



Norfolk Medical Reserve Corps

August 2014

Facebook.com/NorfolkMRC

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The Norfolk MRC is now a NOAA Weather-Ready Nation Ambassador!

The Weather-Ready Nation Ambassador initiative is an effort to formally recognize NOAA partners who are improving the nation's readiness against extreme weather, water, and climate events. As a Weather-Ready Nation Ambassador, this organization is committing to work with NOAA and other Ambassadors to strengthen national resilience against extreme weather.

Please take the time to learn more about Weather-Ready Nation on these websites:

Be a Force of Nature:

http://www.nws.noaa.gov/com/weatherreadynation/severe.html#.U8_e8PldXT

Weather-Ready Nation Accomplishments:

<http://oceanservice.noaa.gov/aa-updates/wrn-030314.html>



VVHS Transition

The new VVHS volunteer management system was rolled out on July 1st in Virginia. The state is working to bring all the functionality up to speed. It has been a bit bumpy, but I do appreciate your patience as we have the opportunity to test and learn it together.

There are some exciting changes that will appeal to many of you. In addition to the traditional email alerts, the new system is accessible on mobile devices and can send text alerts. There's also an enhanced phone alert system that will allow you to indicate your availability via phone.

A message was sent out several weeks ago asking volunteers to log into the new system to update their password. If you haven't done so already, **please follow these directions to log in** (you will need to do this to respond to future alerts):

Login at www.vamrc.org/vvhs

Enter your username: (contact me if you can't remember it)

Enter the Reset Password: Password123

You should then be able to choose a unique password. Please note the password requirements displayed on the screen:

Minimum 8 characters in length

Passwords must include at least:

1 Uppercase Letter AND

1 Lowercase Letter AND

EITHER a Number OR a Special Character

If you have any further questions, please contact me.

JULY / AUGUST Emergency Preparedness Monthly Checklist

Preparedness Tasks

- Build or buy a first aid kit.
- Discuss your evacuation plan with family and friends.
- Identify the location of more than one medical facility in the area.
- Ensure home medical equipment is in good working order.
- Train your caretaker on how to operate special equipment.
- Create a list of the style and serial number of medical devices or other life-sustaining devices. Include operating information and instruction manuals.
- Fill out a medicine wallet card (get cards at www.ReadyVirginia.gov).

Tips to Remember

- For severe injuries get professional medical help.
- Choose several destinations in different directions so you have options in an emergency. Know the evacuation routes to get to those destinations.
- 2-1-1 is an easy phone number to remember to connect people to free information on available community services.
- Speak up if you have questions or concerns. You have a right to ask questions of anyone who is involved with your care.
- Be sure to properly dispose of expired medicines or any medicine that your doctor has discontinued.

Emergency Preparedness Checklist

- First Aid Supplies
 - Sterile adhesive bandages in various sizes
 - Sterile gauze pads in various sizes
 - Hypoallergenic adhesive tape
 - Roller bandages in various sizes
 - Cleansing agent/soap
 - Protective gloves
 - Antiseptic ointment
 - Tweezers
- Extra eyeglasses (an old pair)
- Contact lenses
- Denture needs
- Hearing aid batteries
- Wheelchair batteries (and a standard wheelchair as a backup)
- Oxygen supply
- Garbage bags, plastic ties, moist towelettes (sanitary uses)



CALENDAR



AUGUST

- 8/7 NMRC Leadership group, 6-8P, Norfolk Health Department
- 8/9 AHA BLS certification, 9A-12P, Portsmouth Health Department
- 8/14 AHA First Aid/CPR Certification course, 6-10P, Norfolk Health Department
- 8/26 **NAS Oceana airshow mishap exercise, 7:30-11:30 AM, NAS Oceana**
- 8/20 Public Health Recovery from Disasters webcast, 6:30-8:30P
- 8/30-31 **Virginia Beach Rock & Roll Half Marathon**

SEPTEMBER

National Preparedness Month

- 9/1 LABOR DAY - NDPH/MRC Offices closed.
- 9/18 Intro to Mental Health Preparedness, 6:30-9:30 PM, Norfolk Health Department
- 9/5 *Strive to Survive* preparedness presentation, 6-8P, Norview Community Center

OCTOBER

- 10/16 Great Southeast Shakeout. More information to come.
- 10/25 FEMA Classroom Study Group: IS 700, IS 100, and IS 22, 8:30A-5:00P, Norfolk Emergency Operations Center

Please register for all activities through Linda unless noted otherwise. Thank you!

Volunteer Shout Outs!



- Alisha Anthony - office assistance
- Sean Hess – participating in the Chesapeake Shelter Exercise
- Renee Genora, Marva Allbritton, and Belinda Koomson – blood pressure screening at the NRHA Father’s Day Celebration
- Jac Thomas, Alisha Anthony, Milvene Thompson, Iris Diaz, Tonya Faltz, Tia Sailor, and Crystal Exhem - health promotion and STD screening assistance at the Garden of Hope Health Fair
- Tavia Petway, Michelle Fuller, Sara Wood, Laura Hilbe, Ken Hart, and Pat Williams – participating in the Norfolk POD exercise
- Don & Renee Genora – MRC and preparedness promotion at CHKD’s “City Within A City” event
- Tavia Petway – Facebook assistance
- Susan Forgacs, Don & Renee Genora, Jim Hahn, Ken Hart, Sean Hess, Tavia Petway, Tom Russel, Shenetta Sims, and Jim Weckerly – WHRO pledge drive
- Mary Alexander, Denise Watson, Shenetta Sims, Alisha Anthony, and Susan Forgacs – newly certified AHA Heartsaver First Aid CPR AED
- Sean Hess and Shatada Floyd-White – Facilitating the AHA First Aid CPE course
- Tom Russel, Renee Genora, and Sean Hess – representing the MRC at Officer Brian Jones funeral
- Dorolyn Alper, Johnnie Collins, Iris Diaz, Michelle Fuller, Don & Renee Genora, Sean Hess, Ulaine Jean Baptiste, Melody Johnson, Shenetta Sims, and Denise Watson – participating in the NMRC dessert meeting
- Ulaine Jean Baptiste and Shenetta Sims – referring friends, family & colleagues into the NMRC
- Tavia Petway, Jim Weckerly, and Michelle Fuller - Certifying to become Respirator Fit Testers



Featured Volunteer: Shenetta Sims Volunteer since 2014

What is your profession: I've just received my bachelor's degree in art history with a minor in science this year. So right now my temporary profession is in museum work until I finish up the pre-requisite classes to begin med school.

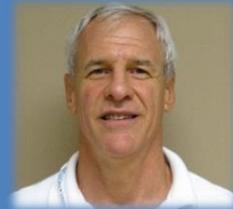
What activities have you participated in lately: So far I've been enjoying getting to know the other volunteers at events like the WHRO fundraiser, and the upcoming Rock and Roll marathon. I've also been trying to learn as much as possible by joining in on many classes such as First Aid/CPR, Intro to Mental Health Preparedness, Emergency Response to Domestic Biological Incidents, and Mass Casualty Incident training.

What is your favorite activity: I'm still learning about all the many activities that the MRC is involved in, but I'm most looking forward to working the first aid tent at the marathon. I have many runner friends and know how tough and rewarding it is to complete a marathon. So I can't wait to be there for people who need us.

What else do you volunteer for: I also volunteer coaching kids soccer at Norfolk recreational centers and just recently finished volunteering at the Chrysler museum.

Why do you volunteer with the MRC: I'm a big believer in promoting public health because taking time to help the community helps everyone. So it's nice to see just how much the MRC does to help its community and very rewarding to be a part of it.

Featured Volunteer: Jim Weckerly Volunteer since 2007



What is your profession: Retired Navy (Helicopter Pilot) / Contract Program Manager supporting the Navy's Emergency Management / CBRN-D lab in Dahlgren, VA.

What activities have you participated in lately: Homeless Connect, Girls on the Run, NPR/WHRO fund drives, Active Shooter Exercise.

What is your favorite activity: Playing with Grand kids and Grand dog, jogging (very slowly these days), gardening, reading, and working with the public. This is where the MRC comes into play. It's well run and a great bunch of folks to work with. I'm very confident we are making a difference in the quality of life here in the Tidewater area.

What else do you volunteer for: I'm a Red Cross platelet donor (twice per month)...I'm really in it for the free chocolate chip cookies!!! I've been with the Norfolk CERT for two years. I also help out in the neighborhood...I'm one of the "young guys" on my block, so I do little things to help out the neighbors (shovel snow, move heavy items, move trash/recycling cans in and out, light "handyman stuff").

Why do you volunteer with the MRC: Having worked disaster recovery several times during my naval career, I know just how tough it is to recover from disasters. Everyone is going to have to pitch in and help if we're going to get through it as a community. I like being trained and prepared to constructively contribute when needed. I also enjoy working with the other MRC members and like them, believe in giving back to the community. Linda, you have a very well run organization and that makes all the difference.

What is the Practice of Mindfulness?

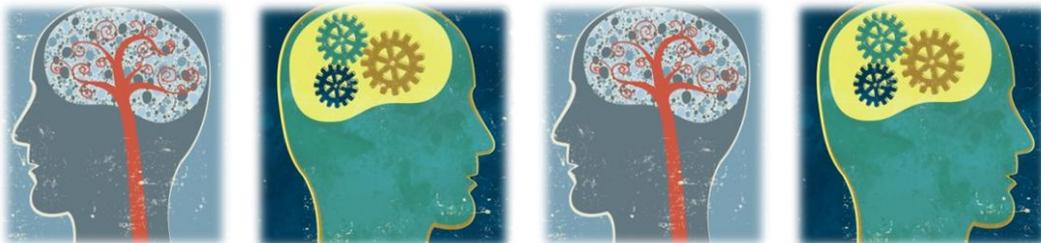
By Lisa Billow, NMRC Volunteer

Mindfulness is a meditative practice of attention to the present moment. It is the practice of cultivating a gentle self-awareness that can lead to more peace and less physical and emotional pain. The Mindfulness-Based Stress Reduction (MBSR) program was designed to help people reduce symptoms of stress, pain, and chronic illness. The MBSR is an 8-week intensive training based on Buddhist healing and yoga, bringing the benefits of both to a contemporary lifestyle. It was developed by Jon Kabat-Zinn, a molecular biologist and founding director of the Stress Reduction Clinic at the University of Massachusetts Medical School.

Mindfulness is a relaxed state in which you choose to observe something in the present moment: your breath, feelings in the body, passing thoughts, emotional state, sounds or visuals. Mindfulness emphasizes awareness and acceptance of feelings and thoughts without judgment, and relaxation of body and mind. The mind is known to be a factor in stress and stress-related disorders, and meditation has been shown to positively affect a range of autonomic physiological processes, such as lowering blood pressure and reducing overall arousal and emotional reactivity.

Participation in an 8-week MBSR program appears to make measurable changes in brain regions associated with memory, sense of self, empathy and stress. Daily practice may improve symptoms of anxiety and depression as well as physical symptoms of stress. Measurable positive results have been found in mindfulness programs offered to professionals to help prevent burnout and adolescents to prevent depression. A mindfulness meditation practice is ideal for cultivating greater awareness of the connection between the mind and body, as well as the unconscious thoughts, feelings, and behaviors that can undermine emotional, physical, and spiritual health.

For more information Google or search Youtube for Jon Kabat-Zinn or visit <http://www.mindfulnesscds.com/>. Rebecca Eldridge, trained in MBSR, teaches the 8-week course in Norfolk and Newport News: <http://rebeccaeldridge.com/>.



Tip of the Month: Prepare Your Car for Hurricane Season

Traveling this summer? Now is a good time to make sure your car is ready for an emergency:

<http://emergency.cdc.gov/disasters/hurricanes/supplies.asp#car-kit>

For additional tips, fact sheets, and podcasts, see [CDC's Hurricanes website](#).



Tornadoes and Hurricanes

Last week saw a devastating tornado on the Eastern Shore that killed two and injured 28 people. Most of the injured sustained damages to some or all of their camping gear and vehicles. Category 2 Hurricane Arthur also swept through several weeks ago, making its way up the East Coast with winds reaching 100 mph, tidal surges, and flooding.

Hurricane season lasts for several months, and tornadoes can come at any time throughout the season. Be sure you know the safest and most efficient ways to begin returning to day-to-day life after such severe storms:

- Stay alert for extended rainfall and subsequent flooding even after the storm has ended;
- If you evacuated, return home only when officials say it is safe;
- Avoid drinking or preparing food with tap water until you are sure it's not contaminated;
- Inspect your home for damage; and
- Walk carefully around the outside of your home and check for loose power lines, gas leaks, and structural damage before entering.

For additional information on pre- and post-hurricane information, visit ready.gov.

Changes in Coordinator Schedule

Due to changes in funding I will be splitting my time evenly between duties with the MRC and Health Promotions effective immediately. Please know that I always strive to provide you with excellent communication and coordination and will continue to serve you to the best of my abilities with these new responsibilities. -Linda