

# SOUTH CENTRAL PA MRC NEWSLETTER

30 April 2023

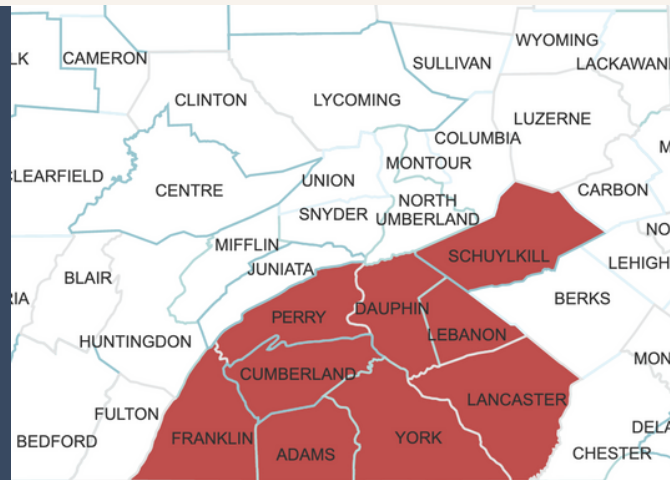
## May is Mental Health Awareness Month!

May is Mental Health Awareness Month. Each year millions of Americans face the reality of living with a mental illness. People hesitate to seek help or even talk about it with their loved ones for fear of being judged and facing inappropriate backlash. However, both our mental and physical well-being are equally important and should not be ignored.

Even if you are in a good place mentally, when reaching out to friends and family, you can keep their best interests in mind by looking out for the symptoms below.

### Warning Signs of Mental Illness:

- Feeling very sad or withdrawn for more than two weeks
- Significant weight loss or gain
- Trying to harm or end one's life or making plans to do so
- Seeing, hearing or believing things that aren't real
- Severe, out-of-control, risk-taking behavior that causes harm to self or others
- Excessive use of alcohol or drugs
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
- Drastic changes in mood, behavior, personality or sleeping habits



Steps to improve our mental health look different for everyone.

Perhaps you'd like to talk to someone, focus more on self care, consider medication, and/or seek other treatments. No matter your challenges, there are options to help you. Please use this guide for more information:

<https://www.pa.gov/guides/mental-health>

If you are in need of immediate mental health assistance, please go to your nearest Emergency Dept., dial 911, or dial 988.

Dialing 988 will connect callers directly to the National Suicide Prevention Lifeline. 988 can be used by anyone who needs support for a suicidal, mental or behavioral health, and/or substance use crisis – no matter where they are or where they live. Lifeline services are available 24 hours a day, seven days a week at no cost to the caller.

You are not alone!

## VOLUNTEER SPOTLIGHT: BRENT KAYLOR

Each month we highlight one of our superstar volunteers as a way of showing appreciation from SCPA MRC leadership.

After entry into the SCPA MRC family in Aug2022, Brent Kaylor quickly became an N95 fit-tester extraordinaire. He has volunteered for many fit testing (FT) events in regional long-term care facilities, ensuring N95 face masks are properly fitting the staff member's face, to provide maximum protection against COVID-19 and other airborne pathogens.

FT provides many opportunities to meet a wide variety of people - nurses, social workers, activity coordinators, administrators, dining services, maintenance workers, and more - who are involved in the important work of caring for the elderly. Brent finds it rewarding to provide them with a service that is so important to their safety and the safety of the residents of the facilities.

Some long-term care facilities have very nice overnight guest accommodations and extend the use of these rooms to our team when conducting multi-day events. Brent's favorite MRC experience is being able to practice golf on their lawn in the evening after the event.

Brent grew up on a family farm in Annville. After obtaining his degree in Mechanical Engineering at Penn State, he moved to Northern Virginia and worked in the defense industry for 12 years. The call of farming life was not to be ignored so he, his wife, and their sons moved back to the family farm where he focused on growing quality hay and straw for local horse farms and raised a herd of grass-fed beef. Brent is currently unwinding himself from farming and, fortunately for the MRC, can apply himself to volunteerism.

Please join us in thanking Brent for his many contributions!



Brent Kaylor (and friend)



Brent Kaylor:  
Bethany Village Fit Testing (Cumberland County)

## COMMUNITY WELLBEING: TICKS!

Ticks can be active year-round, but they are most active during warmer months (Apr–Sep). Nymph (immature) and adult ticks spread germs that can make you sick, with the most common tick-borne diseases in Pennsylvania being Lyme Disease and Rocky Mountain Spotted Fever.

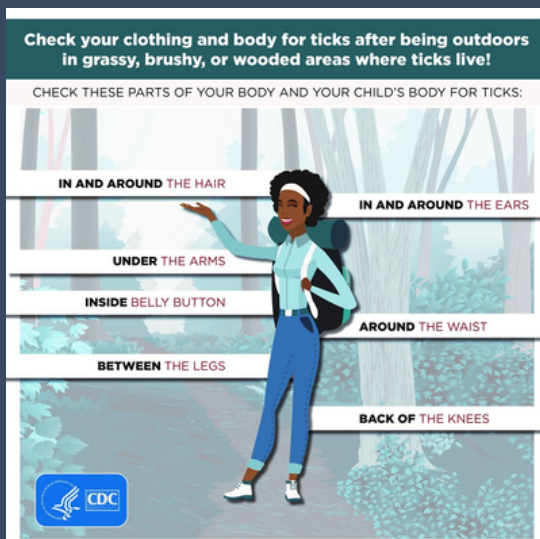
Before you go outdoors:

- Know where to expect ticks.
- Treat your clothing and gear with 0.5% permethrin.
- Use EPA-registered insect repellents on your skin.
- Treat your dogs for ticks using veterinarian-approved tick prevention products

After you come indoors:

- Check your clothing and gear for ticks.
- Tumble dry clothes in a dryer on high heat for 10-15 minutes to kill ticks on dry clothing after you come indoors.
- Shower soon after being outdoors.
- Check your body for ticks.
- If you find an attached tick remove it immediately. When possible, use fine tipped tweezers to grasp the tick close to the skin's surface and pull straight up.

Illness typically begins within 1–2 weeks following the bite of an infected tick. Tick bites are usually painless, and many people do not remember being bitten.



See your healthcare provider right away if you develop a fever or chills, severe headache, or rash. Be sure to tell your provider if you remember being bitten by a tick or spending time in areas where ticks may be found. When recognized and treated early, most patients with tick-borne illnesses will recover fully within days to weeks.

## MRS. SMITH AWARD PRESENTED TO JOE COCCIARDI

The South Central Task Force (SCTF) annually awards its “Mrs. Smith Awards” to those emergency responders and preparedness personnel who have gone above and beyond for the regional effort of better disaster preparedness to assist the citizens of the nine counties of South Central Pennsylvania. On April 5, 2023, Joe Cocciardi, former Director of the SC PA MRC, was honored by the SCTF Executive Board for his years of dedicated service to the citizens and responders of South Central Pennsylvania.

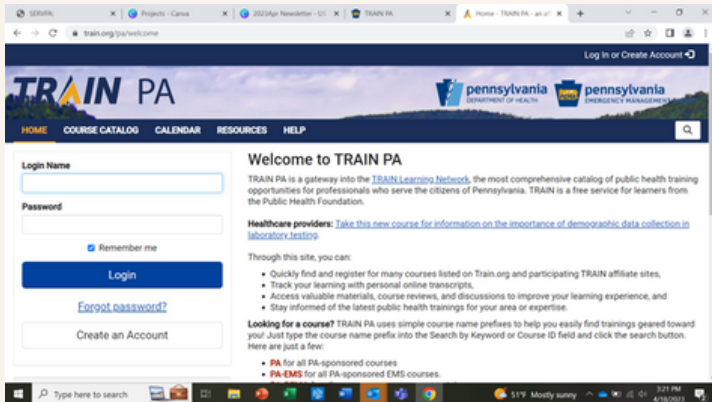


Left to Right: Greg Noll, SCTF Sr. Planning Specialist; Joe Cocciardi, former Director SCPA MRC; Bob Shively, Chairman of SCTF

## TRAINING OPPORTUNITIES: How do I register in TRAIN PA?

Web address = [train.org/pa](https://train.org/pa)

On landing page, click on “Create an Account”



Create Login Name\*

Create a Password\*

\*The site will provide requirements

Once logged in, you can search for courses by course ID or topic.

The following FEMA courses are required for all MRC volunteers:

- IS-700.B: An Introduction to the National Incident Management System:  
<https://www.train.org/pa/course/1078831/>
- IS-100.C: Introduction to the Incident Command System:  
<https://www.train.org/pa/course/1078825/>

After successful completion of these courses, please ensure the course is listed in the training section of your SERV PA profile: <https://serv.pa.gov/profile>

## ADDITIONAL TRAINING OPPORTUNITIES

These training courses are available for your consideration:

- 05May - Functional Assessment Service Team (FAST). Free, in-person, Harrisburg, PA. TrainPA Course ID = 1085313.  
<https://www.train.org/pa/course/1085313/live-event>
- 03-04Jun - FCC Amateur Radio Technician licensure. In person, New Cumberland. \$35 license fee. Contact Ralph Brandt to register.:717-885-3063, [Ralph.brandt@comcast.net](mailto:Ralph.brandt@comcast.net)
- 07-10Jun - National Child Passenger Safety Technician Certification Training. In person, Manheim, PA. Course ID = PA20230223277.  
[www.cert.safekids.org](http://www.cert.safekids.org)
- Cultural Awareness. Free, online, approx. 30 minutes long. Covers cultural competency and humility in a public health environment. TrainPA Course ID = 1062987  
<https://www.train.org/pa/course/1062987>

## COMING SOON: VOLUNTEER WEBINARS!

Quarterly webinars for volunteers will be scheduled for June 7, September 6, and December 6, 2023.

Look for announcements via SERV PA in the coming weeks!

## UPCOMING DEPLOYMENTS

Sign-up links will be provided in SERV PA messages.

### Fit Testing

- 5/2 - SpiriTrust Lutheran, The Village at Kelly Drive (York County)
- 5/3- Transitions Healthcare Gettysburg (Adams County)
- 5/8 - SpiriTrust Lutheran, The Village at Sprenkle Drive (ALF) (York County)
- 5/10 & 5/11 - Capital Rehabilitation & Healthcare (Dauphin County)
- 5/16 - Asbury Normandie Ridge (York County)
- 5/17 - SpiriTrust Lutheran, The Village at Sprenkle Drive (ALF) (York County)
- 5/23 - Asbury Riverwoods (Union County)

### Vaccination Clinics & Education

- 5/6 - York Women's EXPO, York Fairgrounds
- 5/10 - Lancaster County 50+ EXPO
- 5/31 - Adams County Senior Spring Fling, Gettysburg College
- 6/3 - Women's EXPO, Hershey Lodge



**Accepting the Hornbrook Memorial Award and commendation from the PA State Senate on behalf of the SCPA MRC: (L-R)**

Brittney Fuhrman, Unit Leader; Alan Wirt, Operations Leader; Karen Flynn, Pharmacist.  
Not pictured: Lynda Graves, MD

## CONGRATULATIONS: HORNBROOK MEMORIAL AWARD

On Friday, April 21st a special award was presented to the South Central PA Medical Reserve Corps volunteer vaccinators for their efforts over the past two years in Schuylkill County. Our intrepid teams of vaccinators and support staff spent several days during the COVID pandemic traversing the cities and towns of Schuylkill County to provide in-home vaccine services to homebound citizens.

The organizers of this event recognized all of the MRC volunteers who participated in these very complex missions (too many names to list here) with the prestigious Hornbrook Memorial Award. Their appreciation for those MRC volunteers who were part of these teams was heartfelt and sincere. The award and the accolades that followed were bestowed on the MRC by the leadership of the Schuylkill County Elder Abuse Prevention Alliance. County commissioners, Pennsylvania statehouse Senators and Representatives, and other dignitaries were also in attendance. One particular MRC member, Dr. Lynda Graves was recognized as an individual award recipient for her dedicated and distinguished service to the community during the many homebound vaccine missions with the MRC.

Thank you to all the dedicated MRC volunteers who braved tough conditions and long drives to make such a profound difference with this vulnerable homebound population!