



RRMRC VOLUNTEERS MAKE A DIFFERENCE



Just in time training at the dispensing site drill

Since the Rappahannock-Rapidan Medical Reserve Corps started in July 2004 212 volunteers have joined! What a great group of volunteers we have in the RRMRC! Their response when called for drills and clinics has been wonderful.

Teenagers Felicia Gonzalez, Brittany Gonzalez, Brittany Gendren, and Tessa Daley volunteered in the office during the summer providing 62 hours of preparation for the dispensing site drill. When the teenagers returned to school Susan Frech joined us in the office to provide the final help needed to prepare.

On September 14th the dispensing site drill was held. 85 RRMRC volunteers participated in various dispensing site positions. They also volunteered as patients after their shift. Other volunteers included the Culpeper County High School ROTC and the Virginia Defense Force. The drill was a great SUCCESS! We all learned from it.

In November, when volunteers were needed for the flu clinics, RRMRC members responded. Five volunteers assisted with the flu clinic in Culpeper and 12 volunteers helped in Fauquier. The Rappahannock-Rapidan Health Department Staff greatly appreciates the time and assistance these volunteers provided. After the flu clinics Carole Roddy volunteered in the office to reschedule clients who were not able to obtain a flu shot at the Culpeper clinic.

VOLUNTEERS TRAIN TO ASSIST WITH EPIDEMIOLOGY

On November 4, 2005 twelve RRMRC volunteers joined with Public Health, Law Enforcement, First Responders, and Fire and Rescue personnel from the district for a Forensic Epidemiology class.

The participants learned how epidemiologists approach, find, investigate and control infections and outbreaks. Comparisons were made between the various investigative methods used by Fire, Law Enforcement, and EMS in Criminal Investigations with Public Health Officials and the FBI.

Certificates were presented to the participants at the end of the seminar.



Thomas York, PHD, Director of Analytical Services, DCLS
Discussing the Roles of Laboratories

DISASTER MENTAL HEALTH

On Wednesday, January 19th the Fauquier County Health Department hosted a Virginia Department of Health Disaster Mental Health Training Course.

Topics included normal reactions to disaster stress, reactions indicating longer-term difficulties, survivors' needs, phases of a disaster, and the American Red Cross Checklist of potential responses to disasters.

If you missed this training a video will be available for you to review.

SHOULD YOU JOIN?

Do you want to help your community in case of a natural or medical emergency?

Do you want to have fun learning new information and skills?

Can you spare three hours for training and 3 hours for a drill each year?

New member orientation and training sessions are offered once a month. The place, day and time vary for your convenience.

The training session provides volunteers valuable information about their role during community-wide medical emergencies.

To receive an application, email RRMRC@vdh.virginia.gov, call 540-829-7350, or go online at vamrc@vdh.virginia.gov under Northwest Region, Rappahannock-Rapidan Health District

A trained volunteer is a prepared volunteer. Make volunteering your New Year's resolution.

Get a friend to sign up and attend the training and you will receive a small flashlight.

SECOND YEAR TRAINING SESSIONS

Watch for notification of the second year training sessions in the Spring newsletter.

LEARN MORE UPDATE YOUR SKILLS

To keep RRMRC volunteers updated in their skills and provide opportunities to learn new skills, a variety of classes will be offered this year at no charge.

These classes are optional, and are available to any volunteer who has completed the initial RRMRC training.

Sign Language for Dispensing Sites

Jennifer White, sign language interpreter, will be teaching Sign Language for Dispensing Sites.

This class will teach phrases rather than alphabet letters. The class will meet every Tuesday, Feb 1st through March 8th from 6:30-8:00 PM at the Culpeper County Health Department. The class size will be limited to 15.



Adult, Infant & Child CPR Class

Are you interested in certification or recertification in Adult, Child and Infant CPR through the American Heart Association? Instructors Karen Flynn, Ruth Partlow, and Joanne Russell will be teaching a three hour Heart Saver class during the spring quarter. Class size is limited to 17.

Basic First Aid

Phyllis McBride from the Fauquier Chapter of the American Red Cross will teach a Basic First Aid class on Saturday, August 27th from 8:00 AM to Noon. Class size is limited to 20.

To register call 540-829-7350 or email RRMRC@vdh.virginia.gov. Class sizes are limited, so call early!

Completed a class or seminar?

Please send a copy of your certificate to the office to be placed in your file when you complete any class, seminar or workshop.

* Volunteers, *
* YOU are *
* wonderful! *
* Thank you for *
* your *
* dedication *
* to our *
* community *

Quiz

(Answers bottom of page 3)

- 1 List three category A agents.
- 2 Who activates the RRMRC?

KEEP US INFORMED!

Have your renewed your license? Did you send a photo-copy of your new license to the RRMRC office?

Have you changed your address, email, phone number or any other part of your contact information?

Remember the RRMRC needs to be kept up-to-dated so you can be contacted in the event you are needed.

Did You Know?

There are 14
Medical Reserve
Corps in the
state of Virginia.

NEW EQUIPMENT

Volunteers and staff members who attended an orientation and training should have received a black bag in the envelope with this newsletter.

The bag is to hold your RRMRC t-shirt and ID badge. The bag comes with a pair of gloves.

As new volunteers are trained they will receive their bag along with their t-shirt and ID badge.

“The Medical Reserve Corps (MRC) plays an integral part in our preparedness and response strategy.”

Tommy G. Thompson, Secretary
U.S. Department of Health
and Human Services

MEET THE RRMRC BOARD OF DIRECTORS

President

Gene Monago is the Director of Safety, Emergency Preparedness and Engineering at Fauquier Hospital. In his role at the hospital he is active in many regional emergency preparedness efforts including the Northern Virginia Hospital Alliance, a group of 13 Northern Virginia hospitals all working together to develop a higher degree of readiness and improved communication among its members.

Vice-President

John W. McCarthy is the County Administrator of Rappahannock County. He has held this position since 1988. He also serves on the Board of Trustees of Fauquier Hospital and is involved in health care related issues in Rappahannock and Fauquier Counties.



Board members

Dr. Lilian Peake is the Rappahannock-Rapidan Health Director. She has held this position since January 2003. Dr. Peake received her medical training at UVA Medical School and her MPH at Johns Hopkins University School of Public Health. She is also the Physician Consultant on Emergency Preparedness for the Northwest Region of Virginia.

Duff Green is the Emergency Services coordinator for Orange County.

Kathy Hatter is the Emergency Planner for the Rappahannock-Rapidan Health District. Her background includes Strategic Planning, Market Research, and Data Management. In addition she has volunteered as an EMS provider for 20 years.

Steve Hoffman is Emergency Management Coordinator for Madison County. He currently serves on the Board of the Central Virginia Regional Jail, the Rappahannock Juvenile Facility and as Vice Chair of the Rapidan Service Authority. He has served 8 years on the board of Supervisors, and 7 years on the planning commission as Vice Chair.

Steve is a lifelong resident of Madison, and has been married to his wife Charlotte for 40 years. They have 2 children and 5 grandchildren.

Louann Toomey is the chairperson for the Department of Social Services Board of Directors. As a registered nurse, Louann has specialized in the Emergency Room and Intensive Care Unit. She then became a consultant for long term care facilities. Louann traveled all the over the world with her husband and five children while he was in the Army.

Claudia Vento is the RRMRC Volunteer Coordinator. As an LPN in Massachusetts she worked in the Emergency Room, Intensive Care, and the Dialysis unit. Claudia was the volunteer coordinator for the Museum of Culpeper History and Executive Director of the Windmore Foundation for the Arts. She is Vice-Chair of the Culpeper County School Board.

STRIPES AND SQUARES, WHAT DO THEY MEAN?

Each volunteer receives an ID badge when they have finished their training. The badge has the volunteer's picture with a colored stripe.

A **red stripe** indicates the volunteer is a licensed medical professional who is currently working in the medical field. These volunteers are Doctors, Nurses, Nurse Practitioners, Physician Assistants, Pharmacists, and EMT's.

A **yellow stripe** indicates the volunteer is a licensed medical professional who is not currently working in the medical field.

A **blue stripe** indicates a non-medical volunteer. They may be licensed in a field other than medicine. These support personnel are administrators, teachers, IT people, interpreters, office workers, and anyone who is interested in helping out in an emergency situation.

In addition, some badges also have a colored square on either side of the volunteer's picture.

A volunteer with **Orange Squares** is trained to work in Epidemiology.

A volunteer with **Green Squares** is trained to work in Crisis Counseling.

Answers to Quiz on page 2

The District Health Director

Question 2

Tularemia

Smallpox

Anthrax

Plague

Viral hemorrhagic fevers

Botulism

Question 1



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DATES TO REMEMBER

February 1– March 8, 2005

Dispensing Site Sign Language Class
Place: Culpeper County Health Dept.
Time: Tuesdays - 6:30-8:00 PM

February 10, 2005

Orientation and Training
Place: Madison County Board room
Time: 9 AM - Noon

March 12, 2005

Orientation and Training
Place: Culpeper County Rescue Squad
Time: 9 AM - Noon

April 2005

Orientation and Training
Place: Rappahannock County

May 2005

Orientation and Training
Place: Fauquier County

Spring Quarter

American Heart Association Adult, Child, Infant, CPR

August 27, 2005

Red Cross Basic First Aid

Vision

Volunteers
protecting Virginia's
Public Health

Mission

To serve the counties of Culpeper, Fauquier, Madison, Orange and Rappahannock by establishing local teams of public health volunteers to strengthen the public health infrastructure and improve emergency preparedness and response.