plane in the Sky*. The title refers to the fact that Air Force One was the only plane airborne that day after all air traffic was grounded or forced to land. Garrett Graff has interviewed hundreds of people, from the highest leaders to ordinary Americans around the country in weaving this stunning oral history of 9/11. I thought I pretty much knew everything there was to know about that day. I also thought I had shed my final tears over it some time ago. I was woefully wrong on both counts. It is truly an *unbearable* book, but I only say that to reinforce that it should be read by every American—check that—everyone period, to fully grasp what took place on that fateful day. I cannot possibly recommend it more highly.

**East Greenbush Community Library
Partners with Volunteer Groups for Recruiting**

When the email came in, it seemed like a no-brainer! The East Greenbush Community Library was offering to host a *Volunteer Service Fair* on November 2 at their facility so that invited vendors could host display tables for the express purpose of recruiting new volunteers for their organizations. The cost, free. The opportunity, priceless. We were in! Other vendors included: *The Rensselaer Plateau Alliance, American Red Cross, AARP, Eddy Alzheimer's Services, the YMCA, Kiwanis International, Literacy Volunteers of Rensselaer County and Community Hospice.*

We were all encouraged to have snacks, refreshments, etc. at our tables to draw fairgoers in. Being two days after Halloween made this very easy—leftover candy galore! Only problem was, when the fair was done, there was still too much leftover candy!

I had fantastic assistance with this effort from six of our MRC volunteers—Judy, Lynn, Janet, Carole, Hannah and Elaine. We had terrific conversations with people, many of them attending to find a very specific avenue of volunteer service they could pursue. We had a dozen sign up for more info on the MRC and I am hopeful that a good number will follow through and register with our unit.

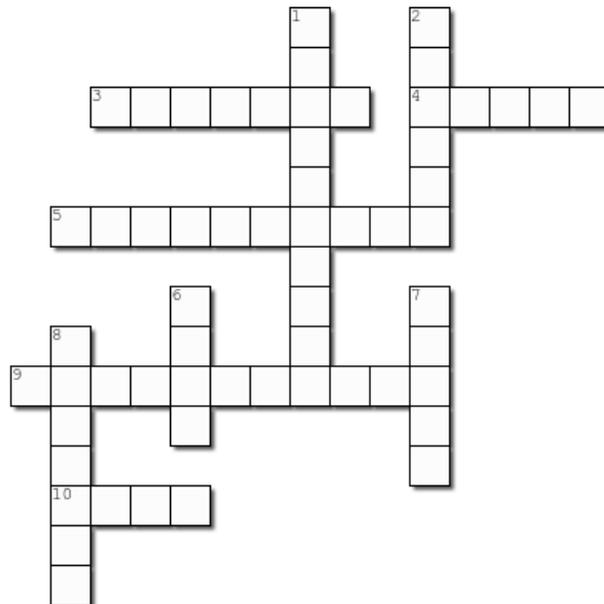
Thank you, *East Greenbush Community Library!*



From L to R: *Judy Patrick, Lynn MacGowan, Janet Bello, Carole Reamer, Hannah Ohemaa-Takyi, Elaine O'Brien, Sal*

MRC Winter Crossword

Complete the crossword puzzle below using terms from our recent exercise and MRC Meeting. (Clue words on back page)



Across

- 3. County _____ Site
- 4. Amateur Radio Operators
- 5. Emergency _____ Center
- 9. Anthrax countermeasure
- 10. Childhood Experiences Study

Down

- 1. Access and _____ Needs
- 2. NYS Inventory Software
- 6. Pallet _____
- 7. Security _____
- 8. Quick exercise debrief



A national network of local groups of volunteers engaging local communities to strengthen public health, reduce vulnerability, build resilience, and improve preparedness, response and recovery capabilities.

**Rensselaer County
Dept. of Health
Preparedness Division**

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Public Health Director

Len Claus
*Emergency Preparedness
Coordinator*

Jennifer Lee
*Public Health
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MRC QUARTERLY MEETING DATES FOR 2020
GET THEM ON YOUR CALENDAR NOW!

Next Meeting

Tuesday, January 21
Thursday, April 16
Tuesday, July 28
Thursday, October 15



SIGN ME UP!

How to join:

(518) 270-2633

ssceccchitano@rensco.com

Heroin Coalition Meeting Dates for 2020
All MRC members are welcome!

January 22		
March 4		
April 15		
May 27		
July 8		
August 19		
September 30		
November 18		
ALL MEETINGS Wednesdays 10am–12pm at County Dept. of Social Services: 127 Bloomingrove Dr. Troy (2nd Floor)		

SAVE THE DATE!

→ TUESDAY, ←
January 21
5:30pm
OUR NEXT
QUARTERLY
MRC MEETING

SPRING MRC
MEETING:
THURSDAY,
April 16
5:30pm

CLUES FOR CROSSWORD ON PAGE 3

SWEEP ACES FUNCTIONAL STAGING DOXYCYCLINE
HOTWASH JACK OPERATIONS MERITS RACES