



## Norfolk Medical Reserve Corps

### September 2014

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### **September is National Preparedness Month**

*“Be Disaster Aware, Take Action to Prepare.”*

NPM is geared towards building awareness and encouraging Americans to take steps to prepare for emergencies in their homes, schools, organizations, businesses, and places of worship. This September, prepare and plan for surviving on your own after a disaster. Plan for three days without electricity, water service, access to a supermarket, or local services for several days. Being prepared starts by knowing your risk and taking the appropriate actions before, during and after a disaster strikes. You can begin by visiting [Ready.gov](http://Ready.gov).

### **VVHS Update**

First and foremost, thank you for your patience as we learn the new VVHS together!



Thank you to those of you who have been able to sign in and update your password in VVHS. If you are experiencing problems in doing this, *please check your browser version and update it to the latest version*. If you have an older version of Internet Explorer especially, you may have had difficulty logging in; the latest version is IE 11, so please update to that. Chrome, Firefox, and other browsers have had very few issues. SiteVision is still loading, fixing, and tweaking quite a bit of administrative functionality in the system, so once things settle down a bit we'll take another swing at getting everyone to log into the system

In the meantime, please *do not* complete another online application – all of your application information is already in the system. If you have questions, feel free to contact me.

# SEPTEMBER Emergency Preparedness Monthly Checklist

## Preparedness Tasks

- Discuss sheltering-in-place plans with family and co-workers
- Purchase any necessary emergency heating and cooking supplies
- Cell phone availability – ensure “In Case of Emergency” (ICE) numbers are stored on your phone; update any old numbers

## Tips to Remember

- Choose a room in advance for your shelter. The best room is one with as few windows and doors as possible. A large room, preferably with a water supply, is desirable – something like a master bedroom that is connected to a master bathroom.
- Remember that instructions to shelter-in-place are usually provided for durations of a few hours, not days or weeks.

## Emergency Preparedness Checklist

- Reading and entertainment materials
- Duct tape
- Plastic sheeting or heavyweight garbage bags
- Scissors
- Dust mask(s) – one for each person



## How to Access the PODs Course

The University of Minnesota recently changed the steps to access the *PODS: Points of Dispensing for Staff and Volunteers* course that is required for NMRC Level Two training. Please access the course with these steps:

- Go to <http://www.sph.umn.edu/details/course/11169/>
- Click on “online courses”
- Scroll down the list and click on “PODS: Points of Dispensing for Staff and Volunteers”
- A little gray box comes up underneath the course link; click on “Register and complete this training”

You should then be able to input your registration information and complete the course. Please be sure to send me your certificate of completion afterwards.

# CALENDAR

## SEPTEMBER

### National Preparedness Month

9/1 LABOR DAY - NDPH/MRC Offices closed

9/9 Emerging Infectious Diseases: Ebola and MERS, 6-8P, state videoconference broadcast from Virginia Beach Health Dept.

9/17 Project Homeless Connect, 7A – 3P Norfolk Scope. **\*\*Participation in this event fulfills your Level Two exercise requirement\*\***

9/18 Intro to Mental Health Preparedness, 6:30-9:30 PM, Norfolk Health Department

9/25 *Strive to Survive* preparedness presentation, 6-8P, Norview Community Center

## OCTOBER

10/9 Boston Marathon Bombing presentation by Mike Freeman, FBI, 6:30-7:30P, Norfolk Health Dept. (see p. 5 for more information)

10/13 COLUMBUS DAY – NDPH/MRC Offices closed

10/14 FluEx, Norfolk Airport. More information to come.

10/16 Great Southeast Shakeout. More information to come.

10/25 FEMA Classroom Study Group: IS 700, IS 100, and IS 22, 8:30A-5:00P, Norfolk Emergency Operations Center



## NOVEMBER

11/6 NMRC Dessert Meeting, 6:30-8P, Norfolk Health Dept.

11/11 VETERANS DAY – NDPH/MRC Offices closed

11/12 Intro to Mental Health Preparedness, 6:30-9:30P, Norfolk Health Dept.

11/26-28 THANKSGIVING HOLIDAY – NDPH/MRC Offices closed

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



## Volunteer Shout Outs!

Michelle Fuller, Susan Tweed, Susan Eilberg, Johnnie Collins, Pat Williams, Paige Birdsall, & Johanna Casas– newly certified in AHA Heartsaver First Aid CPR AED

Tina Nguyen and Sean Hess– Facilitating the AHA First Aid CPR course

Teresa Beyer – completing Level Two training and earning her Go-Bag, MRC shirt, and badge

Renee Genora & Clarissa Smith - providing blood pressure screening and education at the Back2School Jam

Alisha Anthony – Project Homeless Connect planning

Ann Straus – getting over 35 people to like the Norfolk MRC Facebook page in less than 12 hours(!), handling the donations collection for the Project Homeless Connect hygiene kits

Johanna Papa & Candace Vallo – assisting with health education and screening at Caribbean Fest

Jim Hahn, Jac Thomas, Tavia Petway, Shatada Floyd-White, Jim Gosney, Don & Renee Genora, Brittany Sumner, & Michelle Fuller - Leadership team support

Ulaine Jean-Baptiste & Shenetta Sims – referring new volunteers

Lisa Billow – contributing articles to the NMRC Newsletter – thank you Lisa!





## Featured Volunteer: Tavia Petway Volunteer since 2011

**What is your profession:** I am a Network Analyst for one of the largest plumbing wholesalers in North America. We serve customers in all 50 states, Puerto Rico, Mexico, and the Caribbean. By night, I am a full-time pre-med student at a local college.

**What activities have you participated in lately:** I am currently a member of the Leadership Team. I have participated in Project Homeless Connect, WHRO TV Pledges, MRC Recruitment Taskforce, Rock and Roll Half Marathon, and many more.

**What is your favorite activity:** I love cooking! Reading is my runner-up, lol.

**What else do you volunteer for:** I am currently a CERT (Community Emergency Response Team) member.

**Why do you volunteer with the MRC:** Volunteering for the MRC has been incredibly fulfilling and such a worthwhile experience. It has united people from diverse backgrounds to work toward a common goal and it has promoted so much personal growth within myself.

## Featured Volunteer: Ulaine Jean-Baptiste Volunteer since 2014



**What is your profession:** U.S. Navy Personnel

**What activities have you participated in lately:** CPR/AED and the dessert meeting (STD Awareness in Hampton Roads). Still a little new and looking forward to participating more.

**What is your favorite activity:** Tennis! Also volunteering with my local community.

**What else do you volunteer for:** Meals on Wheels Coordinator for my Command.

**Why do you volunteer with the MRC:** Having prior work experience with the Department of Health, I understand the importance of community involvement. As a proactive community member, I'm always looking for new ways to get others involved so we can continue to educate and have a healthier, more well-prepared community.

## Boston Bombing Marathon: Team Operations in a Crisis

Mike Freeman, FBI, will give us a presentation regarding his response to the Boston Marathon last year and team operations within a crisis. Please mark your calendars for **Thursday, October 9<sup>th</sup> from 6:30-7:30 PM** at the Norfolk Health Dept. 830 Southampton Ave. Norfolk, Room B/C (3<sup>rd</sup> floor). Family and friends are welcome to attend. Please contact Linda to register at [linda.botts@vdh.virginia.gov](mailto:linda.botts@vdh.virginia.gov).

What is  
Wellness  
Coaching?



By Lisa Billow, NMRC Volunteer

“Professional coaches have long been recognized for their skills in helping athletes and executives perform at their best. Now professional wellness coaches are helping people reach their best health and well-being. (WellCoaches School of Coaching, n.d.). “

The process of wellness coaching generally begins with an assessment. The first session involves identifying priorities and creating a wellness vision and long-term goals, starting with a 3-month goal. Short-term goals are first steps towards meeting the long-term vision. Subsequent coaching sessions are devoted to reviewing progress, lessons learned and tweaking the plan. The process builds confidence to establish healthy lifestyle habits. WellCoaches School of Coaching, n.d.).

Wellness coaches are trained to help clients develop and implement personal wellness plans by taking responsibility for their health, drawing on established strengths, setting realistic goals, viewing obstacles as opportunities to learn and grow, and building confidence to change.

Recognizing that 70 percent of our healthcare costs are for preventable illnesses, many health insurance companies and employers are offering wellness coaching to help people stay healthy and save healthcare costs. Ask your insurer if they have a coaching program, or shop for a wellness coach on WellCoaches website: <http://www.wellcoachesschool.com/index.cfm?page=FWC>

### References

WellCoaches School of Coaching, n.d. Retrieved from:  
[http://wellcoachesschool.com/index.cfm?page=WC\\_pop\\_findcoach](http://wellcoachesschool.com/index.cfm?page=WC_pop_findcoach)

