



Medical Reserve Corps Newsletter

Friday, June 5th, 2020 | Issue #: 10

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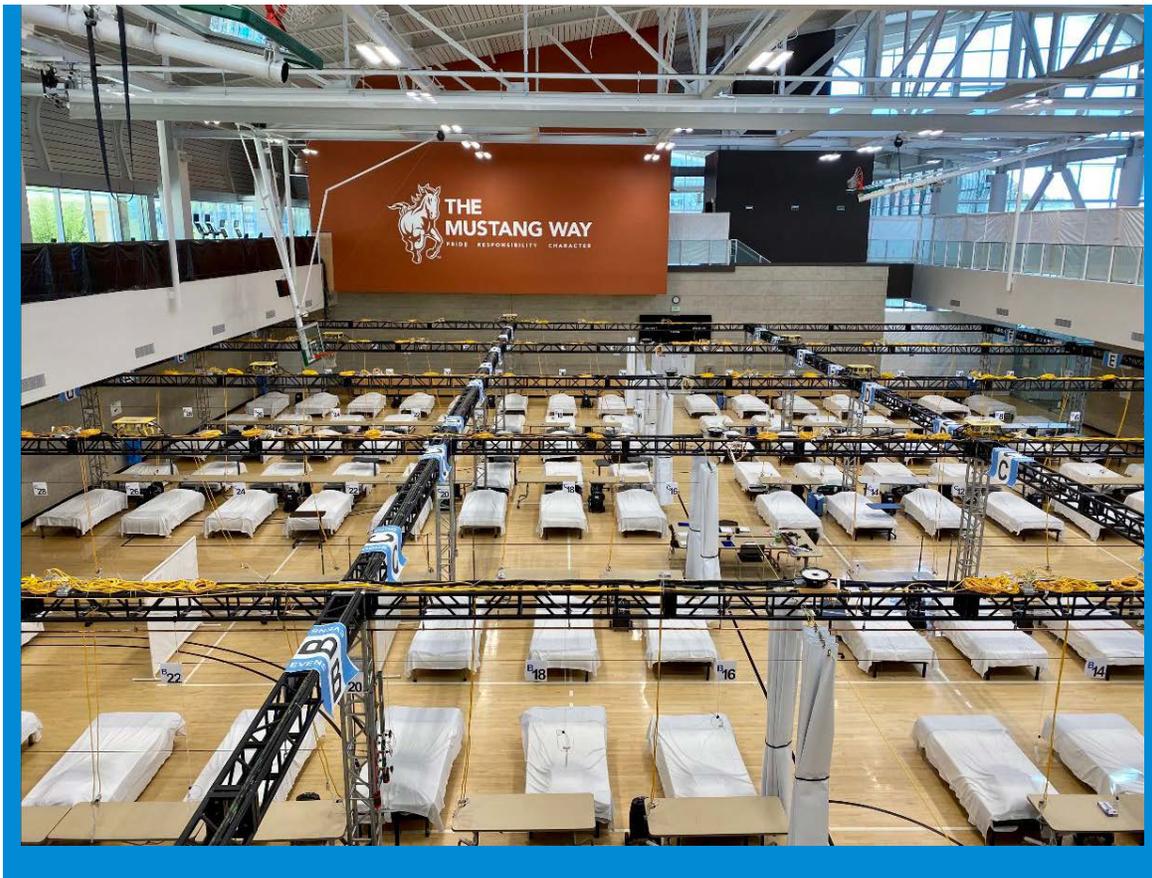
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Newsletter Update

Starting in June, the MRC Newsletter will be sent out on a bi-weekly basis (every other Friday).

Please keep an eye out for our next newsletter on June 19th.



CPACS Update

The Cal Poly Alternate Care Site is still ready for patients. Although at this time, our health care system is not overwhelmed the CPACS is here for the community should the need arise. We are transitioning to what we call a "Warm-State." In Warm-State, the CPACS will be maintained at the current level of readiness and in this state, can quickly be deployed to go red-zone hot.



COVID-19 Test Sites

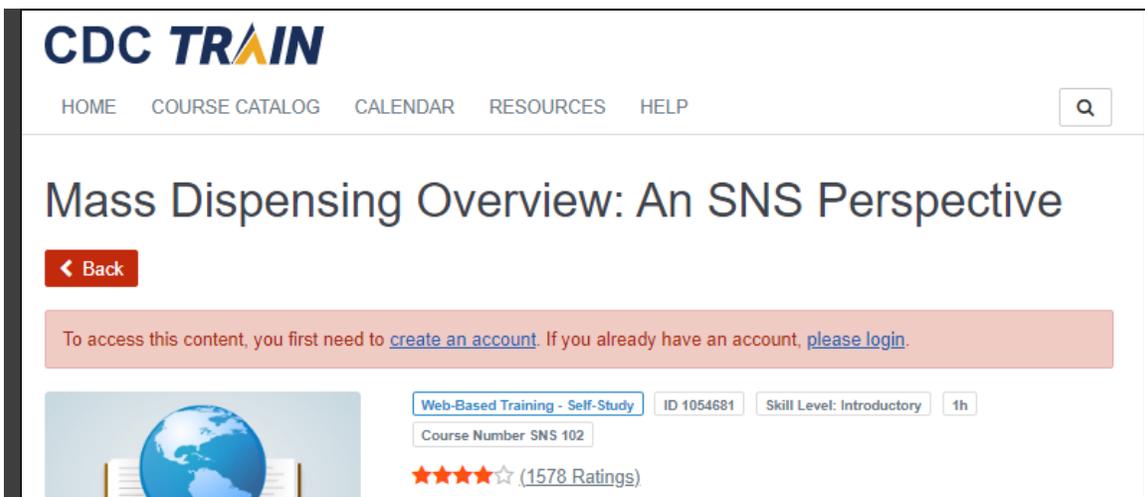
This week, MRC volunteers served in five different COVID-19 Test Sites throughout the County. Next week, we are continuing COVID-19 Testing at sites in Atascadero. The community is welcome to get tested, whether exhibiting symptoms or not.

All our volunteers that serve in COVID-19 Test Sites have made a huge impact on helping the County, the community, and our common goal of maintaining a high level of public health.

If you yourself would like to get tested, please sign up for one of the sites next week at EmergencySLO.org/testing

[Make COVID-19 Test Appointment](#)

Training of the Week



The screenshot shows the CDC TRAIN website interface. At the top, there is a navigation menu with links for HOME, COURSE CATALOG, CALENDAR, RESOURCES, and HELP. A search icon is located in the top right corner. The main heading is 'Mass Dispensing Overview: An SNS Perspective'. Below the heading is a red 'Back' button. A pink banner contains the text: 'To access this content, you first need to [create an account](#). If you already have an account, [please login](#).' Below this banner, there is a globe icon on the left and a series of course details on the right: 'Web-Based Training - Self-Study', 'ID 1054681', 'Skill Level: Introductory', and '1h'. Below these details is 'Course Number SNS 102' and a rating of '★★★★☆ (1578 Ratings)'.

Mass Dispensing Overview: An SNS Perspective (Course Number SNS 102)

This training is normally a requirement for all MRC Volunteers. We waived this requirement due to COVID-19, but will soon be asking all our continuing volunteers to take this online course.

To take the course, please register on CDC Train, read through the online course, and get to the final course completion.

Because there is no longer an official quiz for this course, we request that you take [our quiz found here](#). You will need an 80% or higher to pass, but you can take the quiz as many times as you need. After you pass the quiz, you do not need to do anything else. (If you have already emailed us your completion of this course, you do not need to take the quiz.)

[Create a CDC Train Login HERE](#)

[Take SNS Training HERE](#)

[Take the Quiz HERE](#)

Volunteer Resources

Each week we will include a few resources for volunteers to review, we appreciate your input and feedback as well.

Video: [Initial Nursing Assessment](#)

This 10-minute video reviews a basic head-to-toe patient assessment.

Part 1, Video: [Lung Assessment & Sounds](#)

Part 2, Video: [Lung Assessment](#)

These two videos review lung sounds, assessments, and auscultation.

Video/ Sound: [COVID-19 Lung Sound](#)

This 2-minute video is what a COVID-19 lung sounds like.

Volunteer Spotlight: Timothy Hallmark



After a 35-year career in EMS, Tim has continued to look for ways to contribute to helping those in need and saw the MRC as a way to do just that. He also teaches for Cuesta College in the Nursing and

Allied Health Department. He enjoys camping, hiking and exploring, and recreational shooting. Tim also volunteers his time as a Safety Director and Range Safety Officer at a local sports club.

Tim's favorite book is Colin Powell's *My American Journey*. Powell's life began humbly as the son of Jamaican immigrants. His life journey eventually led him to become the Secretary of State. Even when faced with great criticism, Powell stood for his fundamental tenets & refused to compromise.

"My fellow volunteers have been incredible to work with. Long hours wearing PPE can be uncomfortable, however, I've never heard a single word of discomfort. Our community is lucky and blessed to have such a wonderful group of volunteers and organizers." - Tim

Staff Spotlight: Wendy Hall



Wendy is our Administration Section Coordinator for the CPACS. She handles the process for intake, discharge, badging, and general hospital administration. Outside of CPACS, she is the Administrative Services Division Manager for County Public Works. Her hobbies include hiking, camping, and spending time with family. While on vacation, she likes to read a Jodi Picoult book.

Inspirational Quote: "Life was meant for good friends and great

adventure". My first love is an adventure and good friends, so this is perfect.

"I can not explain how deeply I feel about public service, it is an honor to be able to serve our community, but even more of an honor to serve next to volunteers that give from only their desire to serve and their heart. Thank you so very much for volunteering and working to support this great community." - Wendy

MRC Volunteer COVID-19 Response Stats

**VOLUNTEERS DEPLOYED
THIS WEEK TO TEST SITES**

48

**HOURS SERVED TO DATE
AT TEST SITES**

632

**TOTAL VOLUNTEER HOURS SERVED IN
TRAINING & DEPLOYMENTS
DURING COVID-19**

2,548

MRC Shout-Outs!

Each week, we will shout-out a few of our volunteers who have served recently.

Volunteers Trained in Swabbing this Week

**Gail C. - RN
Laura H. - RN
Elizabeth W. - RN
Bruce W. - MD
Cynthia D. - RN
Raymond P. - NP
Mark. D - MD
Heidi HN. - EMT
Leslie K. - RN
Sharon O. - RN**

Lauren K. - Pharmacist

Completed IS-100, IS-700, and SNS 102!

Chris B. - Psych Tech

William L. - EMT

Trinie L. - RN

Franziska C. - RN

Karen H. - RN

Thank you all! Please know these are only a few of the many volunteers who have served this week.

Other Required Trainings & Links



[IS-100 Training](#)



[SNS 102](#)



[FEMA Register](#)



[IS-700 Training](#)

Frequently Asked Questions

Q: Do I need to get COVID-19 Tested before or after my volunteer shift?

A: It is not a requirement to be tested for COVID-19 before or after your volunteer shift, but please do not report to a shift if you have any symptoms and let us know.

Q: What if my Medical License is expired?

A: If you wish to serve in a medical role you must have an active license. However, you may still serve in non-medical roles.

Q: Are there any other opportunities to volunteer outside of COVID-19 Test Sites?

A: At this time, we are heavily focused on community testing. In the future, we hope to have more engagement with all our volunteers and other volunteer opportunities.

Q: Where can I sign up to be tested for COVID-19?

A: You can sign up to get tested for COVID-19 at EmergencySLO.org/testing. Please make an appointment.

Joke of the Week

ER DOCTOR: So, what brings you here?
PATIENT: An ambulance! What did you think?!

Contact Us

If you have a joke for the next newsletter, want to nominate someone for a volunteer spotlight, or have any questions or concerns, send us an email below or call us at (805)781-4707!



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