

Linn County MEDICAL RESERVE CORPS

Winter 2012

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.



Together we will make a more prepared Linn County!

Updates with the LCMRC

MEMBERS MEET AT JANUARY ORIENTATION

On January 9th, five Medical Reserve Corps members started the new year with an orientation session at the Linn County Public Health Department. Volunteers learned about the MRC, including history, organization, expectations, and benefits. Volunteers also received introductions to Psychological First Aid and personal emergency preparedness. Participants are now one step closer to completing the core MRC requirements!

SERV-OR GETS AN UPGRADE

In November, the new SERV-OR system became fully operational. The new software makes the site more user-friendly and has introduced various new features for volunteers and coordinators to utilize. All profiles which had been completed on the previous system were automatically transferred over, but volunteers are requested to log in and check that all of their information is up-to-date. To mark the change, AmeriCorps*VISTA Teddy Solberg has created a new SERV-OR logo. A big thanks to SERV-OR Administrator Eric Gebbie and his team for all their hard work! As a reminder, all Linn County MRC volunteers are required to register with SERV-OR by March 31st when we will switch to using the online system to contact LCMRC volunteers.

MRC throughout the Nation

Alabama Trains in Autism

The North Alabama Medical Reserve Corps was awarded a grant by disaster relief organization AmeriCares. The grant is aimed at providing 200 first responders training on working with individuals with autism during emergent events.

Nevada Unit Staffs Shelter

Members of Nevada's Washoe County MRC assisted the local Red Cross chapter in November shelter operations. Following a fire which spread to two dozen homes, MRC volunteer nurses and mental health practitioners responded to a need for additional staff to help survivors.

Louisville Gets Vaccinated

Kentucky's Louisville Metro Medical Reserve Corps assisted the Department of Public Health on their fall immunization campaign. Targeting local school students, the campaign was a huge success, providing 20,000 students with flu vaccinations free of charge.



Flood Preparedness

Recent heavy rains have reminded us in Oregon that floods are a regular threat, especially in the low-lying Willamette Valley. Make sure you, your family, friends, and neighbors are prepared.

- Know the difference between a watch and a warning. A watch means floods are possible in your area; a warning means they are imminent or ongoing.
- Tune in to weather reports and check local government websites for road closure information.
- Know the location of nearby rivers and creeks
- Be prepared to evacuate if necessary. Don't return until the evacuation has been lifted.
- Avoid floodwaters. Water may be contaminated. 1 foot of water can lift a car or SUV; 2 feet can sweep it away.
- Have an emergency kit.
- After flooding occurs, use caution in approaching damaged structures.
- Discard any food or drinks which have come into contact with floodwater. Do not use potentially contaminated water to brush teeth, clean dishes, or wash hands.
- Wear protective clothing such as rubber gloves and boots during clean-up.
- Be aware that flooding and heavy rain can cause landslides. Listen to local news and warnings to keep abreast of potential dangers.
- Receive emergency warnings by registering with Linn-Benton Alert.



BUILD AN EMERGENCY KIT

Preparedness begins at home, but building an emergency kit from scratch can be expensive and time-consuming. Make it easier on your wallet by building it piece-by-piece. Items to add to your kit this season:

- Storage container or large bucket
- 3 gallons of water
- Jar of peanut butter
- 3 cans of meat and/or beans
- Can opener

Course Highlights

Nurses on the Front Line: Preparing for and Responding to Emergencies and Disasters

A GWU Dept of Nursing Education course aimed at preparing nurses for their roles in emergencies. Available online through MRC-TRAIN free or with CNE credit from GWU for a small fee.

MRC Family Disaster Planning

Provided by the Kentucky Dept of Public Health, this course teaches how to prepare one's household and community for disasters. Available online through MRC-TRAIN free. Taken with Risk Communication, this course provides nursing contact hours.

IS-7: A Citizen's Guide to Disaster Response

This FEMA course offers an introduction to the roles of local, state, and federal government agencies in disaster response. Available through the FEMA Independent Study website free. This course provides 1 CEU.



Coordinated Care Coming to Oregon?

The Oregon Health Policy Board recently approved the Coordinated Care Organization Implementation Plan. If approved by the legislature in February, Coordinated Care Organizations (CCOs) could start popping up from July onward. The structure of CCOs would vary somewhat based on local needs, but would aim to improve healthcare for Oregon Health Plan recipients. The plan would see service providers, from family physicians to mental health counselors, network together to provide an improved standard of care while increasing access for patients and reducing waste such as through duplicate testing. The organizations would also bring an increased focus on preventative healthcare. For more details, visit the Oregon Health Authority website at the following address:

<http://www.oregon.gov/OHA/OHPB/health-reform/ccos.shtml>



The Linn County Medical Reserve Corps is housed out of the Linn County Department of Public Health.
To receive more information or to share questions or comments, please use the following forms of contact:

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