



**Thurston County Public Health & Social Services**

**Thurston County Medical Reserve Corps**

**MRC \* IN ACTION**

**HELLO MRC! A Message from Kenneth**



Happy October Everyone! I hope this newsletter finds you all well. I just want to take a moment to introduce myself. My name is Kenneth Walker and I am the new AmeriCorps VISTA Volunteer. I have already meet some of you at the Back to School Clinic, and have begun to send emails to others, but I hope to eventually get to meet you all over the course of my year of service here at Thurston County Public Health and Social Services.

A little about me, I just recently graduated from Oregon State University where I received a Bachelor of Arts in History. I was also a four year student-athlete at Oregon State, I participated on the Men’s Rowing team for all four years. I have grown up and lived all over the world and the United States, which happens when you’re in a military family, but as my father retired from the Army, and we moved to Olympia in 1999, I have found Olympia to be a place I call home. And I am excited to be able to give a year of service, to make this already great community of Olympia and Thurston County, a better one. So I look forward to meeting all of you over the course of the year! Hopefully under a non-disaster situation, but if that is the case, at least we will be prepared!

***A Friendly Reminder...***

We would like to remind everyone that we are currently working on updating our member files and database. We have already begun to contact some of our members by email, that currently have an older application form on file. Please visit our website (listed below), complete a new application form, and submit. Our goal is to have the most accurate and up-to-date information as possible. - **Thank You!**

**Here is the website:**

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

- **Only fill out the Application Form**
- **We do not need an original copy**
- **To submit, you may send your information:**
  - \* **By postal mail;**
  - \* **By email to: [walker@co.thurston.wa.us](mailto:walker@co.thurston.wa.us); ***OR*****
  - \* **Bring to the office (412 Lilly Rd. NE; Olympia)**

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## Back to School Immunization Clinic

On Saturday September 17<sup>th</sup>, 2011 the Thurston County Medical Reserve Corps, in partnership with the Thurston County Public Health and Social Services Department and Group Health Cooperative held a clinic, for children entering kindergarten through eighth grade to give the required vaccines necessary to enter school at no cost to the families. Members of the Medical Reserve Corps from Thurston, Mason and Lewis Counties were the individuals that provided direct service during the event on Saturday. This was the first time that the Thurston County Public Health and Social Services Department or Group Health provided a clinic of this nature and caliber. The Back to School Immunization Clinic was held at Group Health Cooperative in Olympia Washington and was set to begin at 10:00 a.m. However, members of the community began to line up for the clinic as early as 9:15 in the morning. One family in particular, who was the first to show up, could not have been more grateful for the service being provided. As the family is new to the community, and is on a two month waiting list at a local clinic where they would have to pay out of pocket for their child to receive the necessary immunizations for school, they could not have been happier to come to the clinic. It is with this in mind that our own Dr. Yu, the Thurston County Health Officer, had the vision for a clinic of this nature. It was a great opportunity for Public Health, Group Health and our MRC Volunteers to give back to a community that is already so great to live in.

I want to give thanks to our management team who gave valuable time in planning and implementing this clinic. One last thank you to our State Department of Health representative Mike Bin, who made the child profiling section flow without a hitch, and would not have been possible without him. And lastly, to all of our support within the Thurston County Public Health Department, and our wonderful volunteers listed below

### ~THANK YOU VOLUNTEERS...For All Your Efforts! ~

Mary Ann O'Garro	Linda Thompson	Peggy Martinez	John Amos	Helen Heywood-Mang	Kay Smith	Christine Canavan
Sue Poyner	Dr. Diana Yu	Quoc-Bihn Nguyen	Judy Wilson	Theresa Lirette	Lisa Wahl	Richard Hurst
Diane Hurst	Jemima Tso	Roxanne Cobb	Laura Roderick	Annie Merritt	Diane Skov	Carmen Olson
Gloribel Raye	Alexei Berndt	Joanne Coleman	Marina Berndt	Linda Jacobson	May-Lou Spence	Dane Slater
Angela Klaassen	Kathryn Smith	Sabrina Roper	Deven Zipp	Michael Wolfson	Joan Ashcraft	Mike Bin



## 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/>

### **Medical Reserve Corps Leadership Meeting**

**Thursday, October 20, 2011**

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

### **Thurston County Preparedness Expo**

**Saturday, October 29, 2011**

10:00 a.m.-3:00 p.m.

St. Martin's University Pavilion

\*We are looking for volunteers who want to help with outreach, and share their wonderful MRC experiences

### **New Member Orientation**

**Thursday, November 3, 2011**

6:00 p.m. –8:00 p.m.

Thurston County Public Health and Social Services Department

### **Psychological First Aid**

**Saturday, November 5, 2011**

9:00 a.m.—12:00 p.m.

Lewis County Extension Building in Chehalis

### **Medical Reserve Corps General Meeting**

**Thursday, December 1, 2011**

6:00 p.m.—8:00 p.m.

Thurston County Public Health and Social Services Department

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

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

## In Honor of National Preparedness Month

As September was national preparedness month, I just want to remind everyone of the importance of being prepared for an emergency. It can make a major difference if a disaster takes place. Having a home preparedness plan is a major aspect of that. So if you do not have one in place, it would be a great idea to make one. If you do have one in place, practice it, see if there is anything you can do to improve.

Secondly having a disaster kit is also a highly encouraged idea for preparedness. Lastly, stay informed, if there are emergency plans in place established by the local or state government, what are they, do you know how it works? If you have any question or need some help or resources, [www.ready.gov](http://www.ready.gov) is an amazing site created by FEMA to help people prepare for man-made or natural disasters.

If you want help locally, Vivian Eason from Emergency Management is a great resource, she can be contacted at [EasonV@co.thurston.wa.us](mailto:EasonV@co.thurston.wa.us) or you can come to the Thurston County Preparedness Expo where you can find all the information you need on being disaster prepared.



***Do your little bit of good where you are; its those little bits of good put together that overwhelm the world.***

*-Desmond Tutu*

### Are You Tech Ready?

Here are some useful tips from our friends at FEMA about being technology ready in case of a disaster:

- Keep your contacts updated across all of your channels, including phone, email and social media.
- Learn how to send updates via text and internet from your mobile phone to your contacts and social channels in case voice communications are unavailable.
- Keep extra batteries for your phone in a safe place, or purchase a solar powered, or hand-crank charger.
- Program "In Case of Emergency" (ICE) Contacts into your cell phone so emergency personnel can contact them for you if you are unable to.
- If you have a traditional landline phone, keep at least one non-cordless phone in your home, because it will work even if you lose power.
- If you do not have a cell phone, keep a prepaid phone card to use if needed or after a disaster.

## Flu Season Is Upon Us

It is now October, and as the days get shorter and the temperature gets colder there is more of a risk for Influenza. Seasonal influenza is a serious illness that each year kills about 36,000 Americans and sends more than 200,000 to the hospital. There are many complications of seasonal flu, which can include pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions.

Getting vaccinated is the best way to protect yourself and your family from seasonal flu. We strongly encourage everyone to get a seasonal flu shot as a way to minimize illness in our community. Call your health provider for more information, or visit the <http://www.co.thurston.wa.us/health/default.htm> for Influenza (Flu) Immunization information.

### Limit the Spread of Germs

- Cover your mouth and nose when coughing or sneezing
- Stay home when you are sick
- Avoid Close Contact
- Clean your hands
- Avoid touching your eyes, nose or mouth
- Practice good health habits



Summer has just flown by. Many of our volunteer members have been busy the past few months volunteering at various MRC sponsored activities and trainings. Thank you to all of our volunteers who participated in the events listed below.

### LET'S RECAPTURE SUMMER EVENTS

**Washington State MRC Volunteer Training, June 18** – This statewide event brought 75 Medical Reserve Corps volunteers (10 from Thurston county ) from across Washington State together at the main office of the Department of Health in Tumwater for the Basic Disaster Life Support training.

**Senior Games-** Another great event that our MRC unit was able to provided first aid support to participants and spectators at both the Track & Field and Soccer venues. The event organizers were very thankful and asked us to return next year.

**Thurston County Fair** – Wow, this event request popped up without much notice and was a good test of our ability to respond on short notice. Another great opportunity for MRC volunteers to work with response partner Medic One over the course of 5 consecutive days.

**NW Citizen Corps Expo Exercise, August 20** in North Bend, Washington The Expo is an annual exercise in Washington that offers volunteer disaster responders from CERT, MRC and amateur radio the opportunity to practice their skills while working together in a realistic disaster exercise. This year the MRC exercised the ability to stand up a Field Treatment Site (FTS) and work within the CERT Triage system to prioritize and treat patients during the exercise.

**Over 600 volunteer hours for training and events have been calculated over the past few months.**

## MRC Outreach

Would you like us to give a short presentation about the MRC at your work place or 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 Back To School Clinic MRC Volunteers



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

**Please do not hesitate to call staff if you have any questions, concerns, or great ideas!**

**Sue Poyner, MRC Coordinator**  
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(360) 867-2551

**Kenneth Walker, MRC VISTA Volunteer**  
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(360) 867-2522

**WE ARE ON THE WEB!**

Visit :

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

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[poyners@co.thurston.wa.us](mailto:poyners@co.thurston.wa.us)