



NORFOLK MRC NEWS

February 2012

NEW YEAR, NEW FRIENDS, COMMON ENTERPRISE

Inside:

New Year, p. 1-2

Upcoming Training, p. 3

Volunteers are Stronger,
p. 4

Baby it's Cold, p. 4

Volunteer spotlight, p. 5

Upcoming:

2/7 ICS in a Nutshell
(polycom overview)

2/14 Pet Prep/Shelter
training

2/22 Health Promotions
Team Orientation

3/1 PFA

3/6 Mass Fatality
(polycom)

3/11 START Triage

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On January 28th, 30 MRC and VDH staff gathered to celebrate the successes of 2011, enjoy networking and camaraderie, and learn about the goals of 2012. Awards were presented for distinguished service (see sidebar, p. 2), and a delicious potluck luncheon was enjoyed by all. Goals for 2012 were shared, and volunteers were invited to step up their participation through affiliation with newly formed teams.

2012 GOALS

We have set five goals to meet this year in order to advance our level of service and extend our unit capacity. They are:

1. To develop a minimum of six volunteer teams dedicated to serving in special capacities within the health department. Teams will augment various health department units, including the MRC, by providing volunteers trained in specific health department standards and protocols. More teams may be de-

veloped as needs arise.

2. To continue development of MRC leadership, providing five additional active leaders who meet Level One leadership requirements and who provide leadership-level support to unit activities a minimum of 4x/year.

3. To develop a minimum of three community partnerships, resulting in three new community volunteer service activities.

4. To build capacity by developing two new community sponsorships and/or funding opportunities, designed to provide in-kind or monetary donations in support of unit activities.

5. To continue and expand collaboration with Eastern Region MRC units, sharing 20 trainings, 2 service events and 1 exercise in order to capitalize on limited resources. (*con't. page 2*)



Distinguished Service

The Facilitators

Instructional Expertise:

Dorolyn Alper
Greg Bradley
Sean Hess
Eleanor Mosholder
Tom Russel

Florence Nightingale

Dedicated Nursing:
Renee Genora

Above and Beyond

Selfless Acts of Kindness:
Lexie Stone

Meritorious Staff

Increasing MRC opportunities:
Nicole Baker,
NDPH Nursing Supervisor

Level 2 Volunteers

Dorolyn Alper
Iris Diaz
Susan Eilberg
Charles Kessler
Debbie Norton
Beth Old
Susan Tweed
Tica Williams

Level 1 Volunteers

Shatada Floyd-White
Jim Gosney
Eleanor Mosholder
Tom Russel

New Year, New Friends, Common Enterprise (con't from p. 1)

New for 2012—TEAMS

Many of you have mentioned over the course of the past year that you wanted to get to know more about particular departments, or might have volunteered for an opportunity if you had a better understanding of what the need was and how you could use your skills to help. Many staff commented that they also wanted the opportunity to get to know the volunteers. *I heard you!*

I have worked with several of the units in the health department to ascertain their needs and to develop opportunities to help meet their goals through the many skill sets found in our MRC. As a result, we are rolling out three teams to start, with more teams to come. The initial three teams are:

1. Nursing
2. Environmental Health
3. Health Promotions

Working with health department staff, I have developed a variety of volunteer position descriptions for each of these teams (see attachments sent out with newsletter) to give you some idea of what kinds of activities volunteers on these teams may work on. These descriptions are not all inclusive; other opportunities may arise, and positions may be added or refined as needed.

An initial team orientation will be held for each of these three teams, where volunteers will be introduced to health department staff and learn more about the particular functions of the department.

This will make it easier for each volunteer to get to know others with similar interests and develop working relationships with other volunteers and staff. You'll have the opportunity to get a better feel for the many different needs that arise and how your skills truly help us make a difference. More importantly, you will have a very regular "place" within health department operations, making any emergency response efforts more integrated, comfortable, and rewarding experiences.

You may choose to sign up for more than one team if you desire; however, for emergency purposes, please rank your primary, secondary and tertiary choices. Sign up is easy—just contact me and let me know what you are interested in.

There will still be a general pool of volunteers for requests that come along that fall outside of team parameters. If you don't see the team you are looking for yet, keep an eye out—more teams will be developed throughout the year.

2011 Illustrious Service

Sean Hess, 45 Hours
Renee Genora, 97 Hours
Tom Russel, 130.5 Hours

Many of you put in significant amounts of time and effort last year, and we certainly could not have made the strides we did without your help. *Thank you!!* I'm asking everyone to step up for 2012 and make your volunteer time count. Complete your training, join in and have fun serving your community—*we're all in this to work together!*

Upcoming Training and Activities

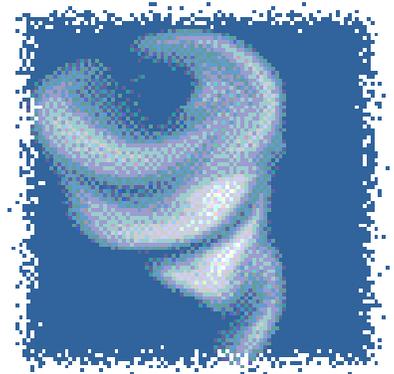
FEBRUARY

- 2/7 Statewide training “ICS in a Nutshell.” An *overview* of the Incident Command System, good for volunteers who want to refresh on the material or for those who want an overview before they take the course online. 6-8 PM. If you are interested in taking this training, Virginia Beach and Portsmouth are offering it; please contact Linda ASAP to register.
- 2/14 Pet Preparedness/Pet Shelter Operations training. 6-8 PM, Hampton Health Dept. This is a same-evening two-part course. Part One will discuss the importance of preparing pets for disasters. Part Two will discuss and provide training on a State Animal Response Team (SART) and Community Animal Response Team (CART). Combined, these courses help to convey to citizens in the community the importance of preparing their pets to be evacuated or taken to a shelter while training pet shelter workers on pet shelter operations from mobilization to demobilization. To sign up for this course, please register in TRAIN <http://va.train.org> course # 1030615.
- 2/22 Health Promotions Team Orientation, 6:30-7:30 PM, Norfolk Health Department. If you have signed up for the Health Promotions Team or would like to learn more about team opportunities, please plan to attend this session. Please contact Linda to register.



MARCH

- 3/1 Psychological First Aid training. 6:30-9:30 PM, Norfolk Health Dept. Contact Linda to register. *This is a required course for NMRC.*
- 3/6 Statewide training “Mass Fatality Response for MRC.” 6-8 PM. Please contact Linda to register. More course details to come soon.
- 3/11 START Triage (Simple Treatment and Rapid Triage, also called Mass Casualty Incident Management) training at Tidewater EMS, Norfolk. 1-6 PM. FREE, but class limited to 24 students. Registration deadline is 3/7. Please contact Linda to register.
- 3/20 Tornado Preparedness Day
- 3/21 **DISASTER EXERCISE** NAS Oceana is holding an exercise and looking for volunteers to portray patients. The exercise runs 8A—12P at Sentara Virginia Beach General Hospital. We will be working with Virginia Beach MRC and will create one combined roster for this event. *This will count as exercise credit toward meeting your training requirements.* If you are interested, please contact Linda to sign up.



APRIL

- 4/14 KEEP Event (Kidney Early Evaluation Program). More information to come.
- 4/18 Project Homeless Connect, Norfolk Scope. More information to come.



“Studies have shown that volunteers in general are healthier, happier and live longer than their non-volunteering peers, and in particular are less vulnerable to depression and heart disease.”

-Deloitte report

Volunteers are Stronger

Are you interested in making 2012 your year of strength? The eighth annual Deloitte Volunteer IMPACT survey reveals that people who frequently participate in workplace volunteer activities are far more likely to be proud, loyal and satisfied employees.

Previous studies have shown that volunteers in general are happier and live longer than their non-volunteering peers. In particular, they are less vulnerable to depression and heart disease. Dr. Stephen Post, a professor at Case Western Reserve School of Medicine, says, “There is now a convergence of research leading to the con-



clusion that helping others makes people happier and healthier.”

For Valentine’s Day, why not help someone you love learn to love volunteering with the Norfolk Medical Reserve Corps?

You can help them be happier and healthier and maybe get to spend more time with them as you work together on some of the many interesting opportunities with NMRC.

Has someone you love inspired your volunteering? Send your story to Linda for inclusion in future newsletters.

Baby, it’s cold outside

Is your cardio routine frozen due to the cold? Stay focused and fit this winter by hopping on the treadmill. Set reasonable goals for speed and distance. Set a challenge that you have not yet met, either time or distance or speed. Set one goal at a time. And be sure you can count or measure your success. Vary your workout speeds and elevations. Play new music or schedule your workout in front of a movie you want to see on TV.

The Fast 15 is a work out you can try: Jog for 3 minutes, jog faster for 2 minutes, then walk 30 seconds.

Repeat this once. On the third repeat, run 3 minutes and cool down with a brisk walk.

Connect with a friendly runner and share strategies to stay on track. Are you single? Fitness Singles is the largest site dedicated to active singles. Share your successes and sign up to run a race together.

How about a team of NMRC volunteers for the next health walk or race? If interested, please contact Linda.



Volunteer Spotlight

It was wonderful to see so many of you this past Saturday! I enjoyed getting to know you all a little bit better, and it was a pleasure to recognize all the great work that you have been doing to assist in improving public health. You are a huge asset to the NDPH, and I am proud to work with every one of you.

Thank you to...

...**Ashlee Arnold**, a senior nursing student at ODU, who recruited eight of her nursing colleagues this week into the MRC. Ashlee is a brand-new volunteer herself, having just learned of the MRC two weeks ago at the college health fair. Ashlee then worked with me to set up an Orientation on campus to accommodate the group earlier this week. *Way to go, Ashlee!!*

...**Shatada Floyd-White** and **Dorothy Alper** for all of their assistance in putting together our annual meeting. Their creativity and enthusiasm are hard to beat. Ladies, it was a pleasure to work with you!

...**everyone who brought such tempting treats for lunch.** It was a bountiful table and was enjoyed by all.

...**everyone who helped to clean up** after the meeting. Special thanks to **Edwin Cruz**, the “super-picker-upper,” for cleaning, wiping, dumping, and rearranging duties.

...**Tom Russel** for donating a label maker to our unit—thanks!



February is American Heart Month

*If you don't have any
charity in your heart you
have the worst kind of
heart trouble.*

~ Bob Hope

Please keep your training certificates coming in. If you are having difficulty completing a course, I can help—please contact me! Also, we have binders of the FEMA courses available if you would prefer to read the materials in hard copy rather than online. You may check them out for study and can use them while taking your test online.

When you are finished reading this newsletter, or before you delete it on your computer, please recycle it to a friend, colleague or family member who may be interested in volunteering.

Imprint Expressions

- It never hurts when you help!
- *MRC is to love, comfort, help, give my total self, do the best I can.*
- MRC is great people helping great people!
- *MRC: one people, one world.*
- Doing for others is good for the soul.

