

# Maryland Emergency Preparedness Network

## Fall 2023 Newsletter

### Table of contents:

- Our annual program theme p. 1
- A note from the Program Administrator p. 2
- Our Emergency Incident Success Story Campaign p. 3
- Meet a Community Partner p. 3
- What's on our radar p. 4
- Flu preparedness resources p.4

### *In This Issue You Will Find...*

An introduction to our annual program planning theme, a note from the Program Administrator, and an invitation to participate in our Emergency Incident Success story campaign and resources on our radar.

Last but not least, you will also find an exclusive interview with 211 Maryland!

### Connect with us here:



## OUR PROGRAM THEME OF 2023-2024:

### Individual & Organizational Resilience

This grant year, the EPN will center its educational and training efforts around individual and organizational resilience.

Home and community-based providers play a crucial role as the initial point of contact for identifying the need for psychosocial support in patients and households. The ongoing pandemic-related stressors have unveiled new and demanding challenges related to the coping abilities of individuals aging in place in the community and those who support them.

There are concurrent trends, such as increased demand for home-based care, heightened medical complexity among home care patients, and a shortage of direct care workers. These factors emphasize the importance for home and community-based providers to address resilience by establishing infrastructure and support systems to bolster resilience as part of their emergency preparedness efforts.

Prioritizing the development of personal coping strategies for employees and patients also directly contributes to workplace safety planning. Providers must allocate resources and focus on educating, supporting, and empowering their staff to ensure safe and effective care for all parties involved.

Critical strategies for cultivating resilience include screening for psychosocial support needs, identifying available community resources, educating direct care workers on coping strategies, equipping leadership with knowledge and organizational infrastructure, and fostering inclusive and supportive cultures within post-acute healthcare organizations.

Enhanced personal and organizational resilience significantly improves responses and recoveries during disasters and emergencies.

# A NOTE FROM THE PROGRAM ADMINISTRATOR:

*And all at once, summer  
collapsed into fall.*  
- Oscar Wilde

This time last year, I stepped into my role as the EPN's new Program Administrator. I was committed to identifying community partners as it became clear that my role held me at a critical intersection of people, information, and resource awareness.

I prioritized reconnecting with our Federal and State partners to remain informed about preparedness best practices and trends.

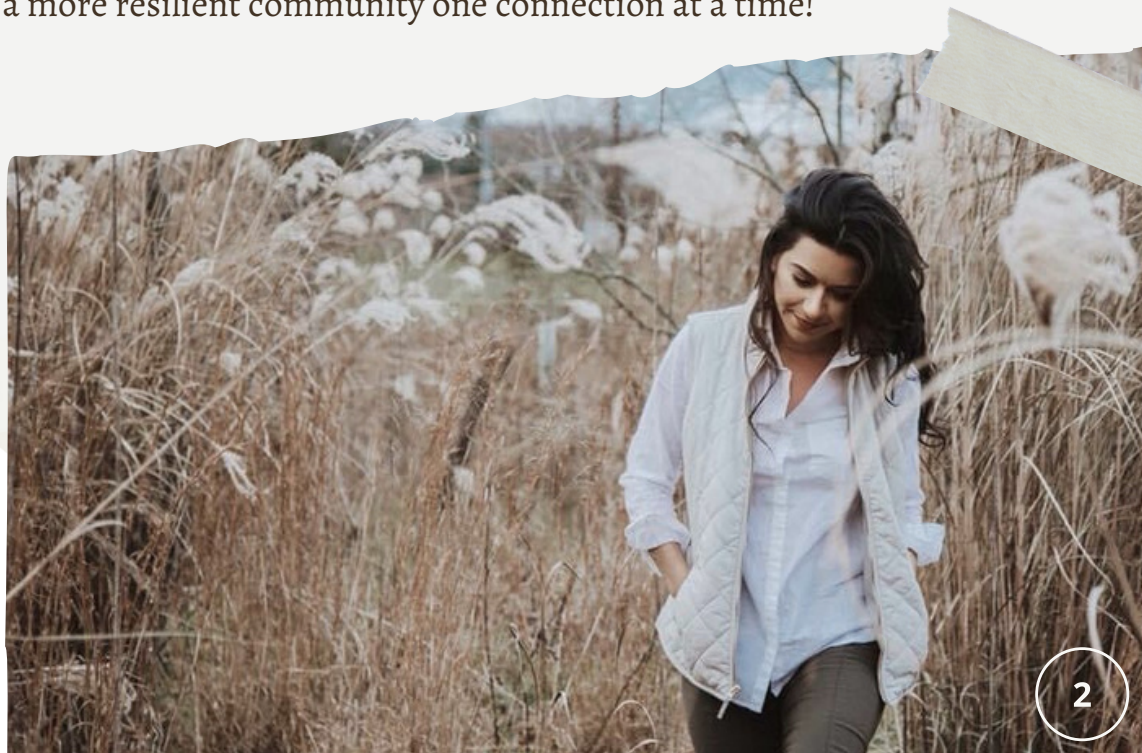
I spent the year strengthening the ties in those relationships, which taught me that connecting to federal and state partners in emergency preparedness planning is essential for a comprehensive and effective response to emergencies, leveraging their resources, expertise, and support to enhance overall preparedness and response capabilities.

As I approach the 2023-2024 grant year, I look forward to expanding our connections to state-based partners while establishing relationships at the local level.

I will strive to continue to consult with our community members to craft content and programming carefully curated for their preparedness needs. Relationships, indeed, are at the heart of resilience. We must nurture the ones we have and build more that are meaningful and sustained. I encourage you to join me in the effort!

Forging relationships before an emergency is a crucial part of emergency preparedness planning, though how well we maintain those relationships impacts emergent event outcomes the most.

So here's to achieving a more resilient community one connection at a time!



## WE WANT TO HEAR FROM YOU!

You are invited to participate in our :  
"**Emergency Incident Success Stories Campaign**"  
to highlight the "success stories" of individuals  
whose preparedness allowed them to respond to  
unanticipated event/s successfully. The stories will  
be shared with our subscriber network.

### **Benefits to participating:**

- You will be invited to reflect upon your level of preparedness to discover its strengths and areas of improvement.
- Bonus: you will be entered into a raffle to win a \$25.00 Amazon gift card for participating! The winner will be contacted directly.

### **Interested in Participating?**

- Participating is easy. Complete our short survey:

[HERE](#)

## MEET A COMMUNITY PARTNER:

### *211 Maryland*

211 Maryland is a 501(c)3 nonprofit powered by the Maryland Information Network since 2010.

The organization is “*the state's most comprehensive health and human services resource database. With over 7,500 resources, individuals with essential needs can get connected to local help 24/7/365.*” (211md.org)

In the Fall, we had the privilege of connecting with 211 Maryland, where we learned about their history, supportive services, and how to connect with them .

You don't want to miss this! Check out the full interview :

[HERE](#)



## TIS THE SNEEZIN TO CATCH THE FLU!

Flu Season is upon us. Whether you are a post-acute care provider, patient or caregiver we have a resource to support your flu prevention preparedness:

**If you are a home/community-based provider, patient or caregiver:**

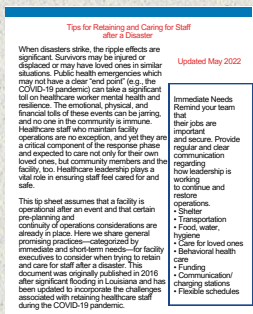
- Check out our [Flu Resource Roundup](#).

**If you are a home /community-based provider:**

- Check out [Flu Pages](#) from our EPN Resource Guide



## PREPAREDNESS RESOURCES:

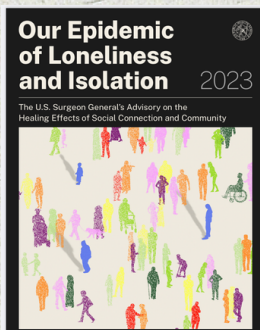
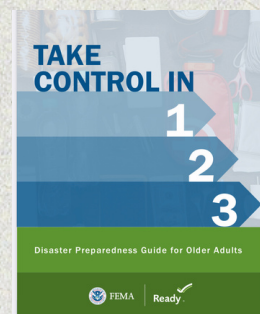


**ASPR TRACIE** released *“Tips for Retaining and Caring for Staff after a Disaster,”* organized by immediate and short-term requirements, that facility executives should contemplate when aiming to retain and support their staff following a disaster.

Source: Tips for Retaining and Caring for Staff after a Disaster | Technical Resources. (n.d.). ASPR TRACIE. <https://asprtracie.hhs.gov/technical-resources/resource/3395/tips-for-retaining-and-caring-for-staff-after-a-disaster>

**FEMA** released a *“Disaster Preparedness Guide for Older Adults”* designed to support older adults and their caregivers in their preparing planning. This guide provider worksheets to individuals and caregivers to help them identify their specific needs and checklists that create a personalized plan.

Resource: FEMA introduces Disaster Preparedness Guide for older adults. (2023, September 20). FEMA.gov. <https://www.fema.gov/press-release/20230920/fema-introduces-disaster-preparedness-guide-older-adults#:~:text=The%20worksheets%20and%20checklists%20in,FEMA's%20commitment%20to%20national%20preparedness.>



**U.S. Surgeon General Dr. Vivek Murthy** released a new Surgeon General Advisory *“Our Epidemic of Loneliness and Isolation,”* calling attention to the public health crisis of loneliness, isolation, and lack of connection in our country. It details recommendations that every individual in the community can take to increase connection and improve their health.

Source: Office of the Assistant Secretary for Health (OASH). (2023, May 3). New Surgeon General Advisory Raises Alarm about the Devastating Impact of the Epidemic of Loneliness and Isolation in the United States. HHS.gov. <https://www.hhs.gov/about/news/2023/05/03/new-surgeon-general-advisory-raises-alarm-about-devastating-impact-epidemic-loneliness-isolation-united-states.html>

## DISCLAIMER STATEMENT:

All information contained in this document is intended for educational purposes only.

The information presented here is not intended to be used for medical advice, diagnosis, or treatment. If you have any questions or concerns about your health, please contact your doctor, healthcare provider, local urgent care, and emergency services.

We do not guarantee the accuracy of any information provided on this document. The use of this document is at your own risk.

## THANK YOU TO THE CONTRIBUTORS:

### **FROM THE MARYLAND EMERGENCY PREPAREDNESS NETWORK (EPN):**

- Kendal Lee, EPN Program Administrator  
*Content Creator, Designer, Editor and Interviewer*

### **FROM THE MARYLAND NATIONAL CAPITAL HOMECARE ASSOCIATION (MNCHA):**

- Caitlin Houck RN, MS, the Maryland-National Capital Homecare Association (MNCHA) *Second Editor*

### **FROM 211 MARYLAND :**

- Quinton Askew, President and CEO of 211 Maryland  
*Interviewee*
- Jenn Strathman  
*Interviewee*

### **RESOURCES/GRAPHICS /PHOTOS :**

- Graphic Design Tool : Canva
- Photo on P. 4 taken by Kendal Lee
- Portrait on P. 2 taken by Margaret Wroblewski