



Voice OF V

The official voice of Region V



EDITORS: SHEILA HALL AND TERRY SWANSON

June 2007

LEARNING MORE ABOUT OUR LEADERSHIP TEAM

JAN SIMONS **Training Officer**



Jan Simons is a nationally certified paramedic and trained firefighter. She currently attends Indiana University Purdue University Indianapolis (IUPUI) in Indianapolis, Indiana as a full-time student, pursuing an undergraduate degree in Anthropology.

Jan worked for the Wayne Township Fire Department, where she received her certification as an EMT and Firefighter, as well as extensive training in Hazardous Materials and Automobile Extrication. She also attended the Indiana Public Training Institute, focusing her study on Wilderness training, which covered orienteering, night operations, legal issues, and victim safety.

Her educational background and skills have qualified Jan to be involved academically. She has lectured extensively to Paramedics in EMT classes, instructing on various topics, such as geriatrics, trauma, and medical emergencies. She has served as an Indiana State Proctor during Indiana State EMT practical examinations. She has also instructed Audit and Review classes based on hospital-provided standards.

Jan's compassion and personal drive led her to join DMORT in February 2003. She was deployed in response to Hurricane Katrina (Gulfport, Mississippi 2005), where she served as the DMORT East Safety Officer. Her duties included: training team members on the proper procedures for utilizing Personal Protective Equipment (PPE), handling

hazardous waste, climbing into and out of refrigerated trailers, hydration issues, nutritional needs, and watching for hyperthermia in others. Jan was appointed Region V Training Officer in 2006, succeeding David Hunt.

Jan resides in Brownsburg, Indiana with her husband - Hew, and their children: Kyle (14 years) and Kalyn (12 years). She spends most of her free time as a proud mom, supporting her children in their extracurricular activities. She is currently having fun with the nail-biting experience of teaching her son to drive and routinely attends her daughter's cheerleading competitions. Jan also enjoys hiking, swimming, and reading.

The Region V team congratulates Jan on her recent leadership appointment and "cheers" her on a successful future!

REGION V TRAINING
DANVILLE, INDIANA
July 20-22, 2007

Region V will be holding their annual regional training in Danville, Indiana on July 20-22, 2007. The focus of the training will be DMORT V's response to an earthquake from the New Madrid Fault. This joint training will include members of the Indiana State Disaster Team, who are generously allowing DMORT to use their newly acquired morgue equipment.

The training will include both classroom sessions and simulated morgue operations. All participants of the exercise are expected to familiarize themselves with the DMORT-NTSB and NAME protocols, especially those sections that apply to their specialty, as well as a working knowledge of the remaining information in these documents.

A review of team members' immunization records will be reviewed. Please bring them with you.

Jim Adams – DMART Proprietor – is offering a 5% discount for any DMART orders that are purchased before the meeting. He can be contacted at smyl32@qtec.com. **Brad Targhetta** will bring the pre-ordered items to the training, as well as other merchandise for sale.

SUGGESTED ITEMS TO PACK FOR DEPLOYMENT

Team members should have a “Basic Deployment Pack” readily available, in case of a deployment. Careful thought should be given in considering what items to include in the pack. The following are recommendations/considerations– type of disaster, regional weather, and lodging accommodations that are likely to be encountered, may influence what you decide to bring. Travel as light as possible; but remember, it is better to be prepared for the worst-case scenario.

You should prepare for a **minimum** of 2 weeks; 3 weeks is suggested.

BASIC DEPLOYMENT PACK

The “Basic Deployment Pack” should contain standard items to be taken with you on any disaster deployment. At minimum, it should contain the following items, many of which can be pre-packed for readiness and availability.

- * A **backpack** that can remain with you at all times if need be.
- * A **larger bag** that can be left at the “lodging” location or DMORT base of operations.
- * **DMORT photo ID** card on **lanyard** or in DMORT card holder.
- * **Government Credit Card**
- * **Immunization Card**
- * **Cash**—enough for at least 2 weeks (ATM's may not be available) and a few credit cards.
- * **Uniforms** (“blouse”/jackets [with appropriate patches], several sets of trousers, multiple green T-shirts preferably the Region V variety)
- * **Belt - black**
- * **Hat** for protection from sun
- * **Underwear and socks**
- * **Gloves**—lightweight, leather
- * **Boots** (steel shank) and other footwear (broken in prior to deployment).
- * **Heavy duty rain suit jacket and trousers** (Gore-Tex or similar if possible)
- * **Prescription medications** (3 weeks supply in original containers with label)
- * **Spare eyeglasses**
- * **Watch or travel clock**
- * **Laxatives, anti-diarrhea medications, pain relief medication** (Tylenol, Ibuprofen, etc) vitamins- especially multi.
- * **Myoflex** (or similar cream for pulled, aching muscles/joints)
- * **Earplugs**, soft (it can get noisy at night or during the day if you are trying to sleep.)
- * **Toiletries - including soap**
- * **Towel** (very thin and absorbent type for campers or an old one) and **washcloth**
- * **Detergent** for washing clothing (there may be no laundry facilities)
- * **Small first aid kit**

- * **Flashlight and extra batteries**
- * **Sun screen**
- * **Insect repellent** -Ultrathon by 3M (recommended brand)
- * **Foot powder** and baby powder (for chafing) or **Gold Bond**
- * **Casual clothes and shoes**
- * **Lightweight laundry bag**
- * **Large garbage bags** (several)
- * **Paperbacks** for reading and then sharing

ADDITIONAL FOR HURRICANE DEPLOYMENTS

This deployment is different from all previous deployments in as much as housing, electricity, water, etc may be unavailable or unreliable.

- * **2 old single bed sized sheets**
- * **Sleeping bag or blanket**
- * **Small pillow**
- * A **sweatshirt** or equivalent because it does sometimes cool off at night
- * **Powdered Gatorade** or other source of electrolytes to add to your drinking water.
- * **Small battery powered fan and extra batteries** - Useful for temperatures up to and potentially over 120 degrees.
- * **Bottled water** (6-pack or 32-64 oz)
- * **Teabags or coffee bags**
- * **Snacks** (Powerbars, cheese crackers, trailmix, etc.)
- * **Bathing suit and sandals** you may be sharing a hose etc when you are “showering”

DON'T BRING

- * **Cameras** including cell phone cameras (you may be able to use them off duty but you CAN'T use them in the morgue and your off duty use could be misinterpreted).
- * **Computers**
- * **Valuables** in general they may be hard to protect properly under these circumstances.

REMEMBER: Never Travel in Uniform!

For the most current listing of what is allowed in your carry-on or checked luggage, please refer to www.tsa.gov .

EDITORS' NOTE:

The staff of the “Voice of V” needs your help in developing articles of interest and relevance to Region V. Please submit anything that you think would be appropriate to our editors at:

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