

Norfolk

VIRGINIA



NORFOLK MRC NEWS

August 2012

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ALERTS

If you been with the MRC for a few months or longer, you have likely noticed the pace of the alerts has started to pick up. We are heading into a very busy time of the year, as immunization clinics, community health events, school programs, and other activities start up again in the fall.

Each of these events is usually linked to an email alert, which is sent out to some or all of the volunteers, depending on the needs. It is imperative that you respond to these alerts, whether you are available or not, for several reasons:

- It lets me know that you've seen the message, and tells me whether you are available or unavailable;
- It takes your name off of any future reminder alerts that are sent out, decreasing the number of emails in your inbox; and

- It is now a measurement of volunteer participation on one of our major grant funding sources. A lack of response counts against us when it comes time to allocate money to our unit.

Therefore, please follow the directions given at the bottom of each alert:

“PLEASE DO NOT DELETE THIS MESSAGE WITHOUT RESPONDING VIA THE LINK BELOW. Please do not self-deploy. If you are able to assist at this event, please click on the link below and select "Available" for the position(s) you are interested in. If you are not able to participate, please click "Unavailable" to update your status.

Thank you to those of you who have been responding regularly to these alerts, we appreciate your service! *Thank you!*

DATABASE SCRUB UPDATE

I have completed the first couple of rounds of the database scrub—THANK YOU to everyone who responded. If I haven't heard from you, I will be sending you a letter. *Please contact me to update your contact information if you haven't already done so!!*

Remember, we are grant-funded, and meeting our grant obligations regarding volunteer training and involvement ensures critical funding for our unit.

Thank you!

WWRB CHALLENGE

Send me a picture of the coolest thing you have in your Go Bag and you could win a **\$25 gift certificate** to Applebee's. Please be sure to send a brief explanation of why you stock the item in your bag and what you have or could use it for in an emergency. Text pictures to 262-498-3205 or email to Linda.Botts@vdh.virginia.gov. **Picture submissions will be accepted through August 30, 2012** and will be posted in the September newsletter. The most creative and/or useful submission will win the \$25 gift certificate.

Remember, all preparedness starts with *you*. Being prepared doesn't have to be fancy or expensive, but your plans and emergency item(s) should be practical and serve your needs.

C'mon NMRC, let's see how creatively prepared you can be!

From the Deputy Surgeon General

Dear MRC Leaders, Volunteers, and Colleagues,

Medical Reserve Corps leaders and members serve as role models in all aspects of health. The Office of the Surgeon General relies on you as force multipliers in delivering the Surgeon General's public health priorities, and promoting her vision for a fit and healthy nation. Through your efforts, those in your family, workplace, and neighborhoods can have a greater knowledge of what it means to lead a healthy lifestyle. And this ties into our preparedness and response mission as well, as we are all aware that the healthier a community is before disaster, the less vulnerable and more resilient that community is in the aftermath of that disaster.

We, as leaders in health – both at the Federal level in the U.S. Public Health Service and as leaders and volunteers in the Medical Reserve Corps – have a distinct job to serve as visible examples. It is not enough to tell others what they need to do to live a healthy life. We must also lead by personal action. If we are not ourselves fit, we are at a great disadvantage for demanding it in others. I am writing this note as I prepare to leave for annual leave, which will include my attempt to reach the summit of Mt Rainier (20 years after my first climb—yikes!).

It is also imperative for us to be fit to respond. There have been instances where those deployed to disasters are quickly sent home when it is determined their own health issues prevent them from helping. You must first know you are able to withstand potentially aus-

tere conditions in order to be effective. As responders, it is our duty to not be a burden on an already overwhelmed system.

It is not enough to share a message; we must also be the message. By serving as examples for others, we provide them with a model to follow. The lesson is heard much more clearly when the one doing the educating practices what they preach. Through our own personal fitness, we are more resilient and better able to help.

It is my pleasure and honor to serve alongside you as we strive to improve the health of ourselves and others. This commitment to health and well-being is one for a lifetime and provides the greatest return on investment. Being healthy is a gift to yourself, your family, and your community.

Be well,

RADM Boris D. Lushniak, MD,
MPH

Deputy Surgeon General

US Public Health Service



Upcoming Training and Activities

AUGUST

8/7 National Night Out, 5:30-8 PM, Shoop Park

8/16 NAS Oceana Exercise, 7-10 PM

8/18 African American Men's Health Symposium. Please sign up via VVHS alert.

8/31 Recruitment at Harbor Park at the Norfolk Tides game, more info TBA

SEPTEMBER

9/2 First aid at Rock'n Roll Marathon in Virginia Beach. Please sign up via VVHS alert.

9/3 *Labor Day*—MRC office closed.

9/8 START Triage training, 9A-2P, Tidewater EMS

9/11 Anthrax Attacks of 2001: Then & Now—state polycom training, 6-8P

9/18 Active Shooter Safety presentation, 6-8 PM. More information TBA.

9/25 Psychological First Aid, 6:30-9:30 PM, Norfolk Health Dept.

OCTOBER

10/8 *Columbus Day*—MRC office closed

10/17 Project Homeless Connect—Save the Date!

10/18 The Great Southeast Shakeout—earthquake drill

10/19 BLS training, 8:30A-12:30P, Virginia Beach Health Dept.

10/22 Psychological First Aid training, 12:30-4:30 PM, Virginia Beach Health Dept.

Pharmacy Immunization Training

APhA is excited to announce 14 new offerings of the Pharmacy-Based Immunization Delivery certificate training program in 2012. Supported by an educational grant from Merck, APhA will conduct these special programs for a nominal fee of \$99 to participate.

Pharmacy-Based Immunization Delivery is an innovative and interactive training program that teaches pharmacists the skills necessary to become a primary source for vaccine information and administration. The

program includes the basics of immunology and focuses on practice implementation and legal/regulatory issues.

Enrollment is offered to a limited number of participants at each location so register now to reserve your seat. Register online at:

<http://www.pharmacist.com/pharmacy-based-immunization-delivery-training-2012>



The Great Southeast Shakeout

The Great Southeast ShakeOut is a first ever earthquake drill for this area of the U.S. This drill, set for **October 18, 2012 at 10:18 a.m.**, is scheduled to coincide with other Great ShakeOut activities on the same day. Now, more than 10 million participants across California, the District of Columbia, Georgia, Guam, Idaho, Maryland, Nevada, North Carolina, Oregon, Puerto Rico, South Carolina, Virginia and Washington are expected to practice the Drop, Cover and Hold On self-protection steps used during an earthquake.

Volunteer Spotlight



Congratulations to **Charleen Creasey** (top) and **Kim Culley** for completing their Level Two training and earning their Go-Bags, MRC shirts, and badges.

Way to go, ladies!!



Mary Alexander (left) and **Tavia Petway** (right) practice their BLS skills in Virginia Beach on July 20th.

Psychological First Aid. We couldn't offer this course without the valuable assistance of our volunteer instructors, who graciously give of their time in training others. Many thanks to **Dorolyn Alper, Sean Hess, and Ellie Mosholder.** You are all a true gift to our unit. Thanks also to all of you who took the opportunity to complete this required training!

Data scrub. Contacting everyone and updating records is an arduous task, and I am grateful for the assistance of **Tom Russel,** who came by on two separate occasions to verify records and ensure that our online and paper files matched. Having company in the trenches makes the work go much faster—thank you!

Shelter training. It was a pleasure working with Scott Mahone, the Red

Cross, and the Endependence Center, Inc. to conduct this training for MRC and CERT volunteers. Thanks to everyone who came out on a gloomy Saturday morning to learn more about our sheltering capacity and expectations!

Leadership meeting. Last but not least, thanks to our Leadership volunteers **Terrance Afer-Anderson, Shatada Floyd-White, Jim Gosney, Ellie Mosholder, and Tom Russel** for meeting with me earlier this week to discuss unit activities and plan for future growth. You are an incredibly valuable asset to our unit, and I am fortunate to work with you!

THANK YOU!

Looking for our 2.1 Million HOSA Alumni!

Are you a former HOSA student? Then we're looking for you!

We want to reconnect with our past through the HOSA-Future Health Professionals Alumni Network. Many HOSA members have remarked that they would like a way to stay



involved and give back to the organization. The HOSA Alumni Network offers opportunities to connect, build, serve, lead, educate, pre-

pare, and promote at no cost. The Alumni Network will help us re-engage with former HOSA mem-

bers to build a system of support for our future health professionals and the MRC. For free affiliation, former HOSA members should visit <http://www.hosa.org/hosaconf/alumni/register.jsp> or call

800-321-HOSA (800-321-4672).

Please pass this along to other HOSA Alumni you many know.