



Thurston County Public Health & Social Services

Thurston County Medical Reserve Corps

MRC * IN ACTION

New Addition to the MRC Website



I am pleased to announce that we are rolling out a new addition to our website. As it seems we can be a little behind the technological times, and are working to catch up, we have added a calendar to our website that we feel will greatly benefit all of our members. The calendar will be kept up to date with all of our training and planned events (we can't predict floods, storms or the flu!).

So this way our members can see when all of our training and events are scheduled so you can plan in advance for any and all of the events you would like to attend. We want to make this as easy and convenient for you, the volunteer, as possible. With that being said, we also encourage you to share any ideas that you may possibly have to improve the MRC and your experience with our volunteer program. You can contact Kenneth

Walker, or another great forum would be to attend one of the leadership team meetings and let your ideas be heard, so we can best accommodate them.

"I've learned that you shouldn't go through life with a catchers mitt on both hands. You need to be able to throw something back."

~Maya Angelou

A Friendly Request...

It has been a while since our last newsletter, which I hope all of you received in the mail. We did have some that were not delivered due to undeliverable addresses, so please update your contact information if you have moved!

We are on a new newsletter schedule and we will have an e-newsletter out to all of our members every other month. We are also going to try to have a hard print newsletter sent out quarterly, but at the minimum bi-annually for all of our members who prefer hard print reading materials, and as a history major who doesn't?

At least this way we can grasp onto hard print for a moment longer. I hope you all enjoyed our last newsletter in its hard print form; I would love to hear feedback from you as to which method is preferred. Hard print is somewhat expensive, so if everyone would prefer all electronic that would be great information to know!

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MRC General Meeting

On December 1, 2011, the Thurston County MRC held its annual General Meeting for all of the volunteers to attend. It was a great opportunity to come and meet some of your fellow volunteers and members from the community. There was a great turn out for the general meeting, with about 30 volunteers in attendance. It was a rather exciting meeting with some new faces to the Thurston County MRC. Dr. Yu reviewed 2011 and gave thanks for all the hard work and effort put in throughout the year, along with some good memories.



We also had one of our new MRC recruits give a great presentation. Sally Abbott, who currently works for the Department of Health and is a registered nurse, gave a presentation on what a Federal Medical Station is. We asked her for this presentation because in June, as part of the MRC, all of our interested volunteers will have the opportunity to be trained in the use of Federal Medical Station in a statewide exercise in Pierce County. Sally gave a wonderful presentation and was able to answer questions at the end. We also had Dr. Britt Smith talk about his experience with the MRC national cadre and the great opportunities he has had derived from that experience. All in all it was a great meeting, with a lot of involvement from our volunteers and I want to thank all of you who attended.

2011 Year in Review

2011 is near its end and like every year it seems to be like a rollercoaster and different for every person. However, it was a great year for the Thurston County Medical Reserve Corps. We have achieved a total of 731 training and event hours! That is a significant amount of generosity to this community. We just wanted to highlight some of the great accomplishments all of you have achieved over the year.

The Senior Games kicked off the summer activities for the MRC and the participants could not have been more grateful for the MRC participation. Medic One happy to have the support of the MRC in the Thurston County Fair as it allowed them to leave the First Aid Station with confidence that a quality group of MRC was there to help run it.

Probably the biggest impact that happened all year was the Back to School Vaccination Clinic, where 97 children were able to receive shots for school. Families that came through were thankful for the efforts of our volunteers.

A HAPPY
NEW YEAR

There has been so much effort and great work put in by all of you, our volunteers. Let us continue on with this spirit of giving to our community and showing them what a wonderful group of volunteers we have in the Thurston County Medical Reserve Corps!

UPCOMING EVENTS & TRAINING

To register for any of the following activities go to the MRC Training web page at:

<http://www.co.thurston.wa.us/cm/mrc-training/>

Leadership Team Meeting

Tuesday, January 17, 2012

5:30 p.m.-7:00 p.m.

The Leadership Team is expected to be there, however anyone who wants to sit in on the meeting is more than welcome!

Thurston County Public Health and Social Services Department
412 Lilly RD NE, Olympia WA, 98502

New Member Orientation

Thursday, January 26, 2012

6:00 p.m.—8:00 p.m.

Thurston County Public Health and Social Services Department
412 Lilly RD NE, Olympia WA, 98502

Leadership Team Meeting

Tuesday February 21st, 2012

5:30 p.m. –7:00 p.m.

Thurston County Public Health and Social Services Department
412 Lilly RD NE, Olympia WA, 98502

CPR/AED Training

Thursday, February 23, 2012

9:00 a.m.—12:00 p.m.

Thurston County Public Health and Social Services
412 Lilly RD NE, Olympia WA, 98502

ICS/NIMS Classroom Based Training

Saturday, March 10, 2012

9:00 a.m.—2:00 p.m.

Thurston County Public Health and Social Services Department
412 Lilly RD NE, Olympia WA, 98502

A complete listing of all training and events is also available at the link below:

<http://www.co.thurston.wa.us/cm/mrc-training/>

Looking Forward to 2012

We have completed the Thurston County MRC training and event schedule for 2012. We should have all the planned training and events up shortly with the addition of the calendar on our website. I want to point out a few things that may be of interest to all of our volunteers. In the first week of April we will be holding our annual Volunteer Appreciation Event to give you all the credit and thanks that you deserve for your hard work over the year.

We are in development and close to creating a classroom based Incident Command System training, for those of you who learn better in a classroom setting than online, that we shall be offering three times a year. A new and very exciting opportunity will be presenting itself in June statewide for MRC to participate, training for a Federal Medical Station. Pierce County will be hosting the training and it will be available to all MRC volunteers and will be an amazing opportunity to gain some new and valuable skills in using a Federal Disaster asset.



There is nothing stronger than the heart of a volunteer

-General James "Jimmy" Doolittle

Thank you!

From the Thurston County Public Health Staff we want to offer our sincerest thank you for all that you have done over the course of this year. All of our volunteers here with the Thurston County Medical Reserve Corps are invaluable to the community we all live in.

It is not just the events that we as an organization participate in that make you all invaluable, but just being part of this organization and being pre-trained for the event of an emergency makes the community of Thurston County more resilient and makes the counties around us more resilient as well. So to all of our members thank you for the wonderful year, and lets continue on with what we have built over the last year and carry it through 2012.

THANK YOU

Leadership Team

As part of our goal to foster growth of the Medical Reserve Corps, and build the MRC with the combined vision of the Health Department and that of our Volunteers, in May a Leadership Team was created. They have met twice since their creation in May. The leadership Team is currently organized with the Incident Command System in mind and the members of the Leadership Team reflect the structure as such.

The Leadership Team is still new in its creation, with the Bylaws being officially passed in November. It is our hope that the Leadership Team

will be able to start taking on and reflecting the voice and opinion of the members of the MRC and the direction that the MRC should be moving in. With all of that being said, the Leadership Team meetings are open to all of our members, and a great place to share ideas and thoughts that you might have for the MRC. We welcome all that would like to come. The next meeting will be held January 17th, 2011 and will be held on the third Tuesday of each month.



On December 16th, 2011 came the end to the Occupy Olympia encampment in Heritage Park in downtown Olympia. The encampment was peacefully moved out from the park after inhabitants have lived in the encampment for almost two months. Some of you might be asking, what does this have to do the Thurston County Medical Reserve Corps? And what does it matter now that the encampment has been evicted? The Oc-

attention through multiple outlets here at the Health Department, and we wanted to share what had happened with the encampment and how it related to the Health Department and the MRC. A few of our members contacted the Thurston County Medical Reserve Corps, asking if the MRC could be activated to support and/or work with the existing First Aid Station within the encampment. We had also been contacted by the First Aid Station at the encampment about getting the MRC involved, as the First Aid Station had very little staff and resources to effectively help such a population.

Working within the structure of the MRC, we received a mission number from Thurston County Emergency Management Department, as if we were activated. Our Health Officer, Dr. Yu, and one of our MRC volunteers and leaders, Dr. Brit Smith, working under the mission number went down to the encampment to investigate the situation to see if this was something the MRC could participate in, and if so, to what extent, and to evaluate the overall Health of the encampment.



What they were able to determine from their investigation was that these living conditions were unsafe and unhealthy and posed a risk to the health of the occupants. They believed the limited abilities of the current First Aid Station, even with sponsoring help from the MRC, would result in promoting the continued living in these unsafe and unhealthy conditions.

The response to the encampment ended with their investigation and the MRC was not activated. The MRC is an entity of the Thurston County Public Health and Social Services Department, and as such the MRC would not be activated to promote such unsafe and unhealthy living conditions.

Occupy Olympia

Occupy Olympia encampment has been brought to our

MRC Outreach

Would you like us to give a short presentation about the MRC at your work place? Would you like some MRC brochures to pass out? We are currently expanding our public outreach and would like to get the word out about the MRC.

Please contact Kenneth Walker if you would like more information about a presentation and/or brochures.

2011 Senior Games First Aid Station



**Volunteers
Building
Strong, Healthy
and
Prepared
Communities**

Please call us if you have any questions, concerns, or great ideas!

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WE ARE ON THE WEB!

Visit :

<http://www.co.thurston.wa.us/health/admin/preparedness/mrc.html>

To request this publication in an alternative format, please send an email:
poyners@co.thurston.wa.us