



Williams County Medical Reserve Corps

Get the Scoop on Events & Opportunities!

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Nationally, the Medical Reserve Corps (MRC) program was officially launched as a community based movement in 2002 in response to President Bush's call for all Americans to offer volunteer services in their communities following the tragic events of September 11, 2001.

In an effort to organize volunteers to supplement existing emergency response systems, the first MRC unit was established in 2003, and Williams county MRC unit was organized in 2006.

We currently have 29 people in our Williams county unit including nurses, physicians, clerks, scout leaders, caregivers, aides, factory workers, social workers, etc. We have both medical and non-medical volunteers, and welcome all residents of Williams County and surrounding areas to join us.

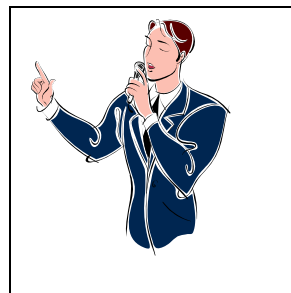
Volunteers can register to help out in emergencies only.....or they can assist with periodic health events & education, fairs, flu clinics, and promotions.



I am going to attempt to do a quarterly newsletter to keep you informed of any past, current, and upcoming training and volunteer opportunities.

Any news or information that any of you wish to share is welcome. We want this to be a newsletter that you will find interesting and informative.

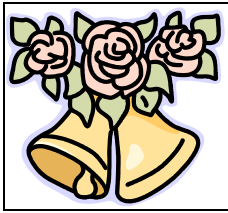
6 Pact Medical Reserve Corps. Conference



The 2nd Annual 6 Pact Medical Reserve Corps. (MRC) Conference was held November 7 at the Schomburg Auditorium at Defiance College. Guest speakers included Dr. Michael Proctor on "Healthcare and the National Response System; Joanne Pearsol – The Measure of a Leader; and "Kevin Anderson on "Joy Management: A Fresh Approach to Stress; A New Way to Live". There were over 100 volunteers from 6 counties in attendance.

We received many wonderful comments and everyone gained at least a few new tips on Emergency Response, Leadership, and even Family & Marriage! The speakers were educational and added humor and audience participation to keep everyone engaged. I hope more of our Williams County volunteers can participate in future years. A very informative, enriching, and stress free day was had by all!

Congratulations & Best Wishes.....



Wedding Announcement

Congratulations to one of our MRC volunteers, Jenny (Engler) Best, who recently married Peter Best.

I would like to take this opportunity to personally congratulate them and wish them lots of happiness!

Jenny works as a home health aide, volunteers for MRC, plans to be a hospital volunteer, and

has recently completed her training to be one of our volunteer firefighters here in Williams County.

What wonderful accomplishments! We are very proud of you Jenny!



Best Wishes!

“Community volunteers can serve as a lifeline in time of need.

ICS & Emergency Preparedness training helps us to be ready to respond.

Thank You!

Thank You from your MRC Coordinator...

Over the next few months, the Williams County Health Dept. Emergency Planning staff will participate in several important exercises with state, local and federal partners. This will give us insight as to how a mass casualty event might look from several different perspectives including the dispersal of a biological agent or the crash of an airliner with several hundred passengers on board – both resulting in a sudden surge on our hospital healthcare system.

While Law Enforcement will focus on evidence surrounding an event, Public Health must focus on ensuring the health and safety of the citizens we represent. Part of that requires us to understand how a disaster unfolds as a victim, and the process we must go thru as a public health professional or Medical Reserve Corps volunteer.

We have come a long way in a couple years to get to the level of preparedness we’re at now. Please know that as a trained Medical Reserve Corps Volunteer, you add great value to our level of preparedness.

YOU make our community more resilient! Thank you for not becoming complacent.

Thank you volunteers for being a part of our team!

Sincerely,
Linda Earle

Emergency Planner & Williams County Medical Reserve Corps. Coordinator



Priorities for Public Health

The U.S. Surgeon General has outlined priorities for the health of individuals and the nation as a whole. The overarching goal is to improve health literacy, and in support of this, work towards increasing disease prevention, eliminating health disparities, and improving public health preparedness. These priorities provide Medical Reserve Corps (MRC) units with specific areas to target that will strengthen the public health infrastructure within their local communities.

Improving health literacy is important so that all Americans may access, understand and use health-related information and services to make good health decisions. To address the more than 90 million Americans that do not understand basic health information, MRC units can work with the Surgeon General to increase awareness within their communities about the importance of health literacy and the challenges presented when there is a lack of knowledge concerning health issues.

Educating the public on how to prevent diseases is also strongly encouraged.

With 7 of 10 Americans dying each year of a preventable chronic disease, it is imperative that we address such problems as obesity, HIV/AIDS, tobacco use, birth defects, injury, and low physical activity. By holding activities such as diabetes detection screenings and exercise programs and by participating in government initiatives such as Steps to a Healthier US, MRC units can promote this priority in their community and thus decrease the number of people dying of preventable illnesses each year.

The goal of eliminating health disparities is to rid minority communities of the greater burden of death and disease from illnesses such as breast cancer, prostate cancer, cervical cancer, cardiovascular disease, and others. All Americans—regardless of their race, heritage, or gender—should have access to good health information, insurance, and services. In support of this priority, MRC units can increase public awareness through programs such as Take a Loved One to the Doctor Day. Additionally, MRC units may wish to target areas within their

jurisdiction which may traditionally be underserved, by supporting efforts such as health fairs, blood pressure screenings, and flu shot clinics.

Public health preparedness is of great concern because Americans count on a strong public health system capable of meeting any emergency, be it manmade, a weather-related natural disaster, or an emerging infectious illness. MRC volunteers are an important resource in our public health system, and developing partnerships between the MRC and law enforcement, public health, and public safety agencies at all levels of government is an important step in allowing every community to be better able to respond to emergencies.

Because the MRC program is based in the Office of the U.S. Surgeon General, it is in a great position to promote these priorities for public health and simultaneously strengthen the health of the nation—one community at a time!



“The overarching goal is to improve health literacy, and in support of this, work towards increasing disease prevention, eliminating health disparities, and improving public health preparedness.”

Things You Never Knew Your Cell Phone Can Do...

"Your mobile phone can actually be a lifesaver or an emergency tool for survival."

Your mobile phone can actually be a lifesaver or an emergency tool for survival. Check these out:

1. Emergency Number Worldwide for Mobile is 112.

If you find yourself out of the coverage area of your mobile network and there is an emergency, dial 112 and the mobile will search any existing network to establish the emergency number for you.

2. Stolen Mobile Phone?

To check your mobile phone's serial number, key in the following digits on your phone: *#06#. A 15-digit code will appear on the screen. This number is unique to your handset. Write it down and keep it somewhere

safe. If your phone gets stolen, you can phone your service provider and give them this code. They will then be able to block your handset so even if the thief changes the SIM card, your phone will be totally useless. You probably won't get your phone back, but at least you know that whoever stole it can't use/sell it either. If everybody does this, there would be no point in people stealing mobile phones.

3. Free Info. Cell phone companies are charging \$1-\$1.75 or more for 411 information calls when they don't have to. Most of us do not carry a telephone directory in our vehicle, which makes this

situation even more of a problem. When you need to use the 411 information option, simply dial: 800-FREE-411 or 800-373-3411 without incurring any charge at all. Program this into your cell phone now.



Mass Flu Clinic held...

Williams County Health Dept. held their annual Mass Flu Clinic on Monday, Nov. 3 from 10am – Noon at the Gillette Building at the Williams County Fairgrounds, Montpelier, OH.

Medical Reserve Corps. Volunteers were invited to come and participate in the clinic. Travis Michael did an excellent job directing traffic and assisting participants with any questions or needs. Thanks to Travis!

This annual event not only offers a service to the community, it also provides an opportunity for Williams County to test its readiness to administer mass vaccinations.

"Being able to vaccinate large numbers of people quickly can be crucial in a crisis," said Linda Earle, Emergency Planner & Medical Reserve Corps. Coordinator.

Influenza is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times even

lead to death.

The best way to prevent the flu is by getting a flu vaccination each year.

Every year in the U.S., an average of 5% to 50% of the population gets the flu; more than 200,000 people are hospitalized from flu complications, and; about 36,000 die from flu.

Some people such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

"Being able to vaccinate large numbers of people quickly can be crucial in the event of a Pandemic Flu outbreak."



Research Proves Health Benefits of Volunteering...

A recent published report from the Corporation for National and Community Service (CNCS-Office of Research & Policy Development) summarizes findings from a number of studies exploring the relationship between volunteering and health. While these studies may differ in terms of their specific findings, they consistently demonstrate that there is a significant relationship between volunteering and good health; when individuals volunteer, they not only help their community but also experience better health in later years, whether in terms of greater longevity, higher functional ability, or lower rates of depression.

Volunteering has long been a common ethic in the United States, with people giving their time without any expectation of compensation. While these volunteer activities may be performed with the core intention of helping others, there is also a common wisdom that those who give of themselves also receive. Research demonstrates that volunteering leads to better health and that older volunteers are the most likely to receive physical and mental health benefits from their volunteer activities.

Over the past two decades, researchers have seen a growing body

of evidence that indicates volunteering provides individual health benefits in addition to social benefits. This research has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability and lower rates of depression later in life than those who do not volunteer.

Volunteering, Life Satisfaction & Mental Health

Volunteer activities can strengthen the social ties that protect individuals from isolation during difficult times, while the experience of helping others leads to a sense of greater self-worth and trust.

Evidence suggests that volunteering has a positive effect on social psychological factors, such as one's sense of purpose. In turn, positive social psychological factors are correlated with lower risks of poor physical health.

Volunteering may enhance a person's social networks to buffer stress and reduce risk of disease.

Research also suggests that volunteer activities offer those who serve more than just a social network to provide support and alleviate stress;

volunteering also provides individuals with a sense of purpose and life satisfaction.

Volunteering, Mortality and Illness

Even when controlling for other factors such as age, health and gender, research has found that when individuals volunteer, they are more likely to live longer.

Several studies have also looked specifically at the effects of volunteering on those with chronic or serious illness. These studies have found that when these patients volunteer, they receive benefits beyond what can be achieved through medical care. For example, those individuals suffering from chronic pain experienced declines in their pain intensity and decreased levels of disability and depression when they began to serve as peer volunteers for others suffering from chronic pain.

For more information or to download the complete CNCS research report, visit

www.nationalservice.gov/pdf/07_0506_hbr.pdf. The CNCS mission is to improve lives, strengthen communities and foster civic engagement through service and volunteering.



Be a Volunteer!



Volunteer for Increased Socialization, and Improved Mental & Physical Health!

MRC Volunteers have many opportunities for trainings....

Williams County Medical Reserve Corps

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We're on the Web!

See us at:

www.williamscountyhealth.org

On October 19, several MRC volunteers participated in the Classroom ICS700 and ICS100 training.

Upon completion of the class, students individually completed the FEMA online test.

All students completed the courses successfully and received certificates of completion for their efforts.

[Our next ICS training will be offered in Spring.](#)

If any volunteers so desire, these courses are also offered online at the FEMA website.

[Our next "Introduction to MRC" class will be offered Saturday, January 24, 2009 from 8:30am-12:30 pm.](#)

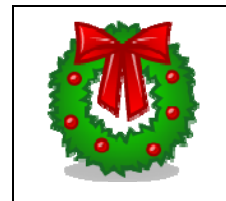
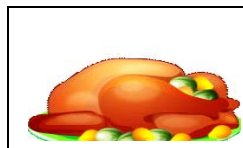
If anyone would prefer to do this class individually, we do have videotapes of this class that you are welcome to borrow and view.



Linda Earle is now certified to be a CPR/First Aid Trainer and will be offering a [CPR/First Aid Class on Saturday, January 31 from 9:00am-3:30 pm](#) for anyone needing these trainings.

Other trainings for 2009 include Hazmat/First Responder and POD Game Training.

Happy Holidays to You & Your Family!



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