

## **MRC SPOTLIGHT: STEVE LYLE, EXECUTIVE DIRECTOR EMERGENCY HEALTH SERVICES FEDERATION**

In the near future we will be trying to capture specific areas of interest of our volunteers. There are so many areas of need that we can match the volunteer with projects that are more in line with your interest.

From that we could break out into operational teams, with the opportunity to compress back into a large team like we did for COVID.

After we capture the information we will identify any training needs and work to provide deliveries of the appropriate training.

An upcoming areas of interest poll will consider some of the tasks completed by the team, and some previously unheard of opportunities.

Also, please recognize we are keenly aware that we do not have all the answers, nor have we thought of all potential scenarios. As such, we are working to create a tool for you to use to make us aware of any ideas or concerns you have.

We're really excited about giving you all the opportunity to help others, and yourselves. After all we are a "Commonwealth."

Thank you,  
C. Steven Lyle  
Executive Director  
Emergency Health Services Federation



### **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>

TRAIN PA: <https://pa.train.org/pa/login>

# NOVEMBER IS NATIVE AMERICAN HERITAGE MONTH

November is the time to rejoice in diverse and rich cultures, histories, and traditions and to appreciate the great contributions of the Native Americans. Native Americans, sometimes called American Indians, First Americans, or Indigenous Americans, are the Indigenous peoples of the United States or portions thereof, such as American Indians from the contiguous United States and Alaska Natives. This month allows us to spread awareness about tribes or to educate people about the various challenges faced by the Native Americans in the past and today.

Did you know:

1. Native Americans have been living on the sub-continent for at least 30,000 years. They were not a single nation but included a variety of cultures, nations, and languages.
2. The government of Native Americans serves as the model of federated representative democracy. The U.S. government is based on the system in which the power is distributed amongst a central authority and smaller political units.
3. Native Americans discovered many edible plants which are widely eaten by people around the world, for example: maize, beans, squash, pumpkins, sunflowers, wild rice, sweet potatoes, tomatoes, peppers, peanuts, avocados, papayas, potatoes, and chocolate. They were also the first people to raise turkeys, guinea pigs, and honeybees.
4. The Sequoia tree is named in the honor of Cherokee leader Sequoyah.
5. These U.S. state names are derived from Native American words: Alabama, Alaska, Arizona, Arkansas, Connecticut, Hawaii, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Nebraska, New Mexico, Ohio, Oklahoma, South & North Dakota, Tennessee, Texas, Utah, Wisconsin, and Wyoming.

Follow this link to learn more about historical Native American figures who left a lasting mark with their leadership, creations and bravery: <https://www.biography.com/history-culture/influential-native-americans-list>



# COMMUNITY WELLBEING: SAFETY IN PUBLIC PLACES

Attacks in public places are often reported in the news. Would you know what to do if you found yourself in such a situation?

## PREPARE BEFORE

- Stay Alert. Be aware of your surroundings and any possible danger.
- If you see something, say something to local authorities. This includes suspicious packages or people behaving strangely.
- Observe warning signs such as unusual or violent communications, expressed anger, or intent to cause harm.
- Have an exit plan. Identify exits and potential areas to hide wherever you go, including work, school or special events.
- Learn lifesaving skills such as First Aid to assist the wounded before help arrives.
- Consider taking introductory active shooter training on Train PA:  
<https://www.train.org/pa/course/1105330/details>

## SURVIVE DURING: Run, Hide, Fight

- Run to Safety. Getting away from the attacker(s) is your top priority. Leave your belongings and get away. Call 9-1-1 when you are safe and describe the attacker(s), location and weapons.
- Cover and Hide. If you cannot evacuate, find a place to hide out of view of the attacker(s). If possible, put a solid barrier between yourself and the attacker(s). Lock and block doors, close blinds, and turn off lights if indoors. Keep silent.
- Defend, Disrupt, Fight. Fight only as a last resort. When you cannot run or cover, attempt to disrupt the attack or disable the attacker(s) with makeshift weapons such as chairs, fire extinguishers, scissors, books, etc. Be aggressive and commit to your actions. Be prepared to cause severe or lethal injury to the attacker(s).
- Help the Wounded. Take care of yourself and then, if you are able, help the wounded get to safety and provide immediate care. Call 9-1-1 when it is safe for you to do so.

## BE SAFE AFTER

- When law enforcement arrives, remain calm and follow their instructions. Keep your hands visible and empty.
- Share updates when you can with family and friends.
- Consider seeking professional help. Be mindful of your mental health and seek help for you and/or your family to cope with the trauma.

## Active Shooter Response

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**Run**  
If possible



**Hide**  
If escape  
not possible



**Fight**  
Only last resort



## UPCOMING ACTIVITIES

### Vaccine Clinics

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

11/1 - Elizabethtown College (Lancaster County)

11/6 - HACC, Lancaster Campus (Lancaster County)

11/11 - Cumberland County Women's EXPO

11/14 - Fairview Twp Fire Hall Community Dinner (Cumberland County)

12/8 - Downtown Daily Bread Kitchen and Shelter, Harrisburg (Dauphin County)



### Fit Testing

11/28 - Thornwald Home (Cumberland County)

11/30 - Country Meadows of Hershey (fully staffed)  
(Dauphin County)



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

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

**OR**

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