

**Norfolk**

**VIRGINIA**



## **NORFOLK MRC NEWS**

August 2013

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### **MOST WANTED? CHECK.**

So, last month in this space I wrote about what I needed. I'm happy to report that many of you have answered the call.

*Thank You* to **Shatada Floyd-White** and **Sean Hess** for stepping up to help out with organizing a nursing skills assessment day. This has been a work in progress for awhile, and things are beginning to come together. We will be training with the public health nurses at their assessment in a few weeks and will use that training as the genesis of a more comprehensive MRC nursing skills assessment training that will cover competencies from all the departments that we routinely work with, including STD, immunization, and health promotions. Ladies—I know you're going to be great project leaders, and I am excited to be working with you on this training initiative!

*Thank You* to **Ken Hart** and **Lisa Billow** who will be meeting with me next week to talk about becoming project leaders. Lisa has indicated an interest in contributing to the newsletter, among other things. Look forward to seeing both of them soon; I don't know yet exactly what projects

they'll go with, but I know they'll both be great, and I am thankful for their help.

*Congratulations!* In this last month three volunteers have completed their Level Two training: **Samantha Jorgensen, Revonna Bieber, and James Haynes**. One volunteer, **Jack Thomas**, leaped all the way from Level Three to Level One. Thank you all so very much! You have helped me to scratch my "gift itch" and re-



ward you for your time and effort in training. Please continue to work on your training, many of you are almost done and I want to give you a thank you gift, too! Additionally, we gave away shirts, water bottle mini-emergency kits, and some other smaller items to help stock

up your Go-Kits at the dessert meeting.

*Word of Mouth.* Please, if you know of someone who might be interested in joining the MRC, let me know and I will invite them to an Orientation. This is an ongoing activity, and I can always use your help with referrals. Thank you for helping me to "check the box" in meeting the growing needs of our organization! Yours in service, Linda

**Collection Update**

Please keep collecting those bags, backpacks, and duffle bags. Here is where we are for the Fall Homeless Connect event (date TBA). Please email me with what you get or have and I'll add the items to the spreadsheet. Thanks!

~Ann Straus  
[jannstraus@gmail.c](mailto:jannstraus@gmail.com)

Item	Needed
soap	0
combs	142
razors	78
tissue	119
toothbrush	150
shampoo	126
toothpaste	35
vaseline/lotion	75
deoderant	77
wetwipes	147
ziplock gallon bag	93
ziplock sandwich	150
total items	1192
Bags, Backpacks	130

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Please bring any donations you have to the MRC office and I will pass them along to Ann. Thanks!

~Linda

**A Message from the Acting Surgeon General**

Dear MRC Leaders, Volunteers and Partners:

We have made great strides in reducing the number of smokers in the United States. However, smoking is still the leading cause of preventable death in the United States, and 43 million adults continue to smoke today. There are many programs and initiatives to support tobacco free living, but perhaps we can most effectively start in our own backyard.

I am pleased to announce that in June 2013 the Office of the Surgeon General released the landmark Uniforms and Appearance Policy making the Commissioned Corps of the U.S. Public Health Service the first, and currently only, uniformed service to prohibit smoking and tobacco use while in uniform. This new policy is consistent with the National Prevention Strategy's vision to change our health care system from a focus on sickness and disease to a focus on wellness and prevention. I am proud that the U.S. Public Health Service is leading by example in the campaign against tobacco use.

As ambassadors of the Office of the Surgeon General, the MRC also plays an important role in leading by example at the community level. I know that MRC units are already engaged in promoting smoking cessation. However, I would also like to encourage the MRC to build on

these efforts and partake in the spirit of this policy by challenging yourselves and your colleagues not to smoke or use tobacco products while wearing MRC "uniforms". The MRC is an extension of the Office of the Surgeon General at the community level and your participation in this challenge elevates you as role models in improving public health. It also helps you to take steps to be healthier and better ready to respond to your community's needs.

I have included resources that you can use to help encourage MRC members and others to take steps to quit smoking. Below are links to helpful web sites and resources.

- Variety of smoking cessation resources: <http://www.smokefree.gov>
- Local and state telephone quit line: 1-800-QUIT-NOW
- Office of the Surgeon General Tobacco Initiative page: <http://www.surgeongeneral.gov/initiatives/tobacco/index.html>

Your dedication to improve our nation's health is invaluable. Thank you for being ambassadors for the Office of the Surgeon General.

Kind regards,

Boris D. Lushniak, MD, MPH  
 RADM, USPHS

Acting Surgeon General

## Upcoming Training and Activities

### **AUGUST**

**8/8** Epidemiology for Non-Epidemiologists: Epi in the Context of Public Health (videoconference), 9:00-10:30A. Norfolk Health Department.

**8/14** CERT Training. See weekly update for full details of training. Course runs Wednesday evenings through 10/2/13. Contact Scott Mahone (scott.mahone@norfolk.gov) for questions and to register.

**8/16** BLS-CPR, 8:30A-12:30P. Virginia Beach Health Department.

**8/31—9/1** **Rock'n Roll Marathon EXERCISE**. Saturday, August 31<sup>st</sup> MRC will be helping to set up the mobile ER and all the equipment from 8 AM until complete. Sunday, September 1<sup>st</sup> is the race, which will start at 5 AM until around 2 PM (first aid tents will close earlier); MRC will be working in the first aid tents and Mobile ER. Another MRC group will start at 1 PM on Sunday to help break down and pack everything up. **This alert is still live; if you need to complete your exercise requirement, please sign up!**

### **SEPTEMBER**

**9/2** Memorial Day; NDPH/NMRC offices closed.

**9/12** Epidemiology for Non-Epidemiologists: An Epidemiologist's Toolkit (videoconference), 9:00-10:30A. Norfolk Health Department.

**9/21** Mass Casualty Incident (START) training, 9A-2P. Tidewater EMS Council, Chesapeake.

**9/21** **Save the Date! Norfolk International Airport Exercise**. More details TBA.

**9/23** Psychological First Aid, 6:30-9:30P. Norfolk Health Department.

**9/28** Illuminating Generations of Minority Health, Norfolk Health Dept. More information to come.

### **OCTOBER**

**10/10** Epidemiology for the Non-Epidemiologist: Surveillance (videoconference), 9:00-10:30A. Norfolk Health Department.

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

#### ***Data Scrub Update—LAST CHANCE!***

#### **If you haven't responded as yet, please do so ASAP**

so that I can complete the records update. This is your last chance, if I don't hear from you risk being retired to the inactive roster.

*Thank you for volunteering with the Norfolk Medical Reserve Corps!*

## **Save the Date!**

### **Illuminating Generations of Minority Health**

This event is an expanded version of the Men's Health event that we participated in last year. This year we will provide services for minority families that will include both health screenings and education with collaborative healthcare partners from Hampton Roads. MRC will assist with health screenings, Spanish interpreter services, logistics, registration, event photography, and more.

Please save the date and plan to sign up when the alert goes out—we will need your help!



**Jac Thomas** gets his Go Bag at the recent dessert meeting. Congratulations—thank you for completing your training!

### Healthcare Changes

The Obama Administration has kicked off the Health Insurance Marketplace education effort with a new, consumer-focused [HealthCare.gov website](http://HealthCare.gov) ([Cuidadodesalud.gov](http://Cuidadodesalud.gov) for Spanish-speaking audiences) and a 24-hour consumer call center (1-800-318-2596), hearing impaired TTY/TDD 1-855-889-4325) to help Americans prepare for open enrollment and ultimately sign up for private health insurance. The new tools will help Americans understand their choices and select the coverage that best suits their needs when open enrollment begins October 1. If you're a professional learning about the Marketplace and helping people apply, get the latest resources at the [Health Insurance Marketplace website](http://HealthInsuranceMarketplace.gov). Marketing materials are available in limited quantities at no charge at [productordering.cms.hhs.gov](http://productordering.cms.hhs.gov) to organizations conducting outreach on the Health Insurance Marketplace.

### Volunteer Spotlight

What a great month with a lot of different activities and new faces! Check out the great stuff we did:

**HRT Community Health Event.** **Ann Straus, Tonya Faltz, Ali Ahmed,** and **Tiffany Williams** helped recruit community members to participate in screenings offered in the NDPH mobile clinic at the HRT hub on Wood St. It was HOT, but they did a great job. Thanks for your help!

**MRC stockroom inventory.** **Annie Robertson, Ann Straus,** and **Sean Hess** diligently counted and reorganized the MRC equipment and materials. They also made some great suggestions for some of the items that we have. Ladies, thank you for a job well done!

**EVMS HOPES Clinic Lecture Series.** After much discussion and tweaking, **Sean Hess** wrote up the draft of the four part series so that I could translate it into presentation format. Sean and **Peggy Troyer** also reviewed the presentations and have provided valuable insight throughout the entire process. I am so grateful for your help!

**Abstinence Education Program.** **Shatada Floyd-White, Peggy Troyer,** and **Sean Hess** participated in a stakeholder meeting of the abstinence education program representing volunteer facilitators within that program. Volunteers have been an important part of expanding the community outreach in this program, and you have also provided some great feedback on facilitation. We

appreciate your service to the community in this vital program!

**Special Needs Registry Callout.** **Kellei Denson** and **Tonya Faltz** called almost 200 individuals on the special needs registry as part of an HRPDC exercise to test the system. Thank you for your time and effort in helping our community be better prepared!

**Health Promotions presentation/MRC dessert meeting.** Special thanks to **Peggy Troyer** and the **Leadership Team** for their suggestions regarding the meeting. My personal thanks to **Tom and Paula Russel** for set up, clean up, and desserts, **Sean Hess** for set up, clean up, and making sure everyone went home with a couple of gifts, **Renee Genora** for bringing a dessert, and **Susan Forgacs** for clean up. It was



great to see **Lamonica Holt, Kanyia Anderson, Ann Straus, Jac Thomas, Dorolyn Alper, Earle Williams, Ken Hart, Alisha Anthony, Andre Peltier, Peggy Troyer, Tavia Petway, Shatada Floyd-White,** and **Jim Weckerly** there. Special thanks to Dwayne Merritt, Manager of Health Promotions, for his presentation.

*Thanks for all you do! ~ Linda*