

medical  
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# Health/Medical Reserve Corps Newsletter

Winter 2010



## ANNUAL REGION REVIEW: COLD HARD FACTS

Regionally our MRCs have been working hard towards building strong, healthy and more prepared communities. Over this past year, MRC members have attended numerous trainings, exercises and activities. Here are some cold hard facts and a little math to numerically estimate what MRC accomplished in 2010:

Exercises: *Multnomah* (81 volunteers) + *Clackamas* (13 volunteers for 82 hrs) + *Washington* (4 volunteers for 40 hrs) + *Columbia* (1 volunteer for 10 hrs)  
= **99 volunteer occurrences for a total of 132 hours**

Trainings: *Multnomah* (60 volunteers for 240 hrs) + *Clackamas* (62 volunteers for 435 hrs) + *Washington* (74 volunteers for over 350 hrs) + *Columbia* (6 volunteers for 60+ hrs) + *Nehalem Bay* (30 hours)  
= **202 attendees for over 1115 hours**

Outreach/Activities: *Clackamas* (32 volunteers for 39.5hrs) + *Washington* (37 volunteers for 273.5 hrs) + *Columbia* (23 volunteers for 132 hrs) + *Nehalem Bay* (45 hours)  
= **92 volunteer occurrences for 490 hours**

**Regionally in 2010, we contributed 393 volunteer occurrences for 1737 hours!**

## LETTER FROM THE SURGEON GENERAL



Dear MRC Leaders and Volunteers,

As the 18<sup>th</sup> Surgeon General, it is an honor and privilege to know that I can count on our Medical Reserve Corps (MRC) for support as we build a stronger, healthier, and better prepared nation - one community at a time.

Like many of you, I was an MRC volunteer. I was also on the board of our local organization that helped establish our MRC unit in Southwest Alabama. The inspiration I received from my fellow MRC volunteers - men and women like you - is something that continues to give me strength and pride. The willingness of MRC volunteers to give their best efforts to help make our communities safer and healthier reflects a determined, generous spirit that I believe is our nation's richest resource.

You continue to provide assistance and depth to our local emergency response systems. All of us - individuals, family members and communities - need to be better prepared. To accomplish this, we must continue to forge partnerships among emergency management, law enforcement, health professionals, and the uniformed services. Everyone needs to be aware of potential health threats, and we need to be trained to meet those threats in an effective, coordinated manner.

With sincere thanks,

*Regina M. Benjamin, MD, MBA*  
United States Surgeon General

# WELCOME SW WASHINGTON MRC

Welcome SW Washington MRC to our region!! After a regional meeting last month with Unit Coordinator Lianne Martinez, SW Washington MRC is now part of the regional MRC. SW Washington MRC includes the five counties of Clark, Cowlitz, Skamania, Wahkiakum and the Cowlitz Tribe. Currently SW Washington has over 300 MRC members. The unit's activities include: SMILE surveys, assisting with preparedness health fairs, staffing at call centers and monthly trainings. SW Washington MRC has agreed to allow any regional members to attend SW Washington trainings. Trainings are on a first-come-first-serve basis so contact Lianne as soon as possible if there are any SW Washington trainings you would like to attend.

## UPCOMING TRAININGS AND EXERCISES

**Clackamas:** 5 MRC volunteers aided in giving over 300 flu shots in Happy Valley POD. Bloodborne Pathogen Trainings on January 5th. Priority given to retired members. Upcoming new volunteer orientation in February. Date TBD.

**Columbia:** 3 new members joined the unit. 3 walk-in clinics and 5 travelling clinics to communities in the county had 8 MRC volunteers assisting with vaccinations. 2 volunteers and unit coordinator attended the American Red Cross shelter

operations training. 1 MRC volunteer checked the blood pressure in 27 senior citizens at the Vernonia Senior Center.

**Multnomah:** 81 volunteers participated in the Shake Up 2010 Exercise. Lessons learned: SERV-OR messaging should only be used as an alerting system and personal preparedness is still inadequate. A volunteer orientation is coming up in the winter term.

**Nehalem Bay:** Will participate in an emergency volunteer corps

**IMPORTANT:**

**KEEP CONTACT INFORMATION CURRENT**

Please keep your profile updated on Serv-OR regarding any changes to your address, phone number, or email address.

We use the information to contact you for all trainings, exercises, or activations.

communications training in January with CERT and HAM radio. Advanced First Aid training in March by a MRC volunteer.

**Washington County:** There was an orientation in December with 20 people in attendance. Another orientation will occur on 2/9. More trainings, such as Cooking in the Dark and CPR for Health Professionals, will take place in the winter quarter.

## FEMA TRAINING OPPORTUNITIES

Train at the nation's premier all-hazards training center! FEMA's Center for Domestic Preparedness (CDP), located in Anniston, Alabama, is the United States Department of Homeland Security (DHS)'s only federally chartered Weapons of Mass Destruction (WMD) Training Center.

The Center for Domestic Preparedness has numerous resident training programs (40+) that are completely funded. If you are a state or local emergency responder this training is completely funded by DHS at no cost to you or your jurisdiction. We fly you into Atlanta airport, pick you up, transport you to the CDP and provide all meals and lodging. There is no cost for the course or materials.

### Examples of MRC Relevant Classes

**-Emergency Medical Operations for CBRNE Incidents (EMO):** 3 Day Course

More information: <http://cdp.dhs.gov/resident/ems.html>

**-Technical Emergency Response Training for CBRNE Incidents (TERT)**

More information: <http://cdp.dhs.gov/resident/tert.html>

Recommended Training by Discipline: <http://cdp.dhs.gov/recommend/index.html>

Application Process: <http://cdp.dhs.gov/registration/index.html>

For additional FEMA training questions please contact your MRC Coordinator

**Questions?**  
**Comments?**  
**Something To Add?**

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Any topics you would like to see addressed in a future newsletter? Please contact Holly Mueller at [hmueller@co.clackamas.or.us](mailto:hmueller@co.clackamas.or.us)