

Update from the MRC Coordinator



"Thoughts lead to purposes; purposes go forth in action; actions form habits; habits decide character; and character fixes our destiny." **Tyron Edwards**

I am now into my second month as your MRC Coordinator and my brain doesn't hurt quite as bad when I go home at night. Seriously though, it has been a great experience learning about the Alexandria Health Department and the vital role the MRC plays to supporting their mission.

I am excited to build on the previous successes of the MRC and look forward to providing training and outreach opportunities as well as a robust exercise plan to keep us mis-

sion ready.

In March, I had the opportunity to meet with a group of volunteers to discuss MRC events. It was a great opportunity for me to hear first hand what you—the volunteers are looking for in the Medical Reserve Corps. What I heard was, "we want more opportunities, whether it is outreach, working at flu clinics, exercises, or training classes."

My plan is to deliver those opportunities, but it will take a team effort to make it happen. I will be reaching out to all of you to help facilitate some of the activities, as well as participate in them. I am finding out what a talented pool of volunteers we have and if you're looking for a way to get involved, I know we will have something for you.

One of my first tasks here at the Health Department has been to coordinate the outreach calendar. Now you may be wondering why we need to do outreach, so let me explain. I view it as a dual mission. First, we have the resources and talent to help educate the community on emergency preparedness. We have seen in too many disasters the impact on commu-

nities and families. Second, our outreach tables at community events are a perfect opportunity to increase our visibility in the community and recruit new volunteers. It is vital to the strength of our MRC unit to keep an active pool of volunteers. On the books we are at approximately 400 members, but many are inactive for different reasons. It is critical that we continue to bring in new volunteers to keep our strength up as others need to step away. So spread the word to your friends or coworkers.

So in closing it has been great meeting some of you and I look forward to meeting more of you as the year continues..

Best wishes for a healthy spring!

Kathy Deffer

National Volunteer Week: April 10-16

Established in 1974, National Volunteer Week has grown exponentially in scope each year since, drawing the support and endorsement of all subsequent U.S. presidents, governors, mayors and other respected elected officials.

National Volunteer Week is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It's about demonstrating to the nation that by working together, in unison,

we have the fortitude to meet our challenges and accomplish our goals.

National Volunteer Week is about taking action, encouraging individuals and their respective communities to be at the center of social change—discovering and actively demonstrating their collective power to foster positive transformation.

National Volunteer Week is not only our moment in time to celebrate our

volunteers, but to enable a nation to share ideas, practices, and stories, wherever they happen, and shaping a movement to re-imagine the notion of citizenship for the 21st century.

Thanks for all that you do as a volunteer with the Alexandria MRC!

Points of Interest:

- CURRENT STRENGTH OF ALEXANDRIA MRC: 420
- PROJECTED GROWTH FOR NEXT 12 MONTHS: 20% FOR 500 MEMBERS
- OVER 20 OUTREACH EVENT OPPORTUNITIES THIS SPRING AND SUMMER

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Alexandria MRC



Surgeon General
Dr. Regina M. Benjamin

A Message from the Surgeon General

Dear MRC Leaders and Volunteers,

As we embark on a new year, many people will resolve to make positive changes in their lives. I encourage you to capitalize on this by promoting and being involved in public health initiatives in 2011. The Medical Reserve Corps is in a key position in communities across the country to directly impact the health of Americans. Your reach and breadth of knowledge, skills, and service is inspiring. I am excited by the possibilities for the MRC!

One way the MRC can make a huge impact right now is through First Lady Michelle Obama's Let's Move! campaign. This campaign has an ambitious national goal of solving the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight. Let's Move! combats the epidemic of childhood obesity by engaging every sector that impact the health of children and providing schools, families and communities with simple tools to help kids be more active, eat better, and live healthier. Medical Reserve Corps volunteers can play a key role in carrying out the objectives of this important campaign in their communities.

Let's Move Faith and Communities inspires healthy eating and physical activity. To learn more about how you can further awareness and prompt action in communities across the country, visit: <http://www.whitehouse.gov/sites/default/files/microsites/Lets-Move-Toolkit-Faith-Communities.pdf>. Let's Move Cities and Towns encourages mayors and elected officials to make a commitment to a long-term, sustainable, and holistic approach to fight childhood obesity, recognizing that every city is different, and every town will require a distinct approach to the issue. Including the MRC in the approach can be part of that commitment. More information can be found at <http://www.letsmove.gov/officials-step-1.php>.

As community level volunteers with a focus on health, you are in an ideal position to directly impact children's health and make a real difference in solving the problem of childhood obesity. Each encounter you have with a parent or caregiver is an opportunity to help them understand the importance of optimal nutrition and physical activity from the earliest moments of life through adulthood. You can, for example, make BMI screening a part of your unit's public health activities, talk to new parents about first foods and breastfeeding, and consider sharing your expertise with other community groups and organizations that support childhood health and wellness.

Thank you for the efforts you are already taking to improve the health and safety of your communities. I know that, together, we can do even more to reduce the number of overweight and obese children.

Kind regards,
Regina M. Benjamin, MD, MBA
VADM, USPHS
United States Surgeon General

MRC,
ENGAGING
VOLUNTEERS TO
STRENGTHEN PUBLIC
HEALTH, EMERGENCY
RESPONSE, AND
COMMUNITY
RESILIENCY.



Training Corner

Upcoming Training:

MRC Orientation:

Wednesday, April 27th, 2011, 7-9PM

Nuclear & Radiological Response MRC Overview:

Thursday, April 28th, 2011, 6-8PM

Psychological First Aid:

Tentatively Wednesday, May 11, 7-9PM

All MRC volunteers are required to attend an orientation. T-shirts and a welcome gift are given out to all volunteers that attend an orientation.

Are You MRC Ready?

It is important that our volunteers meet minimum training and readiness standards so that you are ready in the event we need to activate the MRC. Here is what you need to do to be MRC ready.

Step 1: Attend a MRC Orientation. After completing the orientation you are eligible to deploy to an emergency as a MRC volunteer.

Step 2: Keep your contact information current in the Virginia Volunteer Health System.

Training Volunteers Needed For:

- CPR/AED
- ICS-100
- IS-700 NIMS
- Medical Dispensing Site Operations
- Disaster Preparedness

Do you have experience in one of these areas? Do you have experience in other areas that would be beneficial to the MRC?

If so, we could use your help teaching a class. Please contact Kathy to help volunteer as a trainer.



DID YOU KNOW?

MRC UNITS
NATIONWIDE:
941
MRC
VOLUNTEERS
NATIONWIDE
208,674

Minimal ICS Training Requirements for MRC Volunteers

ICS 100

ICS 100, Introduction to the Incident Command System (ICS) and provides the foundation for higher level ICS training. This course describes the history, features and principles, and organizational structure of the Incident Command System. It also explains the relationship between ICS and the National Incident Management System (NIMS).

VA TRAIN course ID:
1024627 FEMA IS-100.b Incident Command Systems (ICS)

ICS 700

This course introduces and overviews the National Incident Management System (NIMS). NIMS provides a consistent nationwide template to enable all government, private-sector, and nongovernmental organizations to work together during domestic incidents.

VA TRAIN course ID:
1016070 FEMA IS-700.a National Incident Management (NIMS)



Volunteers from the Events Planning Committee Meeting, March 24, 2011.

ALEXANDRIA MEDICAL RESERVE CORPS

Alexandria Health Dept.
Medical Reserve Corps
4480 King Street, 4th Floor
Alexandria, VA 22302
Phone: 703-746-4978
E-mail: someone@example.com

On the Web:

**Now Showing on the Virginia MRC YouTube channel is the
VA MRC Healthcare Professional Recruitment video**

<http://www.youtube.com/user/VAMRC>

New Volunteers 1st Qtr:

- SULIMAN ALAMRO
- KATE ALTUM J
- ACKIE CATO
- PEARL CHUDE
- ANALEE CUELLAR
- ALAZAR DEMISSE
- STEPHANIE DICAPRIO
- KATIE DUNHAM
- STEPHANIE ENRIQUEZ
- SOFIA GARAKYARAGHI
- ASHLEY GAST
- TAMARA HAQUE
- MATTHEW HOOD
- SARAH HOUSE
- CAROLYN KING
- APRIL MADDY
- MICHAEL RIO
- CATHLEEN O'NEIL
- KELSEY PARRISH
- ANDREW PAYNE
- NANCY POMERLEAU
- CHRISTOPHER STANEK
- STEVEN WUYTACK
- BRIAN STORY
- BETH WINDISCH
- MARILYN WOOD
- MICHELLE YOUNG



Helpful links:

Virginia Volunteer Health System (VVHS): <https://vms.vdh.virginia.gov/vms/>
 VA TRAIN: <https://va.train.org/>
 Alexandria MRC: www.alexandriava.gov/medicalreserve
 VA MRC: www.vamrc.org



VVHS Alert System

Late March we tested our Alert and Activation system via phone and email. Many of you may have received multiple phone calls and were unable to respond to the alert because you did not know the alert code.

The default code for all phone test alerts or actual activations is defaulted to 1000 unless you have changed it in your account.

If you did not receive a test alert via phone and email, chances are that your information in VVHS is not current.

Please remember to keep your information current so that we can reach you in the event of an actual activation. See the link above for the VVHS website to update your profile. If you have forgotten your password please contact us and we can reset your password.

Thank you to those that responded to the alert.

Upcoming Community Outreach Events

| | | | | |
|-------------------|-------|-------|--------------|---|
| Saturday | April | 16 | 11am - 3PM | Center for Alexandria's Children Family Fun Day |
| Saturday | April | 30 | 10am - 2pm | Earth Day |
| Friday | May | 6 | 7:30am - 9am | Spring for Alexandria |
| Wednesday | May | 11 | 9am—2pm | Alexandria City Health Fair |
| Thursday | May | 12 | 11am - 2pm | US Patent Trade Office Community Day |
| Friday— Sunday | May | 20-22 | 8am— 5pm | Joint Services Open House—Andrews Air Force Base Air Show |