

Linn County MEDICAL RESERVE CORPS

Spring 2015

The Linn County Medical Reserve Corps strives to enhance emergency preparedness and response capabilities in Linn County by maintaining a corps of volunteers to assist in response to public health emergencies and to promote preparedness and public health within the community.



Linn County

FREE DISASTER
TRAINING
AROUND OREGON
IN 2015!

Sponsored by: State
Emergency Registry
of Volunteers in
Oregon (SERV-OR)

* Join fellow
healthcare
professionals and
learn new skills to
help others in
disasters.

* Get prepared. Get
trained. Get
connected.

* Get placed to help
when your skills are
needed most.

* Find out about
community service
opportunities.

Registration: Training
details and easy
registration on line at
<http://bit.ly/disastertraining>

Together we will make a more prepared Linn County!

LCMRC

SERV-OR UPDATE

If you have not already registered on SERV - OR as a Linn County MRC volunteer, please do so at your earliest convenience. We are in the process of evaluating our membership. Those who are not registered on SERV-OR by May 1 will no longer be considered active members! Sign up today at <https://serv-or.org/agreement.php>.

UPCOMING EVENTS

Tuesday, April 28: Our Linn County MRC quarterly meeting will be held at the Linn County Health Services building. The address is 2730 SE Pacific Blvd., but due to construction there is no entrance off of Pacific, so use Waverly St. To 7th. The office is located at the end of the street, go to the left when you enter the parking lot, the front entrance is located between the 2 buildings, the door will be open until 6:30pm, after that you will need to call 541-967-3888 x 2078 to get someone to let you in. Carol Smedburg, EMT will be offering a first aid refresher on wound care as part of the meeting. We will also provide some nourishment.

Thursday, May 14, Volunteer Opportunity: The Albany Heart-to-Heart fair will take place from 9 to 1 at the Albany Boys and Girls Club. We need MRC volunteers to take heights and weights of the individuals attending the fair. Any LCMRC member is welcome to attend, and we would like at least one Spanish-speaking volunteer. If you are interested in volunteering at this event, please contact Sarah at your earliest convenience. sbates@co.linn.or.us



www.co.linn.or.us/health/public_health/medical-reserve-corps.htm

Thank You Volunteers

As we conclude Volunteer Appreciation month, I came across this description of a volunteer and found it fitting.

To be a volunteer, it takes. Generosity, a willingness to give your time to others

Understanding, because their lives might be very different from your own

Empathy, an ability to put yourself in someone else's shoes and feel what they must feel

Compassion, to truly care about making someone else's life better

Patience, because the process doesn't always go as smoothly as it might

Dedication, to stick with the project and see it through

Whether it be helping at your child's school, talking with people at a soup kitchen, or providing medical care when needed, volunteers are a special type of people. At Linn County Public Health we want to recognize the willingness of all Medical Reserve Corp members to serve in times of need. Thank you for all that you do.



America's PrepareAthon! is an opportunity for individuals, organizations, and communities to prepare for specific hazards through drills, group discussions, and exercises. National PrepareAthon! Day is April 30, 2015 and will revolve around taking the actions to prepare for these six specific hazards: Earthquake, Flood, Hurricane, Tornado, Wildfire, Winter Storm.

As we prepare to face drought conditions across Oregon this summer, a real danger is Wildfire in Urban settings. Take the time to make your home a defensible space by checking the roof and rain gutters, removing fuel sources such as brush located near the home, and reduce the density of tall trees near the home. To help firefighters find you, make sure your house number is clearly marked and visible from the street, and that responders can access your driveway. For more information visit www.firewise.org/

MRC Volunteer Steps Up

In late February there was a need for licensed nurses to help with a mass vaccination at the U of O, during a meningococcal outbreak. I was pleased to have an opportunity to use my disaster training and nursing skills to quickly respond to the public health need.

After contacting Lane County Public Health, I showed up at Matthew Knight Arena at 9am. After receiving 20 minutes of "just in time" training, the doors were opened and we had a line of students. Lunch was provided so that volunteers could continue working at a rapid pace. I would estimate that I provided 60 immunizations before the clinic ended at 4pm.

As a nurse it was really interesting to work with this college age population, that I don't often see in my nursing practice. I am grateful that I had already completed the Serv-Or mass-dispensing of antibiotics training, this event put all the principles we learned there into action. This training is being offered in the Fall through Serv-Or, and I recommend that other Linn County MRC members take it, so that we can have more prepared volunteers when the need arises again.

Alisa Ward, RN, Linn County MRC Volunteer

Psychological First Aid

This American Red Cross course is to prepare first responders to provide basic care, comfort and support to people who are experiencing disaster-related stress. Recognize signs of stress in clients, co-workers and yourself. Learn and apply psychological first aid principles in providing immediate support; obtain mental health support for yourself, co-workers and clients.

This is usually a 4 hour class, but in early May 2015, in the evening, Carol Gross from the Red Cross will be teaching it in 2 hours here at Linn County Health Services in Albany. We will notify you as soon as we have the date.



