



Blue Light Express

Emergency Training Tracks to Nov. Exercise

CCDC is always training volunteers to assist the county with emergency situations and keeping them fully trained with the best practices to enhance resilience, endurance, and skills.

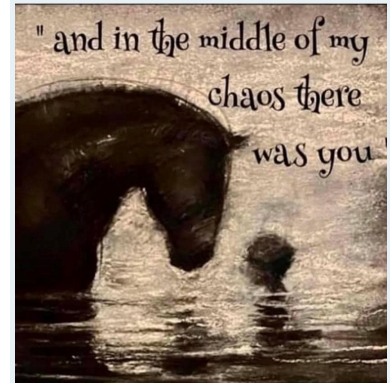
Although references to past experiences are now prefaced with “pre” or “post” pandemic phrasing, many of our volunteers donated their time during the pandemic. Those folks were placed in an already designed real full-scale exercise performing specific tasks via on site just-in-time training. They did not have the opportunity to attend many of the training classes we offered, which provided the volunteer with a well-rounded set of courses to practice that could be applied to any scenario of emergency that presented itself.

We are issuing a challenge to all of our volunteers to join the Emergency Training Track of seminars, workshops, and lecture training classes that will prepare you for a Functional Event that will culminate in the November exercise of your training in a simulated disaster.

Guest instructors have been secured to teach some of these classes. This training program is intended to provide a well-rounded training experience that the volunteer will feel capable of handling. The basics will prepare to you take the skills, knowledge, and abilities from this training track and apply the fundamentals to any situation that is encountered.

A description of each class is presented on the next two pages, not necessarily in the order in which they will be offered, due to scheduling limitations with the guest speaker. The classes will be posted in Galaxy within a couple of weeks or so and will commence in mid-August.

The Recruitment-Retention-Social Team invites you to join them in arranging events and get -togethers for CCDC. Contact Annie Favinger at afavinger@sju.edu. if interested.



**STAY HUMBLE.
WORK HARD.
BE KIND.**



Love Wide Open
the art of holding heart space

DES Adopts Sample Covid Quilt

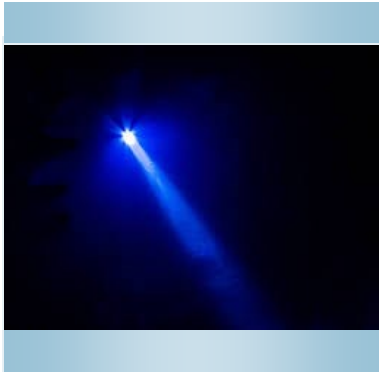
The sample quilt illustrating life changes we created and navigated during covid has been adopted by the Dept. of Emergency Services and can be viewed in the hallway of the offices.

Designed by Barb Smith, a CCDC volunteer, the squares show remote working & school, zoom meetings, First Responder and nursing nods, toilet paper craze, volunteering, hobbies, and suicide.



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Journey to the FSE in November!

“The best remedy to helplessness when something bad happens is to be courageously optimistic and unwaveringly willing to work to make it better. Being an emergency volunteer shows courageous optimism. Training and deploying shows an unwavering willingness to make things better. Thanks to our CCDC volunteers & teams, ‘helpless’ may be a feeling, but it is never our reality.” Danielle Koerner



Volunteers are encouraged to take as many classes as possible and those who successfully complete them all will be considered for leadership positions at the November Functional Scale Exercise.

NIMS 100 Guided Seminar

This seminar describes the Incident Command System and its application. DES and CCDC volunteers will walk you through this class so that you can take the online test with the knowledge needed to complete the course. Those with this class completed may attend the Functional Scale Exercise in November.

NIMS 100 IS REQUIRED FOR NOVEMBER FSE and for future missions.



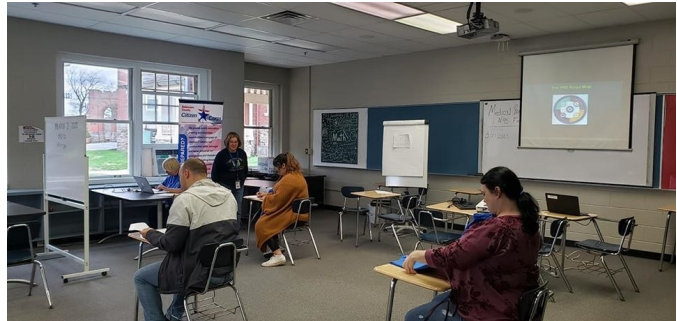
HAZMAT Awareness Seminar

This seminar educates the volunteer about hazardous materials situations in which they may find themselves. Delaware County is a thoroughfare for the transportation of hazardous materials everyday with the proximity of I-15, PA-476, and typical daily deliveries of oil and gas in our neighborhoods. Being aware of your surroundings at all time is really important and this session touches on that subject as well.



VRC Workshop (Volunteer Reception Center)/Galaxy Check-in/Radios

The VRC is the center of the volunteer experience. It is the first place to which the volunteer checks in and the last place from which the volunteer exits the event. An understanding of the check-in process using Galaxy is included in this class. The VRC is accountable for each and every volunteer so that we can ensure the volunteer leaves the event as they came into it. The VRC is a resource for communication with the volunteers/leaders, requests for supplies, equipment, signage, and food. It is the data center for the mission and its progression and the HQ for personnel changes and badging. It is also the radio charging/dispensing and return center. Radio usage will be demonstrated. VRCs can be just two people at a table or a whole room set up with temperature checks, questionnaires, badging, and interviews as shown in these pictures of the Glen Mills VRC.



Journey to the FSE in November!

Logistics/Radio Workshop

This workshop explains the proper use and maintenance of the equipment and supplies that are utilized during a critical event. You will be asked to view online instructional videos prior to this seminar so that you will be familiar with the equipment so as to assemble and disassemble it as required in this hands-on workshop. The county has supplies and equipment stored throughout the county and the knowledge, skills, and abilities to acquire and deliver the equipment and supplies is tantamount to a successful event.

First Responder Wellness (CISM) Awareness Seminar

The Delaware County Critical Incident Stress Management Team (CISM) provides mental health support for first responders. This seminar informs the volunteer of the signs and behaviors that indicate stress in an individual as a result of a crisis situation in which they were involved.

Evacuation/Shelter/Reunification Seminar

This seminar expands the usual shelter class by incorporating an evacuation portion and a reunification segment. Considering an event where families are separated by the disaster, this course intends on providing guidelines to alert residents that they must evacuate to a safer location. That could be to another family member residing away from the disaster or the safe place might be a shelter established for this purpose. We introduce the element of separated families in this course and provide the structure of documenting, vetting, and reuniting families in a safe environment.

Delaware County Animal Response Team (DelCART) Awareness

In coordination with the Shelter/Reunification seminar, DelCART will present the procedures and best practices used to care for the pets of sheltered owners in an emergency situation.

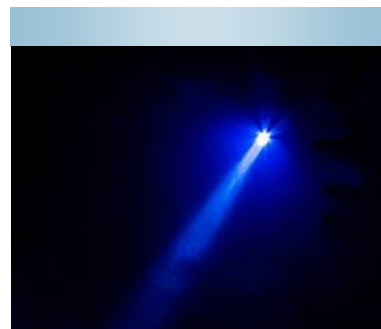
Emergency Operations Center (EOC) Overview

This class intends on providing an awareness of the operation of an Emergency Operations Center that includes many entities working together to mitigate a disaster to the community. This class will illustrate the collaboration, communications, coordination, and cooperation required by different agencies to assist each other to overcome an overwhelming circumstance for which their specific expertise is required to contribute to a solution and a safe process of protecting the community.

FYI-Who Makes the Call for Emergency Assistance?

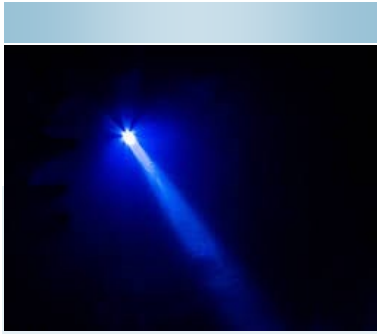
In the Commonwealth of PA, each municipality is responsible for their own emergency plans and operations. Theoretically in this event, the municipality participating in the November exercise has made the call for assistance to the Delaware County Department of Emergency Services. They need help to take care of their residents during this event and now DES responds with their team and with the Citizen Corps of Delaware County!

FYI: there are 49 municipalities in Delaware County.



Commonwealth of PA

67 Counties each governed by a board of county commissioners except for Phila. County & Phila. City which are governmentally consolidated and function as a municipal government.



CCDC Emeritus Volunteer Panel

By Judy McKinney

The CCDC Leadership Team has wanted to provide volunteers who have aged beyond deployable, or who are no longer able to deploy for other reasons, a meaningful participatory role in the organization and has drafted the concept of an Emeritus Volunteer Panel. Current CCDC policy lists the age of deployable volunteers as 75 years. Recently, the policy has been adjusted to 80 years.

The CCDC Emeritus Volunteer Panel honors master volunteers who serve our community and whose knowledge, skills, and abilities have formed the structure and foundation of the Citizen Corps of Delaware County. The Emeritus status promotes and embeds master volunteers in active status whose wisdom is sought to improve the Corps in operation, education, and in service to Delaware County until such time as they no longer wish to participate in the Emeritus program.

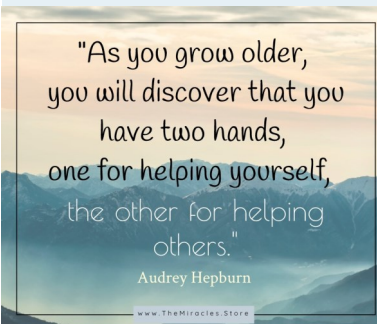
The Emeritus Volunteer employs a scope of responsibilities to suggest, improve, and guide the CCDC Leadership Team to continue to train and prepare our volunteers for robust emergency preparedness in service to the residents of Delaware County. The master's wisdom, born of years of experience in a multitude of backgrounds, roles, and leadership positions, steers our efforts to always do the right thing, be compassionate in the effort, and kind in the intent for the welfare of the community and each other.

When available, responsibilities include:

- To guide the Leadership in a forward path of emergency preparedness, outreach to the community and in instilling the volunteer culture that has been successful for the Citizen Corps of Delaware County.
- Participation at monthly CCDC Leadership Meetings
- Participation at CCDC Leadership Workshops
- Participation in educational development
- Participation in any classroom training of their choosing
- Participation at any social event and award ceremony
- Participation in Table Top Exercises in the role of observer to provide Quality, Best Practices, and Improvement suggestions.

The CCDC Emeritus Volunteer Panel includes all master volunteers who no longer able to deploy, or are over the age of 80, who want to continue to serve in the above responsibilities. They are fully qualified CCDC members, who, by virtue of our policy are no longer deployable. Despite this limitation, we recognize that they are a vital and thriving component of the Citizen Corps of Delaware County. They are revered for their service to the county, and we depend on their knowledge to enhance the growth of CCDC.

CCDC Emeritus Volunteer Panel
Anyone interested in joining this panel, please contact Danielle koernerd@co.delaware.pa.us



"At the very source of your being you should be, where these three things you can feel: goodness, beauty and truth."

Please consider these reasons for joining the Emeritus Panel:

"Through enjoyment life grows. Joy is the sutra. Be joyful and grateful - whatsoever you have. The whole question is this: in the world, doing what are you?

A participant in it, are you? Or a watcher?"

"Decide you must, how to serve them best. If you leave now, help them you could; but you would destroy all for which they have fought, and suffered."

CCDC FAST Strike Team Gears Up to Serve

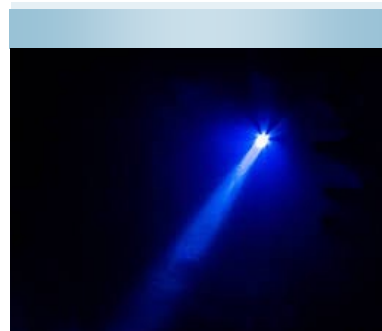
By Julia Borek

On Tuesday July 25th DES hosted the first FAST meeting in Delaware County. FAST – the **Functional Assessment Service Team** – is a new program from the Commonwealth of Pennsylvania. Its purpose is to provide support in state shelters for those who have access and functional needs – anything from a mental or physical disability, to transportation issues, to language barriers. Our role is to assess the need and find the service that can help individuals remain independent in a shelter, recover faster, and return to living independently. Dan Callahan, a CCDC volunteer, is the FAST Lead for Delaware County.

Delco DES likes to be proactive and we are connecting with advocacy groups and agencies so that we have subject matter experts ready to go. We want to build a team that can assess the accessibility of public spaces for the whole community and what determine what adaptations are needed, to make Delaware County more welcoming to the whole community and more resilient in a disaster.

The real focus is on training right now. Those who wish to deploy with FAST must take a two-day training, plus prerequisites and background checks. We plan to host another training in November.

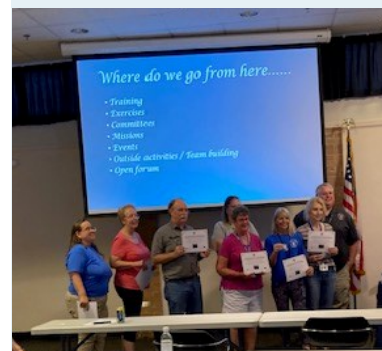
The training sessions go far beyond the basics, though. Meetings held once a month will feature a training or presentation on a variety of relevant topics, such as trauma-informed care, geriatric needs, language barriers & cultural awareness, mobility issues, and Autism Spectrum Disorder. **Upcoming presentations will be published in the FAST meeting mission in Galaxy** – and since we know many of these topics will be of interest to all CCDC volunteers, they will be open to everyone. So if you're interest, come join us and find out more!



CCDC @ Pride Day Festivities

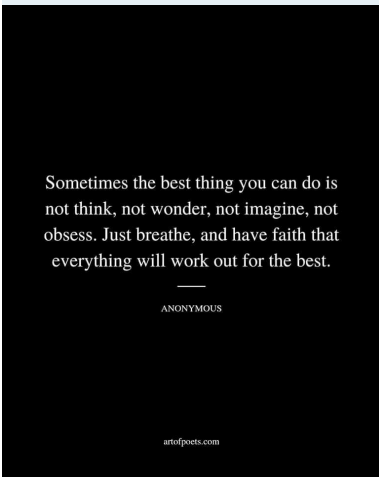
National Night Out in Delaware County!

Aston, Edgmont/Gradyville, Lansdowne, Marple, Morton, Springfield, Upper Chichester, Upper Darby



More Challenge Coins Awarded

Volunteers are invited to send in an article or graphic to be included in the newsletter to: mrc@co.delaware.pa.us



CCDC & DCHD Joint ROC Exercise

By John Ferri

On June 15 the Delaware County Health Department conducted a VPOD Rehearsal of Concept (ROC). This ROC was simulating Ebola vaccinations for First Responders. Preparation for the ROC included working with the Federal Emergency Management Agency (FEMA) and providing them with goals and a base plan for the exercise. FEMA then provided guidance and will provide an After Action Report (AAR) following the ROC. DCHD also engaged many other township, county and state agencies for the ROC. Critical to the ROC was the partnership with the Citizen Corps of Delaware County because of our equipment and experience with VPODs.

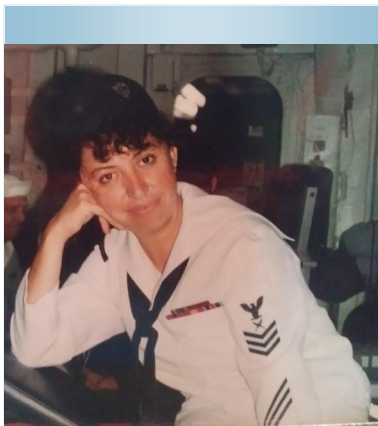
The ROC was hosted at the Tinicum Township Fire Company. We started the exercise with a briefing and then proceeded to the setup. The plan was to have two lanes of traffic through the firehouse. This included tables inside the firehouse with everything necessary for vaccinations, stanchions with safety tape at the entrance to the firehouse to guide traffic and people around the firehouse to direct the first responders as they arrived. We completed the entire setup in about 20 minutes; much faster than many non-CCDC people expected.

Next fire fighters and EMTs from around the county arrived so we could simulate the administration of vaccines. One of the firefighters said that he was feeling ill and described Ebola symptoms. This was something we didn't prepare for, so we had to quickly define an area outside the firehouse where we could isolate him so proper care could be provided.

After a few hours we initiated our breakdown followed by the debrief. The debrief was very active with many ideas and comments from everyone. Overall, everyone was very happy with the execution of the ROC and thought there were many good lessons learned.

Participants in the exercise from were CCDC: Daniel Callahan, Tricia Callinan, Rich Caruth, Richard Craven, John Ferri, Lisarose Ferri, Dr. Roxolana Horbowyj, Dave & Maureen Ingram, Pat Kelley, Laurie Raboy, Jim Roberts, George Strey, Agnes Wozniak, and Rose Young; EBH, Delco CISM; from DCHD: Janet Barton, Christine Box, and many more; members of the DES Staff, and many other agencies.





Rose Young, RN



The Volunteer Heart

By Rose Young, RN



I joined CCDC and became a member of the MRC in March 2020. It was the start of the Covid Pandemic in the U.S. that would change our lives forever. My membership as a part of the Medical Reserve Corps would lead me to serve in various ways to help our community during this horrific time. As a Registered Nurse, I knew my skills would be needed urgently. I volunteered for the First Responder refuge, and did covid testing, covid screening and vaccination. But I also did PPE drive-through, food pantry pickup and unloading, diaper handouts, traffic control and flu clinics. I did anything I could to help my community in any way possible. Since then, things have slowed down, but I still continue to volunteer and train.

My background has always been to serve. I served in the U.S. Navy for over 25 years. My time in the military took me to many places, including Puerto Rico, Panama, Halifax Nova Scotia, Norfolk, Virginia, South Weymouth, Massachusetts and Meridian, Mississippi. I did a myriad of jobs, from administration, management, firefighting, trainer to being one of the first women onboard a combat ship. My retirement from the Navy gave me a chance to start a new career. I've always wanted to help people, so I began studying to be a nurse.

I completed my training and worked at Delaware County Memorial Hospital as a Telemetry RN. During that time, I advanced as charge nurse on my floor and participated in the Nurse Practice and Policy board. Eventually, becoming Chair and also a member of the Nurse Executive Board. These boards enabled me to share my ideas for the safety and practice of our patients and determine scope of practice for our nurses. I later accepted a position with the American Red Cross as a state examiner for certification of nurse aides. I traveled to Bucks, Chester, Delaware and Montgomery counties to administer and test nurse aide candidates. I retired in 2016.

During the Pandemic, when I wasn't volunteering for CCDC, I helped my daughters with remote learning by setting up learning spaces and helping them with lessons. With a total of nine grandchildren, five, who live near me, are from 1st grade to 11th grade. So you can see, I am always busy helping my family, my community and my country.

Oh, One More Thing....

Citizen Corps of Delaware County

c/o Department of Emergency Services
360 N. Middletown Road
Media, PA 19063

mrc@co.delaware.pa.us

<https://delcocitizencorps.org>

<https://cccredi.delcocitizencorps.org>



Have a safe and wonderful summer with family and friends. The training courses can be interspersed between trips and they are fun to do. Learning new things with new people is an adventure in itself! Although the pandemic was a tragedy, it was fun to help the folks in our community.

