

Norfolk

VIRGINIA



NORFOLK MRC NEWS

July 2013

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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

MOST WANTED

Hello Volunteers,

This is your coordinator, and I need some help. No, no...not *that* kind of help (ok, maybe sometimes. But you've all been very cool about it.). I have a LOT of great ideas and opportunities coming at me for the unit, and I simply can't make it all happen by myself.

I'm going to be putting out alerts for these things but wanted to give you a heads-up on some of the things on my plate:

I am looking for **project leaders**. You do not have to be Level One to be a project leader, and once you take on a project you do not need to lead it into infinity. I am very flexible about these things. I will work with all project leaders to help get projects off the ground and to keep them successful, because really—you're helping me. Potential projects include Homeless Connect planning, new member mentorship, recruitment activities, and orientation facilitation, among others.

The MRC stock room is just *begging* me to give away more stuff, and that's one of my favorite activities as Coordinator—rewarding volunteers for their time and effort. Can you please help me out here?! Please **complete your training** so that I can have the pleasure of giving you your bag, shirt, and badge.

I have a number of new reporting measures that I must adhere to in order to retain and be competitive for future funding. One of these measures is particular to recruitment. I do recruitment activities as I can throughout the year, but truly, the best recruitment tool our unit has is YOU. **Word-of-mouth** beats any brochure, presentation, or recruitment table I will ever facilitate. If everyone asked just one person—family, friend, or colleague—that they think would be a good fit for the MRC, our unit would double in size! You don't have to do the hard sell, because that's my job. But if you could "make the ask" and direct people my way, I certainly would appreciate it. On the plus side, you'll have a buddy to volunteer with!

Can you help me out here, please?!

All kidding aside, the unit is growing faster than I can keep up with, which is a wonderful problem to have. I hate to let good opportunities go to waste, and I have a hard time saying "no" (see first paragraph) when I think we can pull something off and take our group to the next level. The time is *now*—there's never been a better time to be in the Norfolk MRC, and we need the time and talent of each of you to continue to be successful serving our community. YOU are the most wanted.

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.com

Item	Needed
soap	0
combs	142
razors	78
tissue	119
toothbrush	150
shampoo	126
toothpaste	35
vaseline/lotion	75
deodorant	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

What's New in Training

New Training Requirements for MRC Vaccinators. The Virginia Department of Health is requiring all public health nurses to undergo new immunization update modules, and this will include MRC nurses, as well. These modules are new guidance released from the Centers for Disease Control and Prevention.



I am working with our nursing department to coordinate this training. Look for more information to come regarding training sessions.

First Aid/CPR training. I'm also working with some of our nursing staff to conduct first aid and CPR courses for us this summer. I should have those dates confirmed shortly.

First Aid/CPR Instructor training. I have some funds available to have two volunteers trained to provide First Aid/CPR/AED instruction for our unit. Volunteers who are selected for this opportunity will be required to conduct four courses per year for our unit. An alert will go out for this by the end of summer, if you are interested in being consid-



ered for this opportunity, please respond via the alert.



Basic Training Study Groups. In an effort to assist existing and new volunteers to complete their required training in a timely manner, I am working to set up study groups. These groups will help prepare volunteers in the material so that they can get their questions answered and take the online course tests with confidence. There will not be required attendance; if you prefer to take the courses online on your own, that's perfectly fine. For those who prefer a classroom experience with more interaction, the study group will provide such an experience.

In order for me to effectively do this, I will need some assistance. The courses I will be facilitating in the study groups are IS-100, IS-700, and IS-22. If you would like to help co-facilitate a course with me, please let me know. This will be an important capacity within our unit and will support our volunteers in successful completion of their training.



Upcoming Training and Activities

JULY

7/4 Fourth of July; NDPH/NMRC offices closed.

7/9 Psychological First Aid, 12:30-4:30P. Virginia Beach Health Department.

7/25 BLS-CPR, 8:30A –12:30P. Virginia Beach Health Department.

7/31 MRC Dessert meeting, 6:30-8P. Featured speaker Dwayne Merritt, Manager of Health Promotions. See sidebar this page for more information.

AUGUST

8/6 Norfolk National Night Out. More information to come!

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

8/31—9/1 Rock'n Roll Marathon. Saturday, August 31st MRC will be helping to set up the mobile ER and all the equipment from 8 AM until complete. Sunday, September 1st 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. Another MRC group will start at 1 PM on Sunday to help break down and pack everything up.

SEPTEMBER

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

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

9/28 Illuminating Generations of Minority Health, Attucks Theater. More information to come.

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

Data Scrub Update

Everyone has been contacted via email regarding the data scrub.

Thank you to those who have already responded!

Congratulations to all of our volunteers who have moved, married, changed jobs, and entered or re-entered the workforce!

If you haven't responded as yet, please do so ASAP so that I can complete the records update. I have received 66 responses out of a total of 135 records.

Thanks for volunteering with the Norfolk Medical Reserve Corps!

YOU are Invited!

Please join us at a dessert meeting on July 31st from 6:30-8 PM featuring Dwayne Merritt, Manager of the Norfolk Public Health Department's Health Promotions Office. Dwayne will be presenting information on the role of health promotions within public health and will talk specifically about the many health initiatives staff are working on throughout the department.

Don't miss the opportunity to sample some delicious desserts, network with other volunteers, and learn more about public health!



Congratulations to Katina Wood for earning her Level Two bag! Thank you for your commitment to completing your training.

Volunteer activities can foster enormous leadership skills. The nonprofit professional volunteer world is a laboratory for self-realization.

--Madeleine Kunin



Volunteer Spotlight

We had a somewhat quiet month, but our activities covered the spectrum of planning, preparedness, and resilience. Thanks to everyone who helped out! Check out the great stuff we did :

DisABILITIES Day at the Zoo. **Shatada Floyd-White** handed out information on MRC and preparedness to the community in support of disability awareness at the Virginia Zoo.

Preparedness supplies update. **Gavin Lewis** and **Ann Straus** went though and removed expired cartridges from our inventory of PPE, consolidating various models as they worked.

Preparing for hurricane season. **Tom Russel** and **Ann Straus** performed a check on our communications and also inventoried our shelter first aid kits.

Leadership meeting. Level One volunteers **Peggy Troyer, Tavia Petway, Ellie Mosholder, Jim Gosney, Tom Russel, Clarissa Smith** and **Shatada Floyd-White** were invited to participate in a Leadership meeting on June 27th to support unit growth and development.

STD community testing event. **Tiffany Williams, Alisha Anthony, Jane Richardson, and Sean Hess** supported NDPH staff in providing screening and testing services at the Huntington YMCA.

Thanks for all you do! ~ Linda

Be Safe on the Fourth

The 4th of July and fireworks just go together. With the holiday approaching this is a great time to remember the dangers of fireworks which can cause serious injuries and death if not properly used.



In 2011 (latest available statistics), doctors treated 9,600 fireworks-related injuries in U.S. hospital emergency rooms:

- 54% of fireworks injures were burns.
- 23% of injuries were contusions and lacerations.
- 26% of those victims were under the age of 15.
- 68% of the injured were males.
- Sparklers, fountains and novelties accounted for 34% of firework related injuries.
- 89% of injuries involved fireworks that Federal regulations permit consumers to use.
- Sparklers are designed to throw off showers of hot sparks with temperatures exceeding 1200 degrees.
- 17,800 fires were started by fireworks resulting in 40 injuries and \$32 million in direct property damage.

~Courtesy National Fire Protection Association