

# MRCConnection

## To Do List:

To get started right away, there are four required MRC training courses on FEMA's website (<http://www.FEMA.gov>). These classes will help you get a background picture and idea of emergency planning and response. At the end of the course you will receive a certificate of recognition! These courses are mandatory.

- IS 100 (Incident Command Structure 100)
- IS 200
- NIMS 700 (National Incident Management Structure)
- CBRNE (Chemical, Biological, Radiological, Nuclear & Explosives).

MRCConnection Issue 1 March 2010 Newsletter

Blue Ridge  
Medical Reserve  
Corps

Blue Ridge EMS  
Council Inc.  
1900 Tate  
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Lynchburg, VA  
24501



Dear New MRC Volunteer!

Thank you for joining our team! My name is Lindsay Mackey, the Blue Ridge MRC Coordinator. We are so happy to have a MRC unit in Central Virginia and even more delighted to have you as a team member! Our focus will be to help our community to increase their medical volunteer reserve and to sustain the MRC for the future of our community.

Since our unit has just formed, I am looking forwards to building partnerships with organizations within the community and internal coordination in order to form a strong MRC in your community.

Issue 1

March 2010

Welcome Letter

National Nutrition Month

To Do List

Fact or Fiction?

The mission of the Medical Reserve Corps (MRC) is to establish teams of local volunteer medical and public health professionals who can contribute their skills and expertise throughout the year and during times of community need.

You can choose your level of participation. We would like to ask you to tell your friends and family about the Medical Reserve Corps and if they are interested in joining have them contact me or the Blue Ridge EMS Council office number.

I am now planning a committee and roles you all can take over. You may decide what role, responsibilities, and time commitment you wish to volunteer. Remember we need you to make the Blue Ridge MRC a strong and very organized public resource!

(Next Page)

## Fact or Fiction?

1. Does cracking your knuckles cause arthritis?
2. Keeping batteries in the refrigerator will make them last longer.
3. You will get sick if you go outside in the cold with Hair.
4. Walt Disney decide to freeze his body so he could come back to life at some point in the future.

## Answers

1. Fiction– So what causes that cracking noise? There is a lubricant within your joints called synovial fluid, the noise is from popping of gas bubbles within the fluid.
2. True- Keeping regular alkaline batteries in cold storage will extend their life by less than 5 percent,
3. Fiction- This is just an old wives' tale. You may feel cold, but you can't catch a cold just from going outdoors with wet hair
4. Fiction– Disney kept his a secret that he had Lung cancer and did not want a funeral. Many people believed that he had arranged to be frozen until medical technology had advanced enough to bring him back to life. In fact, he is cremated and his ashes were laid to rest at Forest Lawn Memorial

Please email or call me with any questions or concerns you may have!

Respectfully,

Lindsay Mackey

Blue Ridge MRC Coordinator

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## What are You Doing to Recognize

### National Nutrition Month?

For many individuals, New Year's resolutions are a time to set personal health goals and overall looking and feeling healthier. Eating healthier, losing weight, exercising, preparing meals more often and having family dinners are some health goals we all aspire to achieve. When January 1<sup>st</sup> rolls around, we are all driven and ambitious, exclaiming "This will be the year!" However, it seems that after two to three months, we lose our drive and motivation. As we head into March, recognizing and acknowledging this month as National Nutrition Month, I believe we all need some pointers and refreshers to keep our enthusiasm and will power soaring through the coming months!

In efforts "to raise awareness about the importance of good nutrition and promote the dietetics field," American Dietetic Association has recognized March is National Nutrition Month.

Since 1980, the whole month of March has been dedicated as a time to recognize and stay informed about healthy nutrition (American Dietetic Association).

To put matters in perspective on how much work our bodies and heart go through with extra

fat, carry three gallons of milk for a least an hour, without any rest or setting down any of the gallons of milk. In a matter of several minutes you inevitably will become very tired, right? This extra weight is what your heart and body must deal with every day with extra unwanted fat. With just an extra 15 pounds of weight can cause serious problems to our heart and body, including: heart disease, diabetes, stroke, high blood pressure, some cancers, and cause overweight and obesity. According to the American Dietetic Association, "Today, 1/3 of adults age 20 and older are considered obese." Preparing meals, consciously eating healthy and an active lifestyle help you prevent weight gain or any other diseases. Learning to make healthy food choices and watching your portion sizes are important steps in achieving and keeping a healthy weight (American Dietetic Association).

I know for many of you, you probably have this information and facts several times and it probably has been embedded into your brains. However, issues and concerns of America's health have not lessened. Whether we think we are "invisible" from anything bad happening to us or our families.

As we head into the weeks of March, let's all make a promise to ourselves that we will become healthy conscious eaters and will evaluate what we need to do to nourish our bodies! For me, to recognize National Nutrition Month, I have vowed to achieve a Vegan March! That's right the whole month of March I am becoming vegan- no milk, eggs (of any sort), fish, meat, chicken, pork, honey, basically anything with a face!.... So if I can do it, you can too!

So if you need to catch up on some healthy tips, be sure to go to the American Dietetic Association website for great healthy tips, food safety, and ways to shed some calories.



**Volunteers  
Protecting  
the Health of  
the Central  
Virginia!**



Happy St.  
Patrick's Day!

