

A Message from the Mayor

Dear MRC Volunteers,

Milford has been fortunate to escape the fury of the last few hurricanes to hit the U.S. A hurricane is only one of the many different types of emergencies that could require the services of our MRC. It is with this in mind that I recognize how important our volunteers are. Our volunteers come with a wealth of knowledge and a willingness to share that with our community in the event of an emergency. Our volunteers with the MRC/Coalition are constantly planning and preparing for events that we hope will never occur in our community.

I look forward to the next drill which will take place on Election Day. This will truly be an exciting drill for all emergency personnel and volunteers. Drills are an important part of our preparedness efforts. Your continued involvement in our preparedness plans is providing a very important service to all the citizens of Milford. We have all seen the results of communities that have not been prepared.

I would like to thank you for your continued participation in our community preparedness efforts. I hope you will continue to be an active participant. Please continue educating your families, neighbors and co-workers regarding the importance of a family emergency plan and supply kit.

Sincerely,
James L. Richetelli, Jr.
Mayor of Milford

Milford Welcomes the Ottlie Lundgren Mobile Field Hospital



On April 4, 2006, the Ottlie W. Lundgren Memorial Field Hospital was unveiled.

This \$8.25 million mobile hospital funded with a combination of state and federal money, can be erected and staffed within hours of an emergency situation. Complete with electricity, heat, air conditioning and fresh water, the 100-bed unit includes intensive care, isolation capability, and ambulatory care and triage areas. The mobile field hospital is outfitted with medical supplies and equipment that can provide immediate emergency/disaster medical care as a 100-bed facility or broken down into 25-bed units for regional emergencies.

Vote and Vaccinate Flu Clinic

On Nov 2, the Milford Health Department will be hosting a portion of the hospital in Milford. Our Medical Reserve Corp and CERT team will assist in setting up the two ten bed units that we will use for our Vote and Vaccinate Flu Clinic. Our volunteers will also take part in all aspects of running the clinic on Nov. 4. Volunteers will also be needed to break down the clinic on Nov. 6.

Schedule of Events

Event	Location	Date	Time
Citywide volunteer meeting	J.Law H.S. Media Center	Thur. Oct..22	6:30pm-8:30pm
Set Up of Field Hosp	Harborside	Sun. Nov 2	10 am
Flu Clinic	Field Hosp. Harborside Middle School	Tues Nov. 4	6:30 am. through 8:30 pm.
Tear down of Field Hosp.	Harborside	Thur. Nov 6	4 pm
Call Down Drill	Milford Health Dept	Thur. Oct. 16	5:30 – 8 pm.

Log on to CT Train at <https://ct.train.org> for online learning opportunities.

The Milford Health Department

Coalition for Community Preparedness: Medical Reserve Corps & Community Emergency Response Team

82 New Haven Avenue
Milford, CT 06460
203-783-3315

A. Dennis McBride, M.D., M.P.H.
Health Director

Tara Mustakos
Local Preparedness Coordinator

Coalition for Community Preparedness
The Milford Health Department
82 New Haven Avenue
Milford, CT 06460



Preparing for Winter Storms and Extreme Cold

The following supplies should be added to your family disaster supply kit for winter: rock salt, sand, a snow shovel, and a fire extinguisher.

Winterize your home: Make sure your attic, basement and walls have sufficient insulation, don't forget to insulate heating ducts and water pipes in the basement. Caulking windows and weather stripping doors will reduce drafts. Learn how to shut off water valves, to prevent pipes from bursting in extreme temperatures. Trim all tree branches that could fall on your house, clean rain gutters and repair any leaks in your roof. If you have a wood burning stove or fireplace store a good supply of dry seasoned wood.

Check your emergency supplies; remember you should have enough food, water, medical supplies for at least three days. Update your family's emergency plan and review it, check with your elderly neighbors to see if they need assistance in getting their supplies ready.

Give your car a winter check including brakes, battery, exhaust, filters, and heater and fluid levels. Here is a list of emergency supplies for your car: shovel, windshield scraper and small broom, flashlight, battery powered radio extra batteries, water, snack food, extra hats, socks, mittens, first aid kit with pocket knife, blanket, booster cables, necessary medications, emergency flares, road salt or sand and a florescent distress flag.

Spotlight On A Volunteer

Barbara Romaine, RN

Barbara was raised in Milford, and has spent most of her life here, with the exception of some years spent abroad and some years spent living in other states. Her life has been rich in variety. Barbara encountered culture shock when she lived in Germany and needed to adjust to primitive conditions such as no refrigeration and laundry facilities that consisted of a cauldron in the basement, heated with an open fire beneath. During those years, Barbara experienced history in the making. She was in Berlin when the border was sealed on August 31, 1961 and reports that Check point Charlie resembled a war zone with tanks in place and soldiers ready to fire. Not only did she adapt to foreign living, she was able to learn the language and remains fluent in German.

As an Army wife, she resided in Fort Ritchie, Maryland, where she met Mamie Eisenhower and visited the Underground War Room. She then lived on the St. Lawrence River in Upstate NY and ran two vastly different businesses, alternating between managing a medical office, and operating and renting heavy construction equipment!

Her career as a Registered Nurse has been just as varied, encompassing hospital work, home health, doctors' offices and geriatrics. A mother of four children and a grandmother to twelve, she still found the time to baby sit, teach first aid, health

courses and Sunday school. Now retired, Barbara is an avid reader who also enjoys bird watching, gardening, swimming, genealogy and painting.

An active participant in the activities of Milford Reserve Corps, Barbara graduated with the first Milford CERT team. She has given flu shots in our clinics over the past three years. Barbara states that she has enjoyed taking an active part in the hands on trainings and is "proud to be a part of the TEAM". We are certainly proud to have dedicated volunteers such as Barbara enriching our group.

CERT News

CERT members recently participated in the annual CERT week-end at the Fire Academy in Windsor Locks. They participated in CPR updates, cribbing, triage and portable fire extinguisher training. All agreed that this is a wonderful opportunity for CERT members to keep



up their skills. Other CERT members attended a Sheltering update at the Red Cross. CERT members were sworn in at a ceremony hosted by the Westfield CT Post Mall by DEMHS Region 2 Coordinator Roy Piper. This ceremony will occur annually and provides liability protection to the CERT volunteers.

FALL Call-Down Drill

The fall call down drill will be conducted on October 16th from 5:30pm. - 8pm. We will be tracking response time to our calls. We will need several volunteers to assist in making the calls. If you would like to participate, please call Linda Gallick at the Health Dept @ 783-3315.

Citywide Volunteer Meeting Wed. Oct. 22, 2008 6:30-8:30 PM Jonathan Law High School in the Media Center

All volunteers are encouraged to attend the next meeting at Jonathan Law High School. Volunteers will see a presentation on the Ottilie Lundgren Mobile Field Hospital. There will be a flu update for medical volunteers and the **Clinic Flow Plan** and Incident Command for the upcoming **Vote and Vaccinate Flu Clinic** will be reviewed. Volunteers will be needed to set up the section of the field hospital, distribute forms, collect money, maintain security, and control traffic. All volunteers participating in the clinic on Nov 4 will have the opportunity to get a free flu shot on that day.

If you would like to volunteer for Nov. 2-6 but can not attend the meeting on Oct. 22 please call Linda at the Health Dept. @ 783-3315 or email lgallick@ci.milford.ct.us.