

Norfolk

VIRGINIA



NORFOLK MRC NEWS

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Contact NMRC:

Linda Botts
830 Southampton Ave.
Norfolk, VA 23510
Linda.Botts
@vdh.virginia.gov
(O) 757-683-2760
(F) 757-683-2753

WHAT'S NEXT?

What's next?

This is a question I often field from volunteers when we are out at various activities or they have stopped by my office. It's a great question. I have been working towards delivering a better and better answer each time I'm asked.

More than just "we have a flu clinic next week" or "another PFA training" or any of that, I know you are really asking me "What's the next big thing? Where are we going? What's the best way that I can use my skills in a volunteer capacity to serve the community?"

These kinds of questions are music to my ears. It shows me that you are engaged and anticipating action. It lets me know that you have expectations of me and of this unit to go out and do great things in public health. In other words, it is *not* a casual question.

My answer to this point in time has varied. Sometimes you catch me off guard and I do say "we have another event coming up next week" (I feel bad afterwards—I let you down). More often, I try to tell you about things that are in progress—plans that are being made, collaborations that are producing fruit, and ideas that are being looked at for development.

One of the best things about being a volunteer coordinator is that there's no shortage of talent and inspiration to tap into within the varied skill sets of the volunteers. As our unit continues to mature, I have seen an explosion of great ideas, and I intend to take them and run. In 2014, I will be asking each of you to step up and run with me.

I am looking at ways to continue development of our unit to produce meaningful public health contributions to our community. We won't be doing this alone—aside from NDPH, there are plenty of hands out there working tirelessly in support of community health—but we will be working together to sustain and extend the work already being done, as well as finding niches where our unique blend of skills can benefit those who need it most.



Welcome to 2014. I can't wait to get started—it's going to be an exciting year working together with you!

News in Preparedness and Technology

Winter Weather Tips: Winter weather has already affected millions, and the season is just starting. Here are some important reminders to stay safe:

- Gas stations and ATMs may not work while the power is out. Fill your car's tank and get cash out so you have what you need.
- Use flashlights for emergency lighting. NEVER use candles due to increased risk of fire.
- If using a generator during a power outage, always run it outside and away from windows to avoid carbon monoxide. For more information visit: www.ready.gov/winter-weather.

Ready Virginia App: The Virginia Department of Emergency Management is looking into adding alerts from the National Weather Service, and also finding a way to let users chat with each other. <http://www.nbc29.com/story/24175798/emergency-management-provides-updates-with-ready-virginia-app>

New See Something, Send Something App: With the month of December being one of the busiest times of the year for the Commonwealth's airports, highways, malls, restaurants, movie theatres, places of worship, and countless festive venues, Virginia residents are encouraged to report suspicious activity. On Friday, the Virginia State Police launched the new crime prevention mobile app See Something, Send Something®. The reporting app enables suspicious, criminal activity to be captured as a photo or written note and sent to the Virginia State Police. <http://www.vsp.virginia.gov/FusionCenter/>

[SeeSomethingSaySomething-Video.shtm](#)

New App to Alert School Responders of Emergency: A new 21st century option for school safety is being tested in Central Ohio. It's a smartphone app that would allow teachers to hit a panic button, followed by a pin code, that would send an alert to all law enforcement officers who are subscribed to the service, whether on or off duty, so they can respond to the incident. <http://www.10tv.com/content/stories/2013/12/09/sunbury-active-alert-app-launch.html>

The National Just In Time Disaster Training Video Library has over 20 easy to access videos focusing on how individuals and families can prepare for severe winter weather.

The subjects include:

- Winter Weather – Preparedness
- Winter Weather – Home Preparedness
- Building a Disaster Supplies Kit
- Building a Winter Survival Kit for your Car
- Creating a Family Disaster Plan
- Downed Power Line Safety
- Food Safety During Power Outages
- Generator Usage/Safety
- Ice Storm – Preparedness
- Preventing Carbon Monoxide Poisoning

This **FREE** on-line library can be accessed at the following web site: www.JustInTimeDisasterTraining.org

Homeless Connect Donations Update

**We really
need:**

27 deodorants

40 shampoos

**We will be
assembling
the hygiene
kits on
January 9th,
so all
donations will
need to be in
by January
8th.**

**Thank you for
your support!**

Upcoming Training and Activities

JANUARY

- 1/1 New Year's Day, NDPH/NMRC offices closed.
- 1/9 NMRC Leadership meeting, 9:00A. NMRC Office.
- 1/15 Project Homeless Connect.
- 1/16 MRC Nursing Skills Assessment, 6:30-8:30P. More information to come.
- 1/17 & 1/20 Lee/Jackson/King Days, NDPH/NMRC offices closed.
- 1/23 BLS/CPR training, 8:30A-12:30P at Virginia Beach Health Dept.
- 1/25 MRC Annual Meeting, 11:00A-2:00P. More information to come.

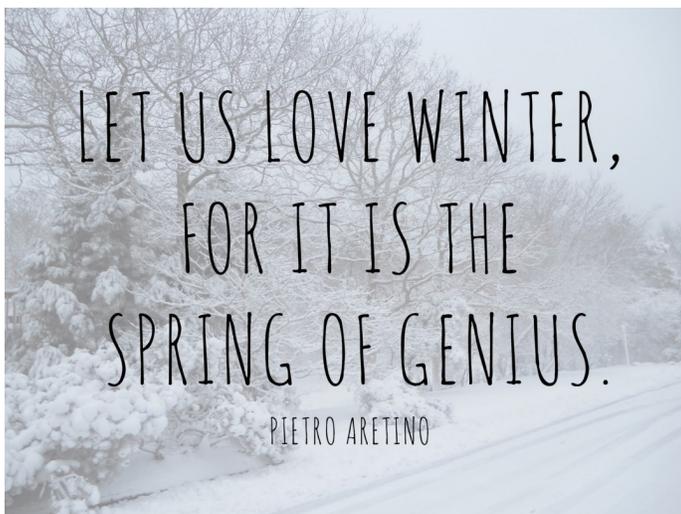
FEBRUARY

- 2/6 Town Hall Preparedness Series: Cyber Threat & Preparedness. 6:15-8:15P. More information to come.
- 2/17 George Washington Day, NDPH/NMRC offices closed.

MARCH

- 3/5 Psychological First Aid, 6:30-9:30P. Norfolk Health Department.
- 3/6 Town Hall Preparedness Series: Business Continuity. 6:15-8:15P. More information to come.
- 3/11 Statewide tornado drill. More information to come.

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



Social Media: The Blurring of Professional Boundaries – Satellite Broadcast

Social media has become a great way to connect with people, but in the healthcare profession, social networking can often blur the ethical lines in a patient-provider relationship. Posting on Facebook and similar sites have cost some healthcare professionals their jobs and some others have even lost their license to practice. Program faculty will explore the issues which make social media a potential liability for healthcare providers and discuss ways to teach professionals how to avoid the misuse of this new media. ****NOTE:** This course was originally delivered as a satellite broadcast. CEUs: Nursing 1.5 hours, \$10 fee to receive CE certificate via email.

<http://lms.southcentralpartnership.org/scphp/course/viewguest.php?id=225>

Volunteer Spotlight



Thank you to Terrance Afer-Anderson, Dorolyn Alper, Amanda Chance, Phil Davis, Jim Hahn, LaChandra Hale, Avie Howard, Tom Russel, Jim Weckerly, and Pat Williams for their help with the WHRO TV pledge drive. We had so much fun! Thank you for supporting WHRO in support of our show *HealthWatch*.



Thank you to Shatada Floyd-White, Michelle Fuller, Don & Renee Genora, Jim Hahn, Elicia Liles, Melissa Presnell, Tom Russel, Jim Weckerly, and Pat Williams for participating in an enlightening evening of public health education courtesy of NDPH's Dr. Lisa McCoy. She engaged us in an in-depth presentation of the new travel clinic, including not only vaccines, but also the many safety issues of international travel. Thanks for your participation and the delicious desserts!



Thank you to Sean Hess, Jim Hahn, and Jim Weckerly for their assistance in providing first aid at the Girls on the Run 5K race. It's the first time we've supported this event, and the event organizers were truly grateful for our assistance.



Thank you to James Haynes, Michelle Fuller, Jolisa Parham, Jim Hahn, Tom Russel, and Kerreen Hart for their time in learning more about our Environmental Health Services Department through a shadowing opportunity facilitated

by Harry Bennett, the Acting EHS Manager. You have all reported some good experiences, I'm glad you enjoyed the opportunity!

Thank you to our volunteers who continue to support the Abstinence Education Program through facilitation of the youth groups and participation in the Advisory Board: **Alisha Anthony, Amanda Chance, Jim Hahn, Melody Johnson, Shatada Floyd-White, and Sean Hess.**

Thank you to our BMI Project Computer Operators **Lisa Billow, Tom Russel, Ann Straus, Sean Hess, and Ken Hart.** The department is very grateful for your support on this long-term project.

Thank You!

Some words of advice from Harry Bennett, Acting Environmental Health Manager in regard to seeking a job within our department:

“When applying for a job, look broadly and dig deep into your background to answer the supplemental questions. We know you have had volunteer experience with us through the MRC, please apply those experiences to the supplemental questions.”

Congratulations to (top to bottom) **Alisha Anthony, Jim Hahn, Melody Johnson, and Melissa Presnell** for completing all of their training and earning their Go Bag, MRC Shirt, and Badge.
Outstanding!