

THE CORPS

Official Newsletter for the Maryland Responds Medical Reserve Corps

Spring 2024

We are thrilled to present the latest edition of the Maryland Responds Medical Reserve Corps Newsletter, The Corps! This edition includes preparedness tips, program highlights, upcoming trainings, and more. This quarterly newsletter will keep you informed and prepared.



The Maryland Responds Medical Reserve Corps would like to convey our deepest sympathies to the families affected by the tragic collapse of the Francis Scott Key Bridge. Our thoughts are with the Baltimore community as they navigate this challenging period.

We also want to express our appreciation to the first responders, local authorities, and the United States Coast Guard for their remarkable courage and leadership in conducting the search and rescue operations. Their unwavering support to the Baltimore community during this challenging time is commendable. Our hearts go out to all those impacted by this tragedy.

Preparedness Tips: Floods

With the arrival of spring, the risk of floods caused by heavy rains, storms, and melting snow increases. It is crucial to be prepared and aware of the potential dangers. Take action before it is too late to ensure your safety, family, and assets; here are some essential tips to help you and your loved ones stay safe during these unpredictable times.

- Don't risk it—Turn Around, Don't Drown! Never attempt to drive through flooded streets. The water might be deeper than you realize.
- Even just six inches of flowing water can knock you off your feet. With only a foot of moving water, your vehicle could be swept away!
- Avoid driving on bridges over fast-moving floodwaters. They could be weakened, making them unstable and unsafe to cross.
- If a flash flood warning is issued, prioritize your safety and seek higher ground immediately.
- Should floodwaters surround your vehicle without movement, exit the car and find higher ground. But never leave your vehicle for flowing water.
- Stay informed by tuning in to radio and weather updates.
- Take precautions: secure outdoor furniture and relocate essential indoor items to higher floors.
- Remember to unplug electrical appliances and avoid handling electronics if wet or standing in water. Your safety is paramount.

Spring Hazards:

Spring Thaw: Melting snow and frozen ground lead to rapid runoff, causing rivers to overflow.

Spring Rains: Heavy downpours saturate the ground, overwhelm drains, and increase flood risks.

Flash Flooding: Intense thunderstorms or prolonged rainfall result in sudden, low-lying area floods.

Levees and Dams: Aging structures may fail under pressure, exacerbating flood dangers.



Unit Administrator Spotlight



Michael Stockman has been an RN since 1980, an NP since 2000, and retired almost two years ago. He started as a volunteer Emergency Medical Technician when he was 16. His career included 20 years as an emergency and critical care nursing RN and 10 years as an assistant professor of nursing and EMS at Frederick Community College. As an NP, he has worked in community health, coordinating a clinic for homeless and medically underserved persons and primary care and occupational health. Since retirement, he has volunteered for several organizations, primarily in preparedness, health education, and community health. He's been a Maryland Responds volunteer since 2009, and for the past six months, he has been volunteering for the Frederick County Health Department as a Peer Training Specialist. In this role, he has developed an online training program that prepares Frederick County Maryland Responds unit members to volunteer in a Community Reception Center (CRC) during a radiologic event. This includes training in basic principles of radiologic safety and response and specifically familiarizing volunteers with roles they may be assigned in a CRC. This training, available online through the Frederick County Government e-learning platform, is being rolled out, and plans are being made for a second, more advanced round of training.

Upcoming CPR and First Aid Training

Maryland Responds MRC is excited to announce an upcoming CPR and First Aid Training at the Allegany County Health Department on **Saturday, May 18th, at 10:00am**. This training is an excellent opportunity for interested volunteers to learn life-saving skills that could make a difference in emergencies. To receive more information about the training, please email mdresponds.health@maryland.gov.



Maryland Responds New Logo



**Maryland Responds
Medical Reserve Corps**



We are excited to share that we have a brand new Maryland Responds Medical Reserve Corps logo! Our objective was to create a logo that reflects our affiliation with the Maryland Department of Health. As we proceed with the rollout of our new logo, we aim to gradually replace all existing materials with the updated design. This transition will occur over time, but we are dedicated to ensuring that all MRC-related materials accurately reflect our new logo.

Anne Arundel Mass Casualty Full Scale Exercise

On Wednesday, February 7th, the U.S. Naval Support Annapolis, Luminis Health Anne Arundel Medical Center (AAMC), and University of Maryland Baltimore Washington Medical Center (BWMC) hosted a community-wide full-scale emergency exercise to evaluate their response to a mass casualty incident. During the exercise, the Anne Arundel MRC Unit and other volunteer organizations acted as injured victims and received an injury card for role play. They also had moulage applied to their bodies to simulate real-life injuries, providing a realistic and immersive experience for those involved.

'Moulage is a technique in which special effects makeup is used to create mock injuries to train emergency response teams and other medical personnel.'



UMB Point of Dispensing Drill



The Board of Pharmacy Emergency Preparedness Task Force conducted a Point of Dispensing (POD) drill for third-year pharmacy students at the University of Maryland Baltimore on Wednesday, March 6th. The purpose of the drill was to enhance the students' understanding of PODs and their role in responding to public health emergencies, such as pandemics or bioterrorism. Maryland Responds utilized this event as an opportunity to recruit pharmacy students. Mallory Simcox delivered a presentation to the students about the benefits of joining Maryland Responds and how they can contribute to their community's emergency preparedness efforts. We want to extend our gratitude to Arnie Honkofsky for capturing the event in pictures!

Medical Inventory Deployment

During March, Maryland Responds mobilized a team of dedicated volunteers for a ten-day mission to inventory emergency medical supplies and resources in Curtis Bay for the Office of Preparedness and Response. With the help of thirty-three volunteers, the mission was carried out successfully. We want to extend our gratitude to Megan Livengood for leading the team and ensuring the mission's success.



UMB School of Nursing Recruitment Event



Maryland Responds had the pleasure of attending a recruitment event on Saturday, February 24th, hosted by the Maryland Association of Nursing Students (MANS) at the University of Maryland of Baltimore School of Nursing. This year's theme was "Advancing the Nursing Frontier—Navigate, Adapt, Overcome." The team at Maryland Responds was present at the event not only to recruit nursing students but also to raise awareness about Maryland Responds. The event was attended by several prominent organizations such as Johns Hopkins, MedStar Health, Stevenson, and WellSpan Health, making it a great networking opportunity for all involved.

Volunteer Spotlight



Brett Wernick is an exceptional volunteer with the Montgomery County MRC. Her dedication has been instrumental in shaping our training program into what it is today. Brett's extensive knowledge and experience have allowed her to teach numerous CPR/AED courses to our volunteers, and she has even become a Bleeding Control instructor. Brett's unwavering commitment to the community is apparent as she is always ready to respond and help those in need. Without a doubt, Brett is an invaluable member of the Montgomery County MRC team.



Jennifer Thomas is an active member of the Carroll County MRC and also serves as Chair of the Maryland Board of Pharmacy Emergency Preparedness Task Force (BOP EPTF). Her commitment and dedication to volunteering have been remarkable over the years, and she is always on the lookout for new volunteers to join the MRC. We are truly grateful for all that she does for the MRC and the BOP EPTF, and her efforts are commendable.

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