



NORFOLK MRC NEWS

April 2013

NATIONAL PUBLIC HEALTH WEEK

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In 1995, former President Clinton proclaimed the first full week of April as National Public Health Week (NPHW). Each year since then, the public health community has celebrated this observance by focusing on an issue that is important to improving the public's health.

The American Public Health Association (APHA) serves as the lead organizer of NPHW with the help of its 50,000 members and hundreds of organizational partners, they educate the public, policymakers, and practitioners about the importance of public health.

This year, NPHW is celebrated April 1-7, and has daily themes to address various health issues:

Monday, April 1st: Ensuring a Safe, Healthy Home for Your Family

Tuesday, April 2nd: Providing a Safe Environment for Children at School

Wednesday, April 3rd: Creating a Healthy Workplace

Thursday, April 4th: Protecting You While You're on the Move

Friday, April 5th: Empowering a Healthy Community

We all have a role in supporting a strong public health system and in putting prevention to work in our lives.

For more information on National Public Health Week, please visit <http://www.nphw.org/>

Thank you for your volunteer service to empower our communities!

~Information courtesy of APHA at <http://www.nphw.org/>

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RECIPES FOR DISASTER

In March 2012 APHA's Get Ready campaign announced a recipe contest unlike any other. The challenge? Create a delicious meal that can be prepared without electricity or cooking gas.

Get Ready announced the winning

recipes in April 2012, but APHA has gone on to create a whole cookbook: "Recipes for Disaster: An Emergency Preparedness Cookbook." Check it out online for free at: <http://www.getreadyforflu.org/RecipesForDisaster.pdf> ~Information courtesy of Emergency Preparedness newsletter

Can You Help?

I am heading a collection to pass out hygiene kits at Project Homeless Connect on May 15th. I'd like to provide bags containing soap, combs, shavers, deodorant, tissues, tooth-brushes, toothpaste, snacks, small shampoos, Vaseline, lotion, sunscreen, gallon zip lock bags, sandwich bags, and wet wipes. I am hoping to assemble 260 bags and will need a lot of help to meet this goal. I am accepting donations to make the hygiene kits. Most items can be found for a dollar. Please email me a list of what you are willing to donate (see sidebar, p. 3 for supply inventory). I will provide a spreadsheet of donated items after April 27th. jStraus@hotmail.com

Thank you for your help with this project.

~Ann Straus
NMRC Volunteer

Consider E-Waste on Earth Day (April 22nd)

Electronic waste, or “e-waste,” is a term used to describe any electronic device that is outdated, obsolete, broken, donated, discarded, or at the end of its useful life. This includes cell phones, computers, laptops, PDAs, monitors, televisions, printers, scanners, and any other electrical device .



With the rapid expansion of technology, combined with the relatively short shelf life of many present day electronic devices, more and more e-waste is generated each year. Often, these discarded devices end up in landfills or are incinerated, which can cause major environmental problems in our communities.

Many of the materials found in electronic devices are extremely hazardous. These include lead, mercury, and cadmium. When these electronics end up in landfills, many of these chemicals leach into the soil during rainfall or are released into the atmosphere when burned. These chemicals can have dangerous impacts on the health of plants and animals and when inhaled can lead to serious respiratory problems. Fortunately, the simple solution to limiting the dangerous effects of careless e-waste disposal is

safe and responsible recycling.

Each year, the United States alone produces up to 50 million tons of e-waste. Of this, only 20-25% is recycled safely and responsibly. The other 75% ends up in landfills. As a direct consequence, hazardous materials found in this waste routinely contaminate our air and water supplies. By safely and responsibly recycling your e-waste, you can help protect your community and the ecosystem from these dangerous chemicals.

We encourage you to collect all of your old electronic materials

and take them to an e-waste recycling facility to make sure they are properly handled. Earth Day Network is proud to partner with recycling services provider E-Stewards (<http://e-stewards.org/>) to make this easy for you. Log on to their website and put in your zip-code to find the closest E-Waste recycling facility.

~Courtesy of http://act.earthday.org/emaste_info.html



Upcoming Training and Activities

APRIL

4/1—4/7 National Public Health Week. More information to come.

4/3 NDPH Wellness Day. More information to come.

4/4 First Aid Training, 1:00-4:00PM, Norfolk Health Dept.

4/11 BLS Training, 8:30A-12:30P, Virginia Beach Health Department, 4452 Corporation Ln.

4/15 Psychological First Aid, 12:30-4:30 PM, Virginia Beach Health Dept.

4/18 IS-100 Incident Command System classroom course, 8:30A-12:00P. Riverside Medical Center, Warwick Conference Center.

4/18 Active Shooter presentation, 6:00-8:00 PM, Norfolk 3rd Precinct, 901 Asbury Ave.

MAY

5/6 Psychological First Aid, 6:30-9:30 PM, Norfolk Health Department.

5/16 IS-100 Incident Command System classroom course, 8:30A-12:00P. Riverside Medical Center, Warwick Conference Center.

5/15 Save the Date! Project Homeless Connect. This will be run as an exercise; all participants will receive credit for completing their exercise requirement. See sidebars, p. 2 and 3. More information to come.

5/17 BLS Training, 8:30A-12:30P, Virginia Beach Health Department, 4452 Corporation Ln.

5/22 SKYWARN weather spotting training. More information to come.

5/27-6/2 National Hurricane and Flooding Preparedness Week

JUNE

6/1 Norfolk Mitigation and Preparedness Fair. More information to come.

6/19 IS-100 Incident Command System classroom course, 8:30A-12:00P. Riverside Medical Center, Warwick Conference Center.

6/29 Together We Can Make a Difference Teen Community Day event. More information to come.

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



Homeless Connect DONATIONS NEEDED

(From sidebar, p.2)

Contact me if you can help with the following needed items:

Soap (170)

Combs (152)

Shavers (170)

Tissue packs (172)

Toothbrushes (164)

Toothbrush cases (164)

Hand sanitizer (167)

Small shampoo (250)

Toothpaste (110)

Vaseline (260)

Deodorant (260)

Wet wipes (260)

Lotion (260)

Sunscreen packets (260)

Gallon Ziplocs (260)

Sandwich bags (260)

~Ann Straus
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Volunteer Spotlight



Along with many other great things happening in April, we are also celebrating **National Volunteer Week, April 21-27, 2013**. On behalf of the Norfolk Department of Public Health and the Norfolk MRC, I'd like to extend a huge **Thank You** to each of you for all that you do to support public health in our community. We certainly couldn't do what we do without your generous support of time and expertise—Thank You for volunteering with the Norfolk Medical Reserve Corps!

Abstinence Education Program.

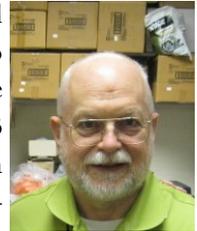
Sean Hess and **Kaleah Williams** continue to do an awesome job of facilitating this program with **Brittany Faison**, and **Peggy Troyer** is currently training to join them as a facilitator. If you are interested in helping to facilitate, please let me know—Brittany will be happy to train you on delivering the curriculum.

Project Homeless Connect Planning.

Thank you to **Ann Straus**, **Renee Genora**, **Leah Brown**, and **Tom Russel** for their assistance in helping to plan the exercise at Homeless Connect. Look for an alert to sign up for the exercise in mid-April. If you



aren't able to attend and still want to help, please see the sidebars on p. 2-3 for information on the hygiene kit collection and contact Ann to make a donation at (jstraus@hotmail.com).



National Public Health Week. Catherine Mallet



has been working with our Health Promotions Department to design some informational displays for our lobby during National Public Health Week, April 1-7. Come by and check them out if you get a chance. Thanks Catherine!

Calvert Square Health Assessment. **Sean Hess** and **Renee Genora** assisted Health Educator **Laverne Williams** to conduct health assessments at Calvert Square—thank you for your help in providing blood pressure and BMI screening, as well as assisting residents to complete the health questionnaire.

Exercise Alert Drill. Thank you to everyone who participated!

We have a lot of new volunteers coming onboard, and a lot of activities coming up in April and May. I'm looking forward to getting to meet and work with our new people. I know you'll make them feel welcome.

Thanks for all you do! ~ Linda

Luck o' the Irish

Thank you to **Sean Hess**, **Catherine Mallet**, **Ann Straus**, **Bridgette Sandy**, and **Jim Weckerly** for their help in decorating the trailer and walking the parade.

The broadest, and maybe the most meaningful definition of volunteering: Doing more than you have to, in a cause you consider good.

~Ivan Scheier