



THREE RIVERS

MEDICAL RESERVE CORPS

Serving the Middle Peninsula & Northern Neck

September, 2010

SCHEDULE OF EVENTS

PLEASE REGISTER w/VALERIE IF YOU WISH TO PARTICIPATE

- Sept. 11** **Power Training Day** – Richmond Co YMC - Warsaw
9:00AM: Orientation to MRC
10:30AM: IS700a - NIMS in a Nutshell
Drill Down for Safety – Home Texting Drill
Send, Receive, and Confirm text message to family/friend. *You can do this in minutes from home!* (See instructions on next page)
- Sept. 18** **Gloucester Co Emergency Preparedness Expo** – Tractor Supply Co.
10 AM - 2 PM We have enough volunteers! THANK YOU!
- Oct.** **District Child Safety Seat Program** – Become certified to teach proper installation of car seats. (See information on next page) Date TBA!
- Oct. 14** **Psychological First Aid Focus Group** – 7:00PM – 9:00PM Need maximum of 8 volunteers to critique our PFA Class. (See information on next page) Cooks Corner Off. Bldg., 2893 General Puller Hwy, Saluda
- Oct. 20** **PENEX 10 - Riverside Tappahannock Hospital and Riverside Walter Reed Hospital** – 9:30am – 3:00pm – 18 volunteers needed at RTH and 18 needed at RWRH. Lunch provided.
- Nov. 02** **Psychological First Aid** – 7:00PM – 9:00PM First of a 3 part series. Cooks Corner Office Building, 2983 General Puller Hwy, Saluda **minimum enrollment 12.**
- Nov. 09** **Psychological First Aid** – 7:00PM – 9:00PM Second of a 3 part series Same location
- Nov. 16** **Psychological First Aid** – 7:00PM - 9:00PM Last of a 3 part series. Same location

Three Rivers Health District
2780 General Puller Hwy
PO Box 415
Saluda, VA 23149



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MRC Coordinator
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*******NATIONAL DRILL DOWN FOR SAFETY*******

Would you and your family know how to text each other if voice communication on your cell phone was down? On Sept. 11, Safe America seeks to test the collective ability of Americans to simultaneously react using cell phone and wireless devices. As part of the initiative, Safe America is encouraging a national "texting drill." The goal is to have people make a quick 'text' to a family member or friend who would be important for them to reach in an emergency. It is becoming better understood that 'texting' may become the only form of communications in a disaster – replacing voice communications (which may not be generally available).”
Please conduct the drill below with a family member or friend. Instructions may vary slightly by cell phone or wireless device model

- ◆ On your cell phone or wireless device, select **Message, New Message, then Txt Message**
- ◆ Type in the phone number of the person you wish to send the text message
- ◆ Using your keyboard or number keys, type **IMOK RUOK** (*I am OK, are you OK?*)
- ◆ The receiving person will respond by typing **IMOK** (*I am OK!*)

Please send Valerie an email stating you completed the drill and receive ¼ hour of volunteer time!

DISTRICT CHILD SAFETY SEAT PROGRAM:

The Low Income Safety Seat Distribution and Education Program promotes, purchases and distributes free child safety seats to eligible families who can not afford them. Child safety seats are purchased using a collection of funds from the fines from child safety seat traffic infractions. More than 137,000 safety seats have been distributed since 1996 at over 145 distribution sites statewide. Ongoing annual training, assistance and refresher courses are provided to staff to enable them to educate safety seat recipients about the correct installation and use of child safety seats. **Become a trainer! One day of training is required, please contact Valerie!**

PSYCHOLOGICAL FIRST AID FOCUS GROUP;

Prefer, but not limited to no more than 8 volunteers who have not had PFA. Critique the program and give your feed back to the volunteer instructors. **Volunteer 2 hours of your time to get this important training on its way!**

COMPLETED ORIENTATION: Ric West, Dr. Elle Webster, Sue McBride, Donna Townes, Tim Winstanley, and Gayle Wimbish. CONGRATULATIONS!

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