

# SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

## *“Take Control in 3, 2, 1!”*

September marks National Preparedness Month, the annual recognition to remind everyone how important it is for individuals, families and communities to prepare for disasters and emergencies that can happen at any time.

This year’s theme, “Take Control in 1, 2, 3,” encourages everyone, especially older adults, to become more prepared in three simple steps:

- **Assess your needs.** Everyone has unique needs. There are several factors that can affect the steps you need to take to prepare yourself and those you care for. Whether you care for pets, have children, have a medical condition or a disability, it is important to know what your family will need to stay safe.
- **Make a plan.** Once you’ve assessed your needs, you can plan for what you’d do, where you’d go and what to bring if a disaster strikes. Your emergency supply kit should include items that meet your individual needs.
- **Engage your support network.** Get to know your neighbors because they, along with your family and friends, can be a support network before, during and after a disaster by providing emotional and practical support.

For more information about National Preparedness Month, click the link [here](#) or follow the QR Code!



## MRC CALL-DOWN EXERCISE

14 Sep 2023

Call-down exercises are one of the state requirements of Medical Reserve Corps. This is a crucial part of our program, as we use this exercise to help us define the readiness level of our volunteers!

On September 14, you will receive a message from SERV PA asking for your participation! It is quick, easy and should only take you a minute to respond.

Once you receive the message from SERV PA, please respond at your earliest convenience. Thank you for doing your part to support our MRC!



## 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>

## MRC WEBSITE: REGISTRATION IS OPEN FOR "VOLUNTEERS ONLY" SECTION

The volunteer-only site of the South Central Pennsylvania Medical Reserve Corps website is now active and ready for your enrollment! This site will serve as your "One Stop" to access information for upcoming events, register to volunteer for events, and access important reference materials.

Notifications from SERV PA will be restricted to the monthly newsletter, training opportunities, required Call Down exercises, and true emergency deployments. You will no longer receive SERV PA notifications to register for events through Sign-up Genius.

To register and create your profile, please follow these steps:

- Click on this link:  
<https://mrc.ehsf.org/user/login>
- On the LEFT side of the webpage (entitled "Log In") Enter your email address as your username.
- Enter your full email address as your initial password.
- After your initial login, you will be prompted to change your password for future logins.
- Review the pre-populated profile information taken from SERV PA and edit/update as necessary.
- Remember to scroll down and click "Save" at the bottom of the screen.

Please email [mrc@ehsf.org](mailto:mrc@ehsf.org) if you need assistance.

## COMMUNITY WELLBEING: TORNADO SAFETY

### From The National Weather Service:

Tornado Watch - conditions are favorable for tornado development. Keep an eye to the sky and tune to local broadcast media for further weather information.

Tornado Warning - a developing tornado has been detected by National Weather Service doppler radar or a reliable report of a tornado has been reported. If the tornado warning includes your neighborhood or work place, seek safe shelter immediately.

In the event of a tornado, here are some tornado safety rules to keep you and your family safe:

- Tornadoes could be obscured by rainfall or come at nighttime. Do not wait until you see or hear the tornado; it may be too late.
- In homes or public buildings: Go to the basement or a small interior room, such as a closet, bathroom, or an interior hall on the lowest level. If possible, get under something sturdy like a heavy table. Protect yourself from flying debris with pillows, heavy coats, blankets or quilts.
- Do not waste time opening or closing windows and doors. It will not protect the structure.
- In mobile homes: leave well in advance of the approaching severe weather and go to a strong building. If there is no shelter nearby, get into the nearest ditch, low spot or underground culvert. Lie flat, covering your head with your hands for protection.
- In vehicles or outdoors: If caught outside, find shelter in a ditch or remain in your vehicle and cover your head for protection. Do not take shelter under a highway overpass, where wind speeds can increase due to a tunneling effect.



Photo Credit: Ryan Thoden

## SEPTEMBER IS WORLD ALZHEIMER AWARENESS MONTH

Alzheimer's Disease International (ADI) reports that many people wrongly believe dementia is a part of normal aging. This highlights the need to increase public knowledge of Alzheimer's Disease and other forms of dementia.

Predictions state the number of people living with dementia will almost triple by 2050. Therefore, it has never been more important to recognize the risk factors associated with dementia and take proactive steps toward risk reduction.

Keeping active, eating well, and engaging in social activities all promote good brain health and may reduce your risk of developing dementia. Keeping your heart healthy, including by avoiding smoking and excessive alcohol consumption, can lower your risk of dementia and other diseases, too. [Click here to learn more.](#)

Symptoms vary between Alzheimer's Disease and other types of dementia but there are broad similarities between them. Read more about the symptoms [here](#). If you are having memory problems or difficulties in performing everyday tasks, it's important to make an appointment with your doctor. There may be reasons, other than dementia, for the problems that you are experiencing. A healthcare practitioner can provide more information about living with dementia. [Follow the link to learn more.](#)

An approach to dementia care which recognizes and respects the personal history and individuality of the person living with dementia has been shown to have a positive impact on the progress of the disease. ADI produced a charter of principles for the care of people with dementia. If you're interested in learning about the charter of principles, [click the link here.](#)

Together, we can provide more compassionate care and understanding to those who struggle with Alzheimer's Disease!



# Upcoming Activities

## Vaccine Clinics

### ***Licensed Vaccinators & Administrative Staff Needed***

9/15 - Franklin County Senior Fair

9/20 - Lancaster 50+ Expo

9/27 - York 50+ Expo

9/27 - Millersville University

Wellness Fair

(Lancaster County)

10/4 - Millersville University Breast Health Event

(Lancaster County)

10/6 - Messiah University

(Cumberland County)

10/9 - Downtown Daily Bread

Kitchen & Shelter

(Dauphin County)

10/11 - Cumberland County 50+

Expo

10/16 - HACC Campus (Lancaster County)

## First-Aid Support

10/4 - Millersville University Breast Health Event

(Lancaster County)

## Fit Testing

9/13 - Yorkview Nursing and Rehabilitation (York County)

9/19 - Country Meadows of Hershey (Dauphin County)

9/20 - Ecumenical Community Of Harrisburg (Dauphin County)

## Training

10/6 - 8:00AM-4:00PM  
Hazardous Materials Awareness Training

10/26 - 10:00AM to 2:00PM  
American Red Cross Training

***Interested in volunteering at any of these?***

Sign up at [mrc.ehsf.org](http://mrc.ehsf.org) in the Members Area

OR

Email

[vdestefano@ehsf.org](mailto:vdestefano@ehsf.org)