

NORFOLK MRC NEWS

January 2012

Norfolk
VIRGINIA



HOME FOR THE HOLIDAYS 2011

Inside:

2012 Resolutions, p. 2

We miss you, p. 3

Training checkup, p. 3

News you can use, p. 4

Volunteer spotlight, p. 5

Upcoming:

1/23 PFA training

1/28 New Year, New Friends, Common Enterprise

2/7 ICS in a Nutshell (polycom overview)

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Jim Karas, a Chicago-based fitness guru has written a book designed for busy women under 5'4". It is called The Petite Advantage Diet. Petite women account for just under 50 % of the population. He has a 30 minute full-body resistance-training work-out and a cardio-free approach to diet and fitness

Karas recommends a 300-400 calorie, high protein, high fiber meal to keep your metabolism efficient all day. Fiber provides a full-feeling stomach. He recommends a 3 gram fiber supplement 15 minutes before dinner.

To support his cardio-free program, Karas cites a study in the *Journal of the American College of Nutrition* which reported that a cardio-only exercise plan lost muscle while a strength only plan maintained muscle. Both groups gained cardiovascular health.

Get 7-8 hours of sleep nightly as well as 10 minutes of deep slow breathing daily to reduce stress hormones such as cortisol.

These rules can work for tall women, too!

Article courtesy of Susan Eilberg, MRC

Making it happen—2012 resolutions

Will your New Year's Resolutions this year involve getting thinner? Fitter? Healthier?

Do you make the same resolution year after year only to find that by February it has crumbled?

New Year's fitness resolutions fail because winter has cold temperatures and limited daylight, January is a busy time, and most importantly because doing what you are comfortable with is a lot easier than trying something new and perhaps unfamiliar.

The first step to achieving your health and fitness goals is to back those goals with a real commitment to succeed. Write down a measurable achievable goal and keep it in an easily visible spot. Perhaps on the refrigerator door and the bathroom mirror. And develop a support system for the changes you are making. The best support system is from those with whom you live.

This may mean convincing your partner/spouse not to purchase the very cookies you adore or at least hiding them from easy access, if (s)he is not into the program.

Finding a workout buddy is another great support. There are numerous programs available for you to use with a friend or family member. Even children may benefit from strength training at home or a walk after dinner instead of hours in front of the TV.

Don't have the money for a gym membership just now? Work out in front of the TV. You do not have to spend hours at the gym to im-

prove. No need for fancy work out clothing.

Don't be afraid to fail. As you try new exercises, you will find new motivation.

Local discount stores often carry some basic equipment which can be fun such as exercise bands and balls which usually come with simple instructions for their use.

You can use 1 pound cans of veggies instead of weights to start a strength training program. An quick internet search can provide the basic exercises you might enjoy.

It is essential to remember that fitness is an ongoing process. As you improve your strength and stamina, you will have to work harder which is a reward of your hard work!

Research has shown that the presence of others around you during a workout session can have a positive effect on your exertion and performance levels. Becoming a part of something bigger than yourself can be extremely motivating. One option is a small group training session, called a PACK, available at Fitness Together in Norfolk when you are ready to take that new body into the public arena. This is a short-term, high-intensity work out in the company of like-minded exercisers with everyone working at her/his own level on the same exercises.

"Without good health, little else matters."

Special thanks to Marti and Mark Carrier of Fitness Together Norfolk for their help and motivation for this article.

Where Have You Been? We Miss You.

The NMRC is a wonderfully varied group of volunteers with a wide variety of skills.

Perhaps you are one of those whose skills have not yet been tapped.

You may be a “snow bird”, someone who goes away for the winter and will return in the spring to contribute actively at that time.

Or you might have other volunteer commitments which leave you only a specific time to serve NMRC.

What matters here is that we know where you are, when you are available or even if you are still interested in being part of the on-going effort.

Training Checkup

You may recall from the December newsletter that my gift to you was a month of “no more training reminders!” Well, here we are in a new year, and we’re back to business. We continue to have grant requirements regarding completion of training.

For those of you who are still working on finishing up your Level 2, please see the list in the sidebar (this page) for guidance on the required courses. The training calendar has been updated for all courses currently scheduled, and I will continue to update you as additional courses get scheduled, as well.

If you have taken some of the

We have had fun and felt good about the services we have provided to Southside Tidewater and on the Peninsula. Virginia Beach has requested our help.

Linda sends out weekly updates and regular alerts informing us of what is available for us. Try to schedule into an event. They are interesting and you can even learn new information which is helpful to you personally.

Contact Linda at Linda.Botts@vdh.virginia.gov or 757-683-2760. She can find many ways for you to be involved and active.

Article courtesy of Susan Eilberg, MRC

online courses and still need to forward your certificates, please get them in to me. You can email the certificate link, fax, or mail them in.

If you are having difficulty with a class, please let me know. Whether it’s a computer issue on your end, a glitch on the course provider side (yes, I know it happens), or just a “huh?” moment when you go through the material, I am happy to help. It’s my job to ensure your success! Please contact me and I will do whatever I can to help you complete the material.

Thank you for volunteering. I look forward to presenting you with your Go-Bag, shirt and badge soon!

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

News You Can Use

Resolve to Be Ready

2011 has seen more billion-dollar natural disasters than any year on record, according to the National Climatic Data Center. Major storms from Hurricane Irene, which battered the U.S. East Coast, to the spring tornadoes that brought devastation from Wisconsin to Texas, we don't know where or when emergencies or disasters will strike. During the first 11 months of this year there have been 97 major disasters declared.

Now is the time to think about basic and individualized needs you, your family, your pets and service animal will need in advance of an emergency; how will you communicate, what supplies you need to keep in your home, car or office. The more you know about what to do in an emergency, the more confident and secure you will feel in your abilities to manage through a disaster.

So why not make a Resolution that can make a difference when disaster strikes. Learn how at www.Ready.gov/Resolve.

Article courtesy of FEMA.

Trust for America's Health

The Trust for America's Health (TFAH) recently released its' annual report on the status of public health preparedness: *Ready or Not? Protecting the Public from Diseases, Disasters, and Bioterrorism* (http://healthyamericans.org/assets/files/TFAH2011ReadyorNot_09.pdf).

The Medical Reserve Corps is mentioned several times in the document, highlighting the success of the program.

Article courtesy of Rob Tosatto, MRC Director.

Community Health Assessment

The NACCHO MAPP staff recently published an issue brief on **Collaborating through Community Health Assessment to Improve the Public's Health**. The document is a four page report describing the current state of community health assessment across the country and encourages continued and expanded collaborative work between local health departments, hospitals, and other partners. The report is divided into three sections: assessment, a systems-collaborative approach, and epidemiologic and community considerations. Resources for additional information are also provided. The issue brief might be relevant to other projects working on assessments and is available on the NACCHO Web site. Here is the link: <http://www.naccho.org/topics/infrastructure/mapp/framework/clearinghouse/phase3CHSA.cfm>.

Article courtesy of NACCHO/MRC Listserv.

Lessons Learned from Joplin

The Center for Preparedness Education hosted a 2-day "lessons learned" workshop, bringing in several representatives from various agencies in Joplin. The presentations were videotaped and have been uploaded to their website. The files are quite large, so it may take a while to look at them. There are unbelievable stories and much to be learned from this response.

<http://www.preped.org/Resources/Presentations.htm>

Article courtesy of Leslie Gunning-Schofield, Center for Preparedness Education.

Responding to Alerts

Please remember to respond to any alert messages that are sent out through VVHS.

To do this, simply click on the "Available" button to indicate that you would like to volunteer for the opportunity, or click on the "Unavailable" button to indicate that you are not able to assist. This lets me know that you have seen the message and I won't need to contact you again for the same opportunity.

Thanks for your help!!
~Linda

Volunteer Spotlight

Thank you to everyone who has completed their Orientation, IS-100 and other required training courses. I received a number of certificates up to and through the holidays—Keep up the good work!!

Kimberly Culley, Debbie Norton, Shatada Floyd-White, and Jim Gosney learned more about Closed PODs and helped to staff a demonstration POD for Norfolk business representatives on December 5th. I appreciate your help and enthusiasm for POD operations! This was a great opportunity to educate the business community about a public health issue and to invite them to become involved.

A huge **Thank You** to **Stephanie Dukes, Renee Genora, and Doro-lynn Alper** for their assistance at the Home for the Holidays service outreach on December 16th. They worked at the BMI station, BP station, and Art Therapy station, respectively, and were part of a group of 44 volunteers providing medical services for over 300 homeless individuals. Opportunities for this type of community service will be available in 2012, please join us in helping others!

Last, but by no means least, my profound gratitude to **Susan Eilberg** for her time and effort in writing and editing for the newsletter. It's been a joy to work with you, Susan! And if you, the reader, have an idea or article you'd like to contribute to the newsletter, please let me know.

HIGHLIGHTS OF 2011

- April: Unit reopens for recruitment. Twenty volunteers respond within a few days.
- May: First orientation is held. First unit activity of 2011 is the Kidney Early Evaluation Program (KEEP). We have our first opportunity to work with Virginia Beach MRC to help staff this event, establishing a mutual friendship between coordinators and reciprocity between units.
- June: First large-scale recruitment drive of the year kicks off with a mailing to health professionals. Over 60 health professionals sign up, with over two dozen non-medical volunteers coming into the unit over the course of the summer.
- August: Hurricane Irene strikes, testing our capabilities. 17 MRC volunteers assist at 6 different shelters throughout Norfolk, providing 88 hours of first aid care to shelter residents.
- October: Flu season arrives, and NMRC is helping to staff all community flu clinics.
- December: Home for the Holidays, and the NMRC partners with three other MRC units to provide service to homeless individuals in the Greater Hampton Roads area.



CONGRATULATIONS to our volunteers receiving Go Bags, badges and polo shirts In December!!

Top down: Tica Williams, Debbie Norton, Shatada Floyd-White & Iris Diaz.

THANK YOU VOLUNTEERS!