



Norfolk Medical Reserve Corps

November 2014

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Inside:

- Preparedness Actions for October, 2
- 4th quarter MRC Dessert Meeting, 2
- Calendar, 3
- Volunteer Shout-Outs, 3
- Featured Volunteers, LaChandra Hale & Elicia Liles, 4
- The Roadmap to Sleep Hygiene, 5
- Pictures, 6

Some of you may not know it, but I have an important anniversary coming up. In 2015 I will have been with the MRC for ten years. What an amazing journey it has been!

I am thankful for...

- The opportunity to work with and learn from the many MRC volunteers I have known over the years in the three different units I have managed.
- The bazillions of hours of training we have done, AND – more importantly – the fact that you came back for more each time!
- The amazing acts of selflessness that I routinely witness from volunteers who give of their heart.
- The gales of laughter we have shared with each other. *Nobody* has a better sense of humor than volunteers!
- The cool stuff you teach me about the world and how we can make it a better place.
- Inspiration through perspiration. Nobody works harder or has more fun doing it than the MRC.
- Your honesty. That is incredibly important to me, and I am grateful for all of your feedback.
- The calls and emails I get from each of you...I really cherish the stories you share and the kind words and encouragement you offer to each other and to me.

**I am thankful to be part of
such an amazing group!**



NOVEMBER Emergency Preparedness Monthly Checklist

Preparedness Tasks

- Don't forget your pets if there is a disaster
- Create a list of information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to foster or board your pets

Tips to Remember

- If you have to evacuate, DO NOT leave your pets behind. Pets most likely cannot survive on their own
- Find out which hotels and shelters in the area allow animals
- Ask a friend or relative if you and your pet can stay with them in an emergency
- Talk to your vet or humane society about an emergency plan for your pet



Emergency Preparedness Checklist

- Medications and medical records (stored in a waterproof container) and a first aid kit
- Sturdy leashes, harnesses, and/or carriers to transport pets safely and ensure that your animals can't escape
- Current photos of you and your pets in case they get lost
- Food, potable water, bowls, cat litter/pan, and can opener
- Pet beds and toys, if easily transportable
- Vet contact information

Plugging into Your Niche Without Guilt: Getting Through the Holidays

Come and join us for our quarterly dessert meeting on Thursday, November 13th with featured presenter Dorolyn Alper, RN, LPC, and NMRC Volunteer.

The holidays can be a stressful and chaotic time of the year. Stress is the perception of pressure, tension, worry, fear, dread or anxiety. The way we respond to stress can exacerbate or even create physical and emotional problems. Many individuals develop unhealthy behaviors to cope with stress: overeating, using alcohol or drugs, or irritability. (Aurora Healthcare, 2011).

Please join us for a relaxing evening of learning how to find and plug into your stress-free zone without guilt so that you can enjoy the holidays with a more relaxed mindset. Desserts are served at 6:30; please bring something to share if you wish (not mandatory). The presentation begins at 7:00 with time for Q&A at the end. *Please contact Linda to sign up (linda.botts@vdh.virginia.gov).*

CALENDAR

NOVEMBER

- 11/6 EMS Symposium, Waterside Marriot
- 11/11 VETERANS DAY – NDPH/MRC Offices closed
- 11/12 Intro to Mental Health Preparedness, 6:30-9:30P, Norfolk Health Dept.
- 11/13 NMRC Dessert Meeting, 6:30-8:00 PM, Norfolk Health Dept.
- 11/15 Mass Casualty Incident (START) Triage training, 9:00A-2:00P, Tidewater EMS
- 11/26-28 THANKSGIVING HOLIDAY – NDPH/MRC Offices closed



DECEMBER

- 12/13 Girls on the Run First Aid. More information to come
- 12/24-26 CHRISTMAS HOLIDAY – NDPH/MRC Offices closed

JANUARY

- 1/1 NEW YEARS DAY – NDPH/MRC Offices closed
- 1/16 LEE JACKSON DAY – NDPH/MRC Offices closed
- 1/19 MARTIN LUTHER KING JR. DAY – NDPH/MRC Offices closed
- 1/24 MRC Annual Meeting, 11:00A -2:00P, Norfolk Health Dept.
- 1/28 Homeless Connect. More information to come



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

Volunteer Shout Outs!

Susie Rodrick, Ben Frey, Sophie Gustafson , Sean Hess, Pat Jennings, Lisa Billow, Tonya Faltz, Cecelia Stevaux, Renee Genora, Ann Straus – BLS, CAC, CDC Vaccinator training, CERT practicum
Elicia Liles, Ann Straus, Malat Habtewold, Ben Frey, Earle Williams, Sean Hess, Renee Genora, Shenetta Sims, LaChandra Hale, Jim Weckerly - Airport flu clinic
Regina Autry, Pat Williams, Gregg Bradley, Melody Webb Johnson, Ana Ruby Iglesia, Jim Weckerly, Alisha Anthony, Tavia Petway, Sean Hess, Susan Forgacs, Susan Eilberg – WHRO pledge drive
Susan Eilberg, Ann Straus – NHANES dry run
Don and Renee Genora – First Aid at Peanut Fest
Susan Forgacs, Jim Hahn, Jim Weckerly, Sean Hess, Don and Renee Genora, Ann Straus – Boston bombing presentation
Hannah Miciano, Leah Brown, Susie Rodrick – completing their Level Two training and earning their Go Bags –WooHoo!



Featured Volunteer: LaChandra Hale Volunteer since 2013

What is your profession: I am an Administrator.

What activities have you participated in lately: I spend most of my time doing research.

What is your favorite activity: I love to travel to explore other areas of the world.

Who else do you volunteer for: I am a Peer Reviewer for Ohio Serve, which is an agency within AmeriCorps. In this role, I analyze grant proposals for quality and assess the organizations' needs in the federal funding process.

Why do you volunteer with the MRC: I volunteer with MRC to keep abreast of my skills and to learn new skills while servicing the community by providing support in public health operations.



Featured Volunteer: Elicia Liles Volunteer since 2013

What is your profession: My primary profession is a naval industrial hygiene instructor. My secondary is an adjunct faculty member (occupational safety and health courses) for Odessa College.

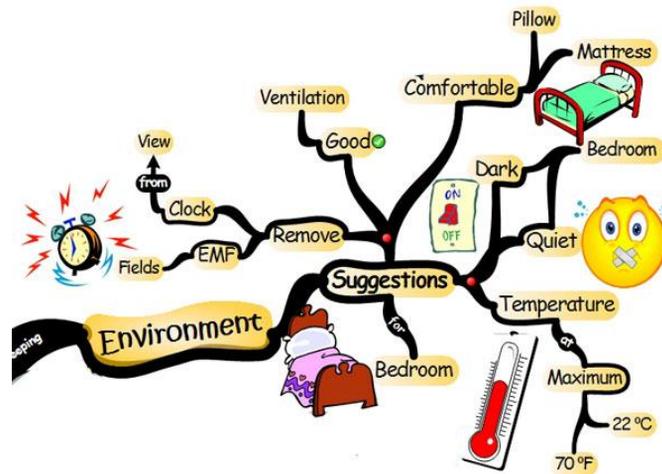
What activities have you participated in lately: I participated in the Community Health Fair, which was a fun experience and allowed us to interact with community members. I participated in WHRO pledge drive, which led me to contribute to WHRO .

What is your favorite activity: I really enjoy the various training opportunities; however, the WHRO pledge drives I have enjoyed the most.

What else do you volunteer for: I volunteer for the Special Olympics and the Susan G. Komen Foundation.

Why do you volunteer with the MRC: My educational and professional background is in public health and emergency management. The MRC provides the best of both worlds while serving my community. We have an obligation to our community and fortunately the MRC provides the opportunity to serve and and be involved in areas that I am passionate.

The Roadmap to Good Sleep Hygiene



Healthy sleep habits can make a big difference in your quality of life. Having healthy sleep habits is often referred to as having good “sleep hygiene.” Try to keep the following sleep practices on a consistent basis:

1. Stick to the same bedtime and wake up time, even on the weekends.
2. Practice a relaxing bedtime ritual.
3. Avoid naps, especially in the afternoon.
4. Exercise daily.
5. Evaluate your room.
6. Sleep on a comfortable mattress and pillows.
7. Use bright light to help manage your circadian rhythms.
8. Avoid alcohol, cigarettes, and heavy meals in the evening.
9. Wind down. Your body needs time to shift into sleep mode, so spend the last hour before bed doing a calming activity such as reading.
10. If you can't go to sleep, go into another room and do something relaxing until you feel tired.

If you're still having trouble sleeping, don't hesitate to speak with your doctor or a sleep professional. You may also benefit from recording your sleep in a sleep diary to help you better evaluate common patterns or issues you may see with your sleep or sleeping habits (National Sleep Foundation).

If you're more into tech, try the “Sleep Bot” app. This lets you track your sleep and then rate your sleep quality. It also allows you to record your sound and movement during the night. You can also use it to track your “sleep debt” (if you get less than eight hours of sleep a night, the number of missing hours is your debt). The app also has information about how to fall asleep, tips and exercises to help you stay awake, information on the side effects of sleep deprivation, and also information on various sleep disorders (Kara Marsh, Macomb MRC).

Did you know... Sleep deprivation has the same effect on the brain as alcohol. Sleep tends to be one of the most overlooked health habits, and sleep disorders are grossly under-diagnosed. Unfortunately, lack of sleep is normalized in our culture. Put some thought into your sleep habits – you could reap some great health rewards!

A PICTURE IS WORTH A THOUSAND WORDS



Hannah Miciano earns her Go Bag



Flu clinic at airport



Leah Brown earns her Go Bag



WHRO



NHANES



Susie Rodri ck earns her Go Bag



Flu clinic at airport



FEMA Classroom Study Group



BLS Certification

