



## RRMRC Volunteers Rock!

### 2007 in Review

**You want to learn more and you do!**

**344** RRMRC Volunteers participated in a total of **7** Orientations, **28** Trainings, and **4** drills during 2007 for a total of **1275** volunteer hours!

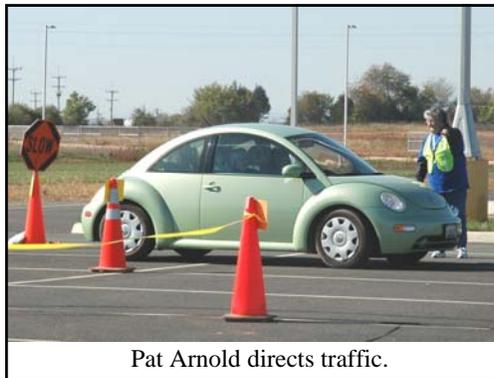
**Epidemiology Team Graduates** - A total of **128 hours** of volunteer time: Barbara Klagges, Carol Nowak, Carole Roddy, Eithna Sullivan, Ellen Berg, Jerry Wood, Judith Tolhurst, Karen Woods, Kathleen Seeber, Kimberly Johnson-Smith, Marshall Wallace, Mittie Wallace, Patricia Higgins, Richard Vento, Tom Holbach, & Valarie Diamond.

**Logistics Drill** - A total of **80 hours** of volunteer time: Brian Atkin, Catherine Finke, Charles Finke, David Range, Demaris Miller, Don McCormack, Donna Abel, Jeff Diamond, Jerry Wood, John Lane, Kimberly Johnson-Smith, Leigh Purdum, Lindsey Purdum, Richard Vento, Robert Lehmann, Ron Higgins, Rose Bowman, Tom Holbach, Trish Higgins, & Valerie Diamond.

**Smallpox Vaccination Drill** - A total of **296 hours** of volunteer time: Ann Hendrix, Bonnie Lester, Brian Atkin, Carol Nowak, Carole Roddy, Catherine Finke, Catherine McAndrew, Charles Finke, Dave Schwab, David Range, Don McCormack, Eileen Drinkwater, Eithna Sullivan, Elaine Anderson, Elizabeth Heare, Ellen Berg, Faye Berkemeyer, Jerry Wood, John Lane, Karen Woods, Leigh Purdum, Lindsay Purdum, Les Brim, Mike Roddy, Monica Williams, Nita Brindley, Richard Vento, Robert Lehman, Ron Higgins, Rose Bowman, Russell Brindley, Thomas Gilbert, Thomas Holbach, Trish Higgins, & Valarie Diamond.



Ellen Berg directs cars into the line.



Pat Arnold directs traffic.



Norma Nelson gives the flu vaccine.

**Drive Through Flu Exercise** - A total of **43 hours** of volunteer time: Ashleigh Norris, Benda Notokoesoemo, Debbie Baker, Donna Dyer, Ellen Berg, Fiona Reingruber, Martha Stanley, Michael Arnold, Nancy Hicks, Norma Nelson, Patricia Arnold, Robert Lehman, Rose Bowman, & Susan Frech directed traffic, helped set up and clean up, and gave vaccine.

**CRH Decontamination Drill** - A total of **4 hours** of volunteer time: Nancy Hicks & Martha Neff-Smith pretended to be patients.

**Volunteer Instructors/Presenters** - A total of **23 hours** of volunteer time: Tom Achter, Carole Roddy, Martha Neff-Smith, Michael Roddy, Richard Vento & Major Russell Lane.

**When help is needed  
you are there!**

**Body Mass Index Study** - A total of **20 hours** of volunteer time: Elaine Anderson, Ellen Berg, Sharon Cave, Jamilla Hassan, & David Schwab weighed, measured and entered the data of 1,369 Culpeper County Public Schools students.

**Office Help** - A total of **145 hours** of volunteer time: Carole Roddy, Cassidy Gonzalez, Debbie Baker, Dick Bradie, Kathleen Bradie, Kimberly Johnson-Smith, Leigh Purdum, Michael Roddy, Nancy Hicks, & Rowena Quinta assisted with mailings, making orientation packets, filing, inventory, & setting up for trainings.

**Community and TRIAD Fairs** - A total of **28 hours** of volunteer time: Ellen Berg, Ronald Higgins and Trish Higgins.

# What is Your Status?

Inserted in this newsletter is your personal Status Form. **Please review the form carefully**, especially checking your phone numbers and email addresses. It is very important that we have your correct information. On Page 1 under “copy of license” you will see the date that we received a copy of your most recent license renewal. If you see the word “**NEED**”, please send us a copy of your license. Changes in information or a copy of your license can be emailed, faxed or mailed to the office.

The MRC core competencies define a standard set of activities that each RRMRC volunteer has participated in and should be able to perform. They also provide a framework for the program’s training competencies and assist in describing what communities can expect of their MRC.

Page 2 of the status form lists the core competencies and trainings that you have completed. Please verify the core competencies against the list below. Check the training calendar for the trainings you need to complete.

The MRC national office and the RRMRC encourage **all MRC volunteers** to complete the Core Competencies:

## All RRMRC Volunteers:

- ◆ Orientation
- ◆ Biological Agents: Category A
- ◆ IS00100 Incident Command System\*
- ◆ IS00700 National Incident Management system\*
- ◆ Personal and Family Preparedness
- ◆ Psychological First Aid\*
- ◆ Documentation of Family and Personal Preparedness Plan and Go-Kit
- ◆ Documentation of Evacuation plan

## Leadership Team Volunteers:

- ◆ All Core Competencies
- ◆ IS00200\*
- ◆ IS00800\*
- ◆ Attend Leadership training meetings.

## Epidemiology Team Volunteers

- ◆ All Core Competencies
- ◆ Epidemiology 101
- ◆ Epidemiology 201
- ◆ Epidemiology 301

## Mental Health Team Volunteers:

- ◆ Be licensed in psychology, psychiatry, or a clinical social worker
- ◆ Complete All Core Competencies
- ◆ Complete Disaster Mental Health

## Smallpox Vaccination Team:

- ◆ Be a licensed physician, nurse, Veterinarian, Pharmacist, or a support person who has given injections such as insulin
- ◆ Complete All Core Competencies
- ◆ Complete Smallpox vaccination training

## Some of the optional trainings offered:

- ◆ Introduction to
- ◆ AHA Heartsavers CPR/AED
- ◆ AHA Blood Pressure
- ◆ Diversity Training
- ◆ Triage
- ◆ Basic First Aid
- ◆ American Red Cross Disaster Classes

\*These trainings can be taken on-line.

Have you received a certificate for a training from another organization? If so, please send us a copy for your file.



## When was the Last Time You Cleaned Out Your Medicine Cabinet?

The FDA recommends that you clean out the area where you store medicines and first aid supplies at least once a year. The drugs in your medicine cabinet have an expiration date just like the food in your refrigerator.

- ◆ Discard outdated products, damaged containers, and old supplies
- ◆ Restock low or missing supplies
- ◆ Keep all items in original containers to avoid confusion

## QUIZ

1. When do you submit a copy of your renewed license?
2. How often should you clean out your medicine cabinet?
3. How do you contract Lyme Disease?
4. What are the symptoms of Lyme disease?

## Contact Information

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# Enjoy The Outdoors

While enjoying the outdoors, being active, and getting exercise all contribute to overall good health, the Rappahannock-Rapidan Health District reminds residents that they need to be on the lookout for ticks that can carry a number of threatening diseases. With the approaching warm weather, ticks become active and health officials are reminding residents of ways to avoid exposure and the diseases insects may carry.

Lyme disease is a bacterial disease that some people get after being bitten by ticks that are infected with an organism named *Borrelia burgdorferi*. People of any age can get Lyme disease. It usually occurs during the summer in persons who work or recreate outdoors and thus have a greater chance of coming into contact with infected ticks. Dogs and horses also have been known to get Lyme disease; however, you cannot get Lyme disease from animals or other people.

“Lyme disease is one of the more common, yet challenging to diagnose, tick-borne diseases that are reported to the health department” said Health District Epidemiologist April Achter, MPH. “Ticks can be very hard to see, yet the results of their bites can be extremely debilitating. Symptoms of Lyme disease may include extreme fatigue, an expanding rash that may or may not resemble a bulls eye, and stiff aching muscles. These symptoms can linger for months or even years.”

Over the past five years, an average of 77 cases has been reported annually in Virginia, many in the eastern and central regions of the state. All regions, however, have Lyme disease activity and it is important to be aware of prevention measures. Antibiotics are an effective treatment method if an early diagnosis is made. While Lyme disease is not generally fatal, there are other tick-borne diseases, such as Rocky Mountain spotted fever, that are.

The key to avoiding these diseases is prevention. Health Educator Mary K. Collins, M.S. recommends taking the following steps to avoid tick and mosquito-borne diseases:

- ◆ Whenever possible, avoid entering areas that are likely to be infested with ticks, especially in spring and summer when nymphal ticks feed. Tall grassy areas and dense wooded areas are favorite tick habitats.
- ◆ If you are going to be in a tick-infested area, wear long-sleeved shirts, tuck your pants into your socks or wear high rubber boots. Wear loose, light-colored clothing so that ticks can be spotted more easily and removed before becoming attached.
- ◆ If you find a tick on yourself or your child, grasp the tick with fine point tweezers as close to the skin as possible and gently pull the tick straight out. Health officials do not recommend removing ticks with nail polish, petroleum jelly, alcohol or hot matches.

Other ways to reduce the risk of tick attachment include applying recommended amounts of insect repellents containing DEET to clothes and exposed skin, or applying repellants containing permethrin to your clothing. After being outside in areas where ticks are likely to be, check yourself, your children and pets for ticks, and promptly remove any found. Transfer of the Lyme disease bacteria from the infected tick to a person probably does not occur unless the tick has been attached to the body for 36 hours.

Collins also recommends additional ways to avoid tick exposure such as “If you or your child has long hair, tie it back. And reduce the number of ticks around your home by removing leaf litter, areas of tall grass, and woodpiles around your yard.”

For more information on Lyme and other tick-borne diseases, log onto [www.vdh.virginia.gov](http://www.vdh.virginia.gov) or [www.cdc.gov](http://www.cdc.gov).

## Wow! July 15 - January 24 Wow!

### Awards Presented

⇒ The following volunteers attended **4** trainings, drills, or events and earned a **Medical Reserve Corps pin**.

<b>Becky Bohler</b>	<b>Pat Arnold</b>
<b>Cindy Compton</b>	<b>Philip Myer</b>
<b>John DePerro</b>	<b>Sarah Makely</b>
<b>Michael Arnold</b>	<b>Rosemary Wlaschin</b>
<b>Mittie Wallace</b>	<b>Sharon Cave</b>
<b>Monica Williams</b>	<b>Suzanne Deardorf</b>
<b>Wayne Berkemeyer</b>	



⇒ The following volunteers attended **8** trainings, drills, or events and earned a **RRMRC Flashlight**.

<b>Donna Abel</b>	<b>Nancy Hicks</b>
<b>Benda Notokoesoemo</b>	<b>Nita Brindley</b>
<b>Jeanne Nixon</b>	<b>Pat Arnold</b>
<b>Les Brim</b>	<b>Philip Myer</b>
<b>Lindsay Purdum</b>	<b>Russell Brindley</b>
<b>Michael Arnold</b>	<b>Weldon Hamlett</b>



⇒ The following volunteers attended **12** trainings, drills, or events and earned a **RRMRC First Aid Kit**.

<b>Catherine Finke</b>	<b>Marie Thompson</b>
<b>Charles Finke</b>	<b>Michael Roddy</b>
<b>Jerry Wood</b>	<b>Patrica Higgins</b>
<b>Karen Woods</b>	<b>Robert Lehman</b>
<b>Louann Toomey</b>	<b>Ralph Rossi</b>



Susan Frech

### Honor Roll

**Tom Holbach**  
**Carole Roddy**



### Answers to Quiz on Page 2

- Question 1 As soon as you receive it.  
Question 2 At least once a year.  
Question 3 By being bitten by ticks that are infected with an organism named *Borrelia burgdorferi*.  
Question 4 Extreme fatigue, an expanding rash that may or may not resemble a bulls eye, and stiff, aching muscles



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### Inside This Issue:

RRMRC Volunteers Rock!	1
What is Your Status?	2
When Was the Last Time You Cleaned Out Your Medicine Closet?	2
Quiz	2
Contact Information	2
WOW!	3
Enjoy the Outdoors	3
Status Form	Insert
Calendar: Orientation,	Insert

### DATES TO REMEMBER

- Wednesday, February 20      6:30-9:00 pm  
 Training Topic: Epidemiology 101
  - Wednesday, February 27      6:00-9:00 pm  
 Training Topic: Overview IS 100/700
  - Tuesday, March 4              6:30-9:00 pm  
 Training Topic: Epidemiology 201
  - Thursday, March 13            6:00-7:15 pm  
 Training Topic: Orientation
  - Thursday, March 13            7:15-9:00 pm  
 Training Topic:  
     Biological Agents: Category A
  - Saturday, March 15            9:00am-Noon  
 Training Topic:  
     Leadership Team Training/ Meeting
  - Wednesday, March 19        6:00-7:30 pm  
 Training Topic:  
     Culpeper Hospital Orientation
- See insert for full Training Calendar

### ***Vision***

Volunteers  
 Protecting Local  
 Public Health

### ***Mission***

To serve the counties of Culpeper, Fauquier, Madison, Orange and Rappahannock by establishing teams of volunteers to strengthen the public health infrastructure and improve Emergency Preparedness and Response.