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Upcoming:

November-December:
Flu Clinics

11/2 Orientation

11/5 Orientation &
Open Computer Lab
for course completion

11/10 EMS Flu Sym-
posium exercise

11/10 Orientation

11/28 PFA (tentative)

12/8 PFA

Home for the Holidays
Exercise

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MRC STARS
Specially Trained And Ready to Serve



Beth Old, *top*

Susan Tweed, *bottom*



Dorolyn Alper, *top*

Charles Kessler, *bot-*



Required Training

Start with:

- Orientation
- IS-100.b Intro to Incident Command System

And then work on:

- IS-700.a Intro to National Incident Management System
- IS-22 Are You Ready? An In-Depth Guide to Citizen Preparedness
 - Mass Dispensing: A Primer for Volunteers
- Psychological First Aid
- Participation in an Exercise

Tdap Cocooning

Do you have close contact with an infant under 12 months of age?

Whooping cough (pertussis) can cause severe illness and even death in infants. While adults may not show any or mild symptoms, they may be passing the disease on to infants close to them.

According to PreventPertussis.org, pertussis is an infectious disease that begins like a cold and can be deadly to infants. 75% of infants that get pertussis get it from a family member that has it. The Cen-

ters for Disease Control (CDC) recommends a strategy called “cocooning” to protect



infants against pertussis by ensuring all close contacts of infants receive the Tdap vaccine.

Cocooning works best when it is adopted in four settings: hospitals, obstetrics and gynecology settings, family and pediatric practices, and in the home. If adults who surround the infant are vaccinated and disease free, the infant will not likely catch pertussis. The mother is the most vital contact to be vaccinated, followed by the infants' other close contacts (father, siblings, grandparents and other caregivers). Protect your children and your patients - get vaccinated **t o d a y !**
Article courtesy of NDPH and www.preventpertussis.org.

Be Fire Smart

From our friends at Norfolk Fire-Rescue:

Please help Norfolk Fire-Rescue get a chance to win a \$10,000 grant. This grant could be used to help promote our smoke detector program within the City. Please go to www.BeFireSmart.com/protect-your-community/fire-safety-pledge.aspx and take the 10 question quiz. Please pass it on to your family and friends and hopefully

we will get enough support to be one of



the two leading departments in our category to win the grant. The deadline to complete

the quiz is October 31st. Thank you.

Note: Norfolk is currently in 2nd place, but Waco, TX is pressing us hard. Please vote today if you have not voted already and send the link on to family and friends.

Thanks for your help,
Captain Mann

Norfolk Fire-Rescue

P.S. Remember to test your smoke alarm and change the batteries!

On the Horizon

Flu clinics—Vaccinators & Registration assistance needed!

Norfolk Health Department is conducting a number of flu clinics this fall. Registration assistance will be needed on various dates and times through December, as will vaccinators. Alerts have been sent out, please sign up to help—we are counting on you to help us keep Norfolk healthy!



Upcoming Psychological First Aid (PFA) courses

For those of you who need to complete the PFA course, we have a couple of different courses coming up; you only need to attend ONE class:

- *Save the date*—Monday, November 28th at the Virginia Beach Health Department, 4452 Corporation Dr. Virginia Beach. This will be a daytime course, time TBA. More details on registration to follow.
- Thursday, December 8th at the Norfolk Health Department, 830 Southampton Ave. from 6:30-9:30 PM. Please contact Linda to register.

PFA is a required course for all MRC volunteers.



Upcoming Exercises

Many of you have already signed up for the EMS Symposium Flu exercise on **Thursday, November 10th**—thank you for your help! Initially, the planners thought this would have to be a regional exercise in order to get enough staff, but the Norfolk MRC has come through with a sizeable number of vaccinators and registration staff to support the exercise locally. However, if you haven't signed up yet, there is still room for more to participate. Please see the alert that has been sent out. *Thank you to everyone who has registered—you make us shine!*

We are also working on a Home for the Holidays regional exercise in the Peninsula in mid-December. This event will provide services for the homeless and will require staffing from each MRC unit in the region. We are looking to utilize all of our volunteer skills and licensures—more information to come soon!



REALLY NEEDED: Newsletter Assistant

Interested in volunteering 30-60 minutes a week to help provide updates for the unit? I'm in need of a volunteer that can assemble the weekly update and keep track of articles and information for the monthly newsletter. If you like to organize information, edit and/or write (and it doesn't have to be all three things), you can work from home helping to put this information together. Please let me know if you are interested, I could *really* use the help. THANKS! -Linda



Volunteer Spotlight-Norfolk MRC Shines!



I always wondered why somebody didn't do something about that. Then I realized **I was somebody.**

--Lily Tomlin

It has been and continues to be my pleasure and privilege to work with each of you in serving the public health needs of Norfolk. Thank YOU!

~Linda

Thank you to everyone who has completed their **Orientation, IS-100 and other required training** courses. This is critical to the grant requirements for our unit, and I truly appreciate your time in getting these courses completed promptly.

- It's been a pleasure to meet all of our new volunteers through Orientation. Please join me in welcoming **Loretta Blount, Yandace Brown, Phillip Davis, Stephanie Fewkes, Susan Forgacs, Wendy Graefe, Pamela Hilbert, Angela Junior, Deborah and Daryl Ketner, Leonard Levin, Eleanor Mosholder, Jane Richardson, Sabrina Robinson, Holly Tracy, and Patricia Williams.** Welcome aboard!
- We have been fortunate to have some real troopers for the flu clinics,

which have been occurring since early October and running several times a week in various locations. The Norfolk Health Department couldn't have delivered these services without the help of **Renee Genora, Nicole O'Garro, Sean Hess, Pam Hilbert, Angela Terrell, Mary Alexander, Frances Stone, and Tom Russel.** Many of the staff have complimented me on your kind and cheerful assistance - thank you not only for your service, but for doing such an outstanding job representing our unit!

- Several of our volunteers recently completed training to become Psychological First Aid (PFA) instructors and will be teaching the upcoming PFA class in December. Thanks to **Dorolyn Alper,**

Sean Hess, Eleanor Mosholder, and Linda Foxrun. Their contribution as volunteer instructors offers our unit a great deal of flexibility in how often we are able to present the course. Special thanks to our friends in Virginia Beach and Portsmouth who also participated in the instructor training.

- Special thanks to **Shatada Floyd-White, Dorolyn Alper** and **Tom Russel** for volunteering to help plan a volunteer event slated for early next year. More details to come, but I am grateful for the administrative assistance with this project.

