

# SOUTH CENTRAL PA MRC NEWSLETTER

31 July 2023

## August is National Immunization Awareness Month

National Immunization Awareness Month is an annual observance held to highlight the importance of routine vaccination for people of all ages.

The Pennsylvania Immunization Coalition encourages PA residents to receive all recommended, age-appropriate immunizations. Based on overwhelming scientific evidence, the Coalition believes that vaccines are safe and effective, and not only protect individuals, but entire communities, including those who are too young to be fully immunized or others who cannot receive recommended immunizations due to compromised immune systems.

The CDC and HHS provide a wide variety of vaccine resources. Check out the following links:

Vaccine Basics:  
<https://www.hhs.gov/immunization/basics/index.html>

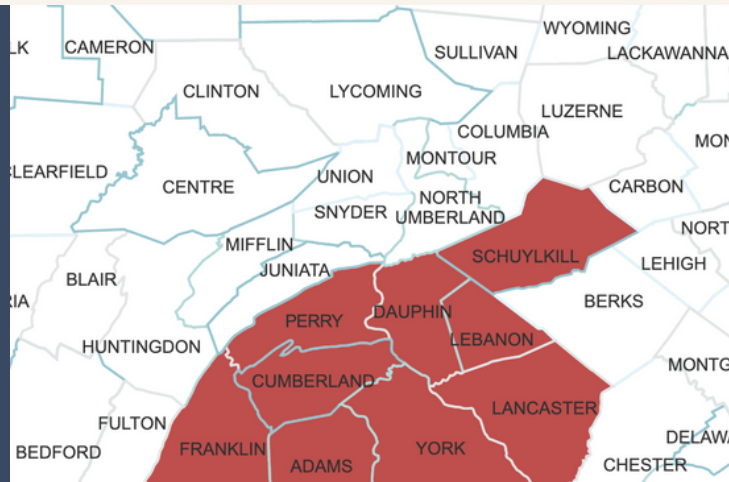
Common Questions about vaccines:  
<https://www.cdc.gov/vaccines/parents/FAQs.html>

Child and Adolescent vaccine assessment tool:  
<https://www2a.cdc.gov/vaccines/childquiz/>

Adult Vaccine assessment tool:  
<https://www2.cdc.gov/nip/adultimmsched/>

Immunization schedules by age group:  
<https://www.cdc.gov/vaccines/index.html>

Traveler's health:  
<https://www.cdc.gov/vaccines/parents/travel-vaccines.html>



## Mark your Calendar: Sept 6 Volunteer Webinar!

Please join us on September 6  
(7:00 - 8:00 PM) for our second  
quarterly volunteer webinar.

Topic: Human Trafficking Awareness

Steven Turner, JD, will be with us to provide our quarterly training on Human Trafficking Awareness. Steven Turner is an anti-human trafficking consultant. As a former Prosecutor and State Agency Chief Counsel, he has multi-year experience with victims and survivors of human trafficking, sexual assault, and domestic violence.

Join Zoom Meeting  
[https://us06web.zoom.us/j/87412040667?](https://us06web.zoom.us/j/87412040667?pwd=bzFsc2VLSS9YUVdiWVW3Wm1ZnWVsdz09)  
[pwd=bzFsc2VLSS9YUVdiWVW3Wm1ZnWVsdz09](https://us06web.zoom.us/j/87412040667?pwd=bzFsc2VLSS9YUVdiWVW3Wm1ZnWVsdz09)

Meeting ID: 874 1204 0667  
Passcode: 277631



## VOLUNTEER SPOTLIGHT: STEPHANIE GRAMBAU

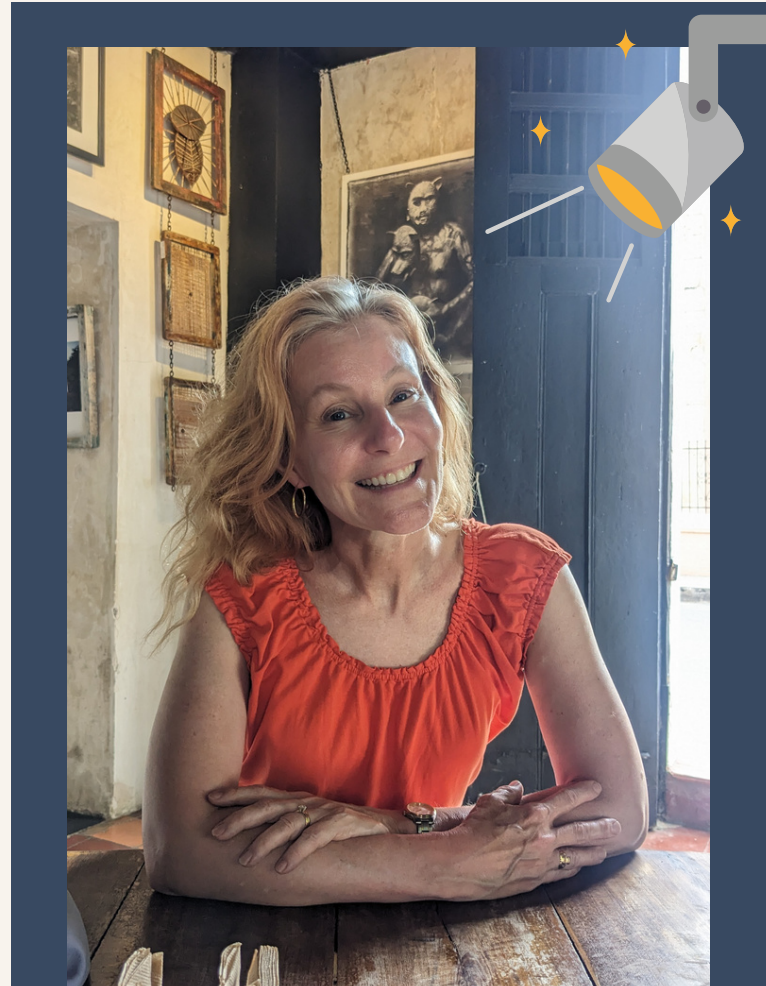
Each month we highlight one of our superstar volunteers as a way of showing appreciation from SCPA MRC leadership.

Stephanie Grambau has been a Medical Reserve Corps volunteer since 2016, when she supported the Lancaster MRC, the precursor to South Central PA MRC. Her first MRC event was training for Three Mile Island/Peach Bottom Nuclear Power Plant community safety sessions. Pre-COVID, she also participated in a mock mass casualty event at Masonic Villages in Lancaster County.

Until recently, Stephanie was an RN in the fluoroscopy procedure room for Lancaster General Health's Center for Spine Care. Soul searching during the COVID pandemic led her to a change in career path; she is now enrolled in the Nurse Practitioner program at Millersville University. She is the proud recipient of the 2023 Advanced Degree-Masters Scholarship granted by Nightingale Awards of Pennsylvania (NAP). NAP recognizes exemplary nursing practice and grants scholarships and awards to students pursuing degrees in nursing at all levels.

Stephanie has participated in a wide variety of MRC events over the years. Her favorite experience was volunteering for a security training exercise at Hersheypark. Partnered with another volunteer, they spent the day in the park under "secret assignment" to take pictures of security-sensitive areas in the park without being detected. During the end-of-day debrief, they met the security personnel who were trailing them without discovery throughout the day! An upside to the assignment was a ride on The Comet - her favorite coaster in the park!

Please join us in thanking Stephanie for her years of servant leadership!



Stephanie Grambau



Stephanie Grambau  
LGH ChildProtect Vaccine Clinic at Witmer Fire Company  
Lancaster County



## TRAINING OPPORTUNITIES

We had a full house for First Aid/CPR/AED training on 27 July. Look for a SERV PA notification for our next First Aid/CPR/AED training session in August!

The 3rd Annual Virtual Human Trafficking Summit will be held free of charge on August 10 (9 AM - 2 PM). More information and to register online:  
<https://www.eventbrite.com/e/3rd-annual-virtual-human-trafficking-summit-tickets-668821221277?aff=oddtcreator>

MRC Volunteer Pre-Deployment Readiness course. (15-20 minutes to complete):  
<https://www.train.org/mrc/course/1086867/details>

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/>



## WELCOME TO VIOLET DE STEFANO



Violet De Stefano is a new Emergency Health Service Federation (EHSF)/SCPA MRC employee, serving as Deputy Unit Leader reporting to our Unit Leader, Brittney Fuhrman. As a Public Health Specialist, she will work to bridge the gap between public health and emergency medical services. This includes supporting the SCPA MRC, the South-Central PA Immunization Coalition, and the Public Health Division of EHSF.

Violet was a MRC volunteer since 2018, when she joined the Winona County MRC in Minnesota. Her first deployment was supporting the first aid station at the Winona County Fairground. This deployment kicked off her career in public health emergency management.

Prior to her arrival in Pennsylvania, Violet served as an Emergency Manager in Winona County, MN. She worked to stand up mass COVID-19 testing sites and support public information initiatives in the community. In 2021, Violet accepted a role as the Health and Medical Preparedness Coordinator for Lancaster County Emergency Management Agency. That same year, she became a volunteer for the SCPA MRC. She is currently pursuing a Master's in Public Administration with a concentration in Emergency Management.

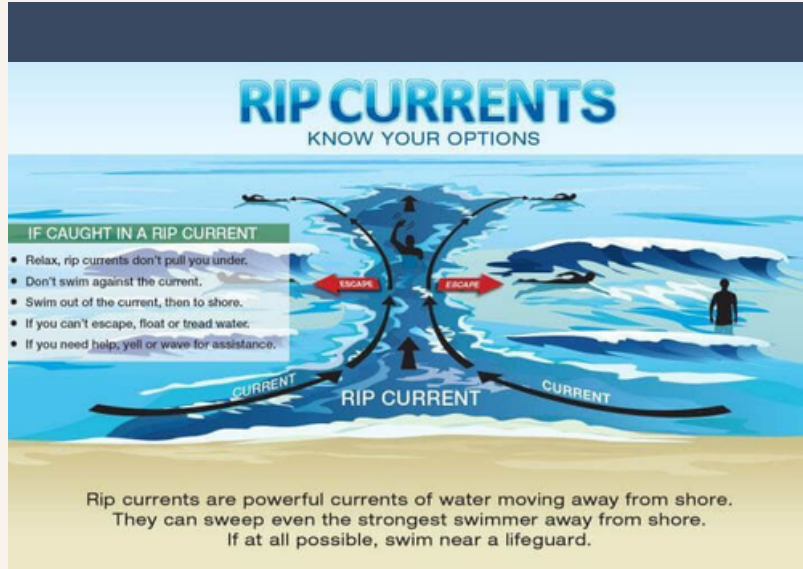
## COMMUNITY WELLBEING: WATER SAFETY

Swimming is fun and a great way to keep cool, but it's important to know how to stay safe in and around water.

Drowning is swift and silent – there may be little splashing or cries for help. It can take as few as 20 seconds to sink below the water and only minutes to drown whether around a pond, lake, river, ocean, or pool.

The National Safety Council and National Drowning Prevention Alliance recommend the following few safety precautions:

- Don't go in the water unless you know how to swim; swim lessons are available for all ages.
- Make sure the body of water matches your skill level. Swimming in a pool is much different than swimming in a lake or river, where more strength is needed to handle currents.
- Swim in designated swimming areas supervised by a lifeguard.
- Never swim alone.
- If you do get caught in a current, don't try to fight it; stay calm and float with it, or swim parallel to the shore until you can swim free.
- Don't push or jump on others.
- Don't dive in unfamiliar areas.
- Never drink alcohol when swimming; alcohol is involved in about half of all male teen drownings, according to KidsHealth.org.
- Learn CPR and rescue techniques.
- Lifeguards aren't babysitters; always keep your eyes on your child.
- Don't let children play around drains or suction fittings.



## UPCOMING DEPLOYMENTS

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

### Vaccine Education

- 8/1 - Garden Spot Fire Co. (Lancaster County)
- 8/8 - Witmer Fire Co. (Lancaster County)
- 8/15 - Bart Fire Co. (Lancaster County)
- 8/17 - Burrowes Elementary (Lancaster County)
- 8/22 - Jackson Middle School (Lancaster County)
- 8/29 - Smith Wade-El Elementary School (Lancaster County)

### Vaccination Clinics

- Stay tuned for events scheduled in September and beyond

### Fit Testing

- 8/8 - Morrison's Cove (Blair County)

## USEFUL SCPA MRC LINKS

Email Inbox: [mrc@ehsf.org](mailto:mrc@ehsf.org)

Website: <https://mrc.ehsf.org/>

LinkedIn page:

<https://www.linkedin.com/showcase/south-central-pennsylvania-medical-reserve-corps/>

SERV PA: <https://serv.pa.gov>