



NORFOLK MRC NEWS

June 2013

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COMMITMENT

We had an extremely successful Homeless Connect, serving 365 people in the medical area, which was a big increase from last year (260). A huge **Thank You** to everyone who participated for their hard work and dedication! Homeless Connect is one of the biggest events on our calendar, and it takes a significant amount of work by *many* hands to pull it off. It was a pleasure to work and learn (that's what exercises are—learning experiences) with such a dedicated team of troopers! The NDPH Emergency Planner commented in our After Action Meeting that there was a clear difference in the level of professionalism between the MRC and all the other volunteers at the event. More than just the blue vests, you all understand how to work together to accomplish great things!

In comparison:

<u>Spring 2013</u>	<u>Spring 2012</u>
BPs: 237	168
Hygiene: 83	55
BMI: 81	86
Art Therapy: 20	14
Vaccinations: 36	66
Glucose/Chol: 80	80
Total # Vols: 39	40
Total Vol. Hrs: 219.75	275.5

Total Value Hrs:

\$6,067.97 \$7,713.00

Total #/Value No Shows 2013:

7 No Shows / 23 potential hours lost

Notice that we had far less hours this year, and we served far more people overall. This was due in part to two factors: we had slightly fewer people sign up, and we had a significant number of no-shows, which contributed to a staffing shortage during



shift change and into the afternoon. No-shows are volunteers that sign up and do not show up or provide a courtesy call that they are not able to attend, which allows me to reconfigure staffing ahead of time. *If you are deployed for an event and are not able to attend, please notify me ASAP so that I can make other arrangements!* Habitual no-shows will result in being deactivated from the unit roster. Don't let that happen to you—we need you to support our community! **Thank you for your commitment to serve!!**

Bags Needed!

We are planning to do the hygiene kits for Project Homeless Connect again in the fall. If we could start now to save backpacks, and cloth bags for this event, it would greatly benefit the homeless. It quickly became obvious that negotiating the event with the kits was difficult, and some clients were in need of replacement bags for their belongings. Thanks for your help!

~Ann Straus



Please bring any bags you wish to donate into the MRC office and I will pass them along to Ann.

Thanks!

~Linda

It's a Hodge-Podge!

I have been inundated lately with all sorts of great information that I want to pass along to you. Instead of making the newsletter a novel, I've decided to give you snippets and you can pick and choose what you're interested in learning more about:

Great resource for dealing with unusual incidents or medical needs. TIPS for first responders, can be printed for free as PDF or ordered laminated for use in the field: <http://www.cdd.unm.edu/dhpd/tipsEnglish.asp>

TIPS online and mobile version by Texas A&M: <http://disabilitytips.tamu.edu/>

National Strategy for Suicide Prevention webcast event, June 27th. For more information and to register: www.blsmmeetings.net/everyoneplaysarole

Preparing Before, Taking Cover During, and Recovering After a Tornado. Every state is at some risk of tornadoes and the damage that they leave behind. Learn more about what you can do at: www.ready.gov/tornadoes

Driving in tornadoes. According to the [National Weather Service](http://www.weather.gov) (NWS), nine percent of people killed by tornadoes between 1985 and 2008 were in their cars. If you are in a car during a tornado, you should take the following actions:

- Stay in the car with the seat belt on. Put your head down below the windows; cover your head with your hands and a blanket, coat or other cushion, if possible.

- If you can safely get lower than the level of the roadway, leave your car and lie in that area, covering your head with your hands.
- Do not get under an overpass or bridge. You are safer in a low, flat location.
- Never try to outrun a tornado in a car or truck.

For more tips on what to do when a tornado strikes, visit www.ready.gov/tornadoes

Safe And Well. Text, email, and use social media to let everyone know



you're okay. Avoid making phone calls to free up the lines

for first responders. You can also let your family and friends know you are safe and well after an emergency via <https://safeandwell.communityos.org/cms/index.php>. This website is designed to help make communication between family members and friends easier.

Mental Health Just-In-Time Training. The University of Minnesota has developed a mobile app intended to serve as a just-in-time review for those who have previously received training to provide PFA. Available for iPhone, Android and as a mobile website at: <http://www.sph.umn.edu/ce/perl/mobile/>

Check It Out!

Upcoming Training and Activities

JUNE

6/1 Preparedness event at Harbor Park, 7:00P. Come watch the Tides play and learn more about preparedness across Hampton Roads!

6/1 Hurricane season officially begins.

6/3 Community Safety Forum, see info in sidebar

6/8—6/16 Linda on Leave. Peninsula MRC will provide coverage to our unit in the event of an emergency.

6/8 Mass Casualty Incident training (START), 9A-2P. Tidewater EMS, Chesapeake.

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

JULY

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

AUGUST

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

SEPTEMBER

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

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!*

Just a Note...

Summer is a slower time of the year in our office, and I typically use this time to do planning for the upcoming months. I will also be conducting a data scrub to ensure your contact information is current and our volunteer records are complete, and to let everyone know where they stand with their required training.

If your contact information has changed recently, please be sure to update your profile or contact me, I'll be happy to update it for you. Keep working on your training, and be sure to forward your certificates to me.

Thanks for volunteering with the Norfolk Medical Reserve Corps!

Linda

Community Safety Forum

The forum will explore a variety of topics from firearm safety, school safety and keeping children safe, and helping children cope, to local, state and federal laws and how they apply to people of all ages. The forum, free and open to Norfolk citizens and school age children, will be held June 3, 2013 from 5:30 p.m. to 7:30 p.m. at the Norfolk Police Department's Third Patrol Division located at 901 Asbury Avenue, Norfolk, VA 23513. The Norfolk Sheriff's Office Safety Print program will be on hand to make ID badges, pizza and bottled water will be served and there will be giveaways for those in attendance, including gun safety locks and children's books.

*Courtesy of
www.norfolk.gov*

Volunteer Spotlight



Congratulations to Jim Weckerly for earning his Level Two bag! Thank you for your commitment to completing your training.

Someone asked the anthropologist Margaret Mead (1901-1978), "What is the first sign you look for, to tell you of an ancient civilization?" The interviewer had in mind a tool or article of clothing. Ms. Mead surprised him by answering, a "healed femur". When someone breaks a femur, they can't survive to hunt, fish or escape enemies unless they have help from someone else. Thus, a healed femur indicates that someone else helped that person, rather than abandoning them and saving themselves. Isn't that what we in philanthropy are all about? Healing femurs of one sort or another?

It's wonderful when current volunteers refer new people into the unit. I'd like to give a shout out to **Erica Johnson** for referring potential new volunteer Nicol Nixon. Thanks Erica!!

If you have family or friends ages 18 or older who are interested in being actively involved in serving the community, please refer them to the MRC!

Senior Olympics. **Sean Hess, Renee Genora, and Annie Robertson** provided first aid support at the Norfolk Senior Olympics on May 7-8 at NSU. Thanks for doing a great job ladies—NSO is a new community partner, and we're looking forward to working with them in the future!

Calvert Square Health Assessment. **Pam Hilbert** assisted Health Educator Laverne Williams in providing health assessment to the Calvert Square neighborhood, wrapping up an eight week health initiative project. Thank you, Pam!

Project Homeless Connect. Thanks to everyone for a great job well done: **Dorolyn Alper, Leah Brown, Stephanie Fewkes, Clifton Fuller, Michelle Fuller, Holley Gagnon, Renee Genora, Ken Hart, James, Haynes, Sean Hess, Samantha Jorgensen, Catherine Mallet, Jolisa Parham, Somsri Rodrick, Tom Russel, Ann Straus, Peggy Troyer, Jim Weckerly, and Tiffany Williams.** Special thanks to our friends and partners in the Virginia Beach MRC for their help!



Thanks for all you do! ~ Linda