

Douglas County Medical Reserve Corps

Being prepared for severe weather important for MRC volunteers

Sgt. Ed Swanson from the Douglas County Sheriff's Office spoke at the March 25 quarterly meeting about his experiences responding to severe weather during large public events. For all large public events there is a specific response plan that includes what to do if severe weather strikes. A take home lesson for MRC volunteers who may be volunteering during severe weather is: Stay calm, follow your supervisor's instructions and be aware of your surroundings. Sgt. Swanson spoke of his experiences at KU football games, the Wakarusa Festival, as well as other events. He expressed his and the Sheriff Department's thanks to Douglas County MRC volunteers for all that you do to help the community.



Be Prepared!



**Volume # 22
April - June 2010**

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Core Competency Overview

MRC volunteers are a mix of people who come from various backgrounds with different credentials, capabilities and experience. The core competencies represent the baseline level of knowledge and skills that all MRC volunteers should have regardless of their roles within the MRC unit.

In the newsletters to come, we will examine each core competency to bring awareness and assist our volunteers in complying with MRC regulations. I would also highly encourage you to visit www.mrc.train.org to find courses offered, (many of which are free), and some offer continuing education credits. If you take online courses, let Kim know so she can add them to your file.

We encourage all MRC volunteers, at a minimum, be able to:

1. Describe the procedure and steps necessary to protect the health, safety and overall well-being of themselves, their families, the team and the community.
2. Document that they have an existing personal and family preparedness plan in place.
3. Describe the chain of command (e.g., Emergency Management Systems, Incident Command System, National Incident Management System), MRC integration and its application to a given incident.
4. Describe the local MRC unit's role in public health and/or emergency response and its application to a given incident.
5. Describe their communication role(s) and processes with response partners, media, general public and others.
6. Describe an event's impact on the mental health of volunteers, responders and others.
7. Demonstrate their ability to follow procedures for assignment, activation, reporting and deactivation.
8. Identify limits to own skills, knowledge and abilities as they pertain to MRC role(s).

Volunteers Needed!

- **June 24, 9 a.m. - 3 p.m. volunteers needed to take blood pressures at Berry Plastics Employee Health Fair, call Kim if available for the entire time or for three hours.**

Upcoming Events:

- **IS 700 class, date/time to be announced**
- **Quarterly meeting, Tuesday, June 22, 6:30 - 7:30 p.m. Health Department, second floor**
- **Saturday, July 31, Disaster First Aid - LMH, More info to come**

Find us on Facebook...

~Help our numbers by becoming a fan!~

Another source to keep you up-to-date on the latest MRC news as well as finding out about volunteering and training opportunities available.



MRC volunteers busy at area health fairs/H1N1 clinics

Health fairs educate community members on issues important to the public's health, and help us spread the word about MRC.

Jan. 30 - H1N1 clinic at Lawrence Public Library: **Ingrid Hartman** and **Mayetta Cahill** gave immunizations

Feb. 4 - Baldwin Community H1N1 clinic: **Barbara Bailey** assisted with the clinic

Feb. 11 & 12 - Health Care Access: **Chris Nguyen, Mary Lou Strong** and **Eileen Fitch** assisted with HCA's move

Feb. 13 - Healthy Hearts Fair H1N1 clinic: **Nora Murphy** and **Ingrid Hartman** gave immunizations

Feb. 18 - Lawrence Public Library H1N1 clinic: **Ingrid Hartman** gave immunizations

March 6 - Quail Run Wellness/Safety Fair: **Sarah Haavik, Paula Hladky** and **Willard Epling** provided handwashing education

March 27 - Baldwin City Wellness Festival: **Mary Lou Strong** and **Gwen Whitebread** provided general preparedness/MRC info

April 8 - Haskell Indian Nations University Health, Safety & Wellness Fair: **Tiffany Woods** and **Sarah Haavik** provided general preparedness/MRC info

MRC Update

- 7 MRC volunteers attended the IS 100 class on April 19 led by MRC volunteer **Stacy Robarge-Silkner**. Also in attendance at this training were 5 Lawrence Public Library Staff.
- If you want to take IS 100 or 700 online go to www.mrc.train.org to set up an account, remember to send Kim a copy of your certificate.
- **If you haven't updated your personal information yet, please do:** go to www.ldchealth.org/medicalreservcorps.php, click on "update your info".
- Welcome new members: **Paul Gottesburen** and **Matthew Riordan** who attended orientation on March 31. We are excited to have you in our unit!

WELCOME

The coalition "Together Prepared", along with the Lawrence Public Library, is working on protocols for a call center to be opened during a disaster/emergency in Douglas County. For MRC volunteers who are looking for more volunteer opportunities, this might be just the thing for you...if you would be interested in receiving training as a call center volunteer and are willing to commit to two years, call Kim at 843-3060.

