CENTRAL DISTRICT HEALTH DEPARTMENT MEDICAL RESERVE CORPS

Central District Health Department
Medical Reserve Corps

Back issues of this publication are available on our website: cdhd.idaho.gov

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We're A Tobacco Free Zone

TOBACCO FREE ZONE

To protect the health of **everyone** at CDHD, no smoking or other tobacco use is permitted in our facilities or on our property, both indoors and out.

Thank you for your cooperation.

CENTRAL DISTRICT HEALTH DEPARTMENT

Have a Healthier 2012!

Public health is all about keeping communities and people healthy. Although chronic disease prevention seems different than emergency preparedness, they are related. If people are in good health, they will be more resilient in the face of an emergency situation — and better equipped to help themselves, their families, and their communities in a response. Someone who is not as healthy may suffer from added health issues in an emergency — for example, they may experience more severe stress-related issues or they may suffer from worsening health conditions due to decreased access to medications that they need regularly.

We all can do a little more to have good overall health. And small changes can have a big difference! Set goals for yourself that you know you can achieve. Try to exercise more days in one week than you do not exercise. Bring your lunch to work most days of the week. Have a favorite family recipe? Look up similar recipes online to see if there are healthier substitutes for the ingredients. Start with small steps to improve your health and build on your successes.

Go online for more information:

- Find out about healthy eating on a budget and search for healthy recipes at www.choosemyplate.gov
- Need help getting motivated to exercise? Visit www.mayoclinic.com/health/fitness/HQ01543
- Want to learn more about different types of fruits and vegetables? Try www.fruitsandveggiesmorematters.org

Are there things you can do to be healthier today?

- **Try to get 30 minutes of moderate exercise at least 5 days a week**
  Did you know that riding a bike on the Greenbelt and mowing your lawn are considered "moderate exercise" activities?

- **Drink more water.**
  Drinking one 20 oz soda a day? That's about 1,680 calories per week and 87,600 calories per year. This equals about half a pound per week and 25 pounds per year!

- **Try something new**
  Ever been to the produce section at the grocery store and found a fruit or vegetable you didn't recognize? Next time, give it a try! You might find a new healthy food that you enjoy. You can search online for good-for-you recipes and cooking tips, too.

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CDHD MRC Volunteers

The Medical Reserve Corps Program Celebrates 10 Years of Volunteer Service Across the Nation!

2012 marks the 10th Anniversary for the MRC Program. Here is a very brief look back on program milestones and volunteer activities since 2002.

2002 President Bush delivers the State of the Union Address, calling all U.S. citizens to volunteer in support of their country. Shortly after, the Medical Reserve Corps (MRC) Program is formed within the newly created U.S. Freedom Corps.

2003 Medical students at the University of Virginia start an MRC Program. This is the first MRC Unit led by college students.

2004 **The MRC comes to Idaho!** The Central District Health Department MRC Program is formed within the Preparedness Program.

2005 MRC Units increase to **300 programs nationwide**, up from the original 42 units in 2002.

Ohio's Clark County MRC Volunteers participate in a mass flu vaccine clinic, vaccinating over 7,000 people.

2006 As of August 31, MRC Units are now established in all 50 states.

Throughout the country, approximately 6,000 MRC Volunteers are activated in their local communities to assist with the response to hurricanes occurring in the Southeastern U.S.

2007 Arizona's Mohave County MRC Program is awarded the President's Volunteer Service Award.

2008 Members of the MRC Veterinary Medicine Response Strike Team from Cedar Rapids, Iowa care for nearly 650 displaced animals during a flood emergency in the region.

The University of Minnesota MRC Volunteer Program beats the Guinness World Record for the most flu shots given in one day, vaccinating over 11,500 people!

2009 Nationwide, nearly **50,000 MRC Volunteers** assist with the public health response to the 2009 H1N1 Influenza Pandemic, the pandemic flu virus to circulate in several decades. CDHD MRC donate numerous hours responding to the public's questions in the call center, traveling with school strike teams, and working the community-based vaccination clinics.

In Washington, MRC Volunteers assist with the response to winter flooding in the western part of the state, including helping to evacuate nursing homes and providing information on debris removal to area citizens.

2010 Volunteers from the West Georgia MRC Unit assist during a taping of *Extreme Makeover: Home Edition* by helping to coordinate staff and others working on the show and handling the crowds.

2011 As of August 2011, the MRC Program includes over 200,000 volunteers nationwide, making up more than 950 volunteer units.

CDHD MRC Receives Capacity Building Award

In the fall, the CDHD MRC applied for the 2011-2012 MRC Capacity Building Award and we have recently received the news that our application was approved for funding. This is a highly competitive award that is distributed through the National Association of City and County Health Officials (NACCHO) and the Division of Civilian Volunteer Medical Reserve Corps (DCVM-RC). The funding will be used to pay for upcoming volunteer activities this year. So keep an eye on your email for training opportunities and other events!

Coordinator's Corner — 2013 will be here before we know it!

It's barely 2012 and the Preparedness Program is already looking towards April 2013. Why? We are gearing up for the next full-scale statewide exercise. "Full-scale" means it is an exercise that is as close to a real response as possible. With the Idaho Department of Health and Welfare and all seven health districts involved in the event, there will be a lot of planning, training, and exercising in the coming months to prepare for it. Stay tuned for information on how you can get involved!

MRC Volunteer Profile

Meet your fellow MRC Volunteers! Thank you to Sherepta for participating in the Volunteer Profile!

My name is:	*Sherepta Chroninger McLeod*
When I'm not volunteering, I...	*Spend time with my husband, Gregg, and Katy, the only one of our collective 5 children still at home. I also attend BSU, still working on my education. To fund all of our fun, I work at the Department of Health and Welfare, Self Reliance Division.*
Favorite movie:	*"It's a Wonderful Life." It reminds that no matter how insignificant my actions seem, what I do is important and can make a difference.*
Favorite place to take a vacation:	*We have so much beautiful country so close to the Treasure Valley. The Banks to Lowman Loop, north on Highway 55, along the river to McCall, or the Emmett to Horseshoe Bend loop will always be favorites, whether Gregg and I take off on our Indian motorcycle or we take the Jeep with Katy. We just go exploring.*
Best thing about living in Idaho:	*Living in the big city of Phoenix for 16 years made me appreciate the lifestyle we have in Idaho and we chose to move to my home state to raise Katy. I love the life we have found here.*
Pet's name:	*We share our lives with two dogs, Fred and Bart; four cats, Lappie, MayMay, Aurora, and Sweet T; and Cashew, the king snake. As they say, "that's why we have FURniture."*

We would love to feature other volunteers! Contact Katy Quinn at 327-8957 or kquinn@chdh.idaho.gov to tell your story.

Do you have a question about volunteering?

Call 327-8597 or email kquinn@cdhd.idaho.gov.

Volunteer Idaho

Just a reminder — if you haven't yet registered on Volunteer Idaho, please do so soon! Visit www.volunteeridaho.org to get started.

Update Your Contact Information

If you are wondering why you haven't received any emails regarding volunteering, you might need to update your contact information. We want to stay in touch!

If you are registered on www.volunteeridaho.org, please update your account information there. If you are not registered online, please email any new or updated information to the MRC Coordinator at kquinn@cdhd.idaho.gov.

Upcoming Events

Keep an eye on your email. Volunteer Orientations and other trainings are coming up this spring. I will send out more information as dates are set with as much notice as possible.

Thank you to everyone who has participated in our projects, training, and exercises recently. It has been a busy six months and these activities would not have been nearly as successful as they were without your support and participation.

Directly Observed Therapy (DOT)
Karma Cusack
Alisa Rettschlag

Tuberculosis (TB) Clinic
Levi Mitchell
Courtney Hruby
Stephanie Hruby
Eva Hrubec

Immunization Peer-to-Peer Program
Dr. Noreen Womack

Mountain Home Immunization Clinic
Sharon Helmandollar
Kris Wenger
Karen Brescia
Carol Litz

Reproductive Health Clinic
Jovelyn Duhaylungsod

Epidemiology/Environmental Health Consultation
Bob Jue

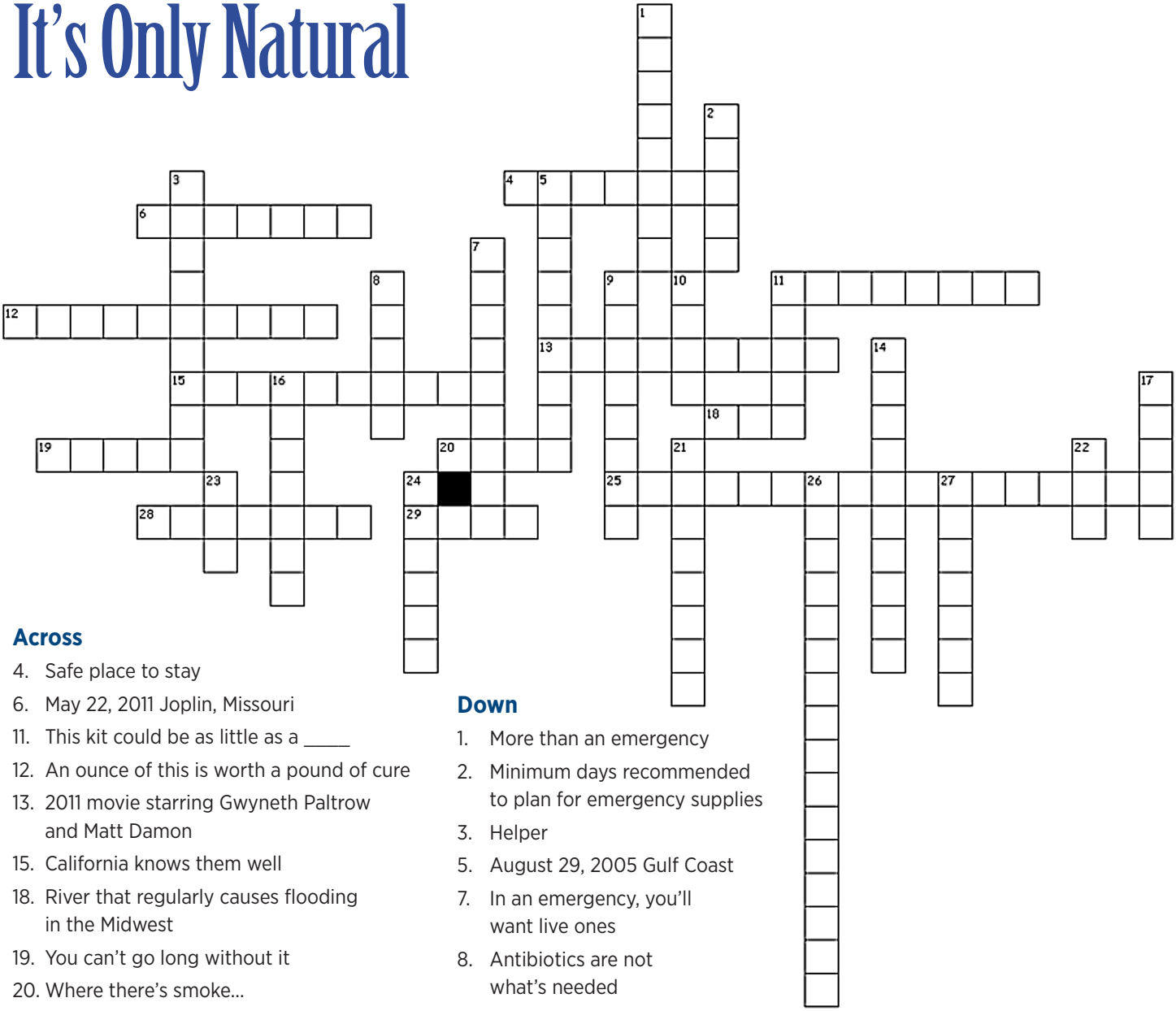
Fit and Fall Proof Instructor Training
Carol Coprivnicar
Mary Eavenson
Denice Goddrich Liley
Marti Lunn Marti Meldrum
Alisa Rettschlag
Chris Roth
Melissa Seibel
Kathy Yochum

Immunizations Administrative Project
Diann Groenewold
Tamara Johnson
Kathy Martin
Patricia Watkins
Vianey Ramirez
Mary Hogan

Environmental Health Administrative Project
Penny Sierra

Cholesterol Screening Clinic
David McCallister
Marti Meldrum

It's Only Natural

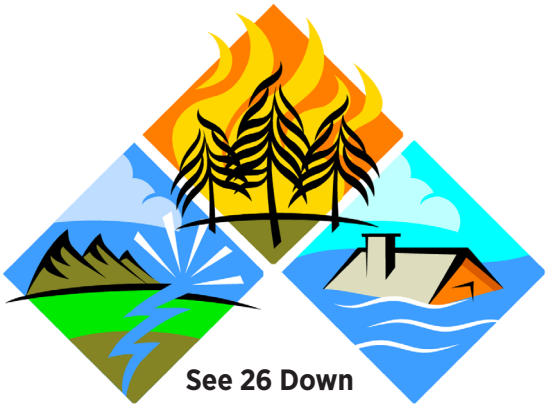


Across

4. Safe place to stay
6. May 22, 2011 Joplin, Missouri
11. This kit could be as little as a _____
12. An ounce of this is worth a pound of cure
13. 2011 movie starring Gwyneth Paltrow and Matt Damon
15. California knows them well
18. River that regularly causes flooding in the Midwest
19. You can't go long without it
20. Where there's smoke...
25. Chart-topper, in an emergency
28. May 18, 1980 Skamania County, Washington
29. You don't want to take one

Down

1. More than an emergency
2. Minimum days recommended to plan for emergency supplies
3. Helper
5. August 29, 2005 Gulf Coast
7. In an emergency, you'll want live ones
8. Antibiotics are not what's needed
9. A globe-trotter
10. Strategy
11. Number one natural hazard
14. Good when it's a laugh, bad when it's a virus
16. December 26, 2004 Indian Ocean
17. Blizzard, e.g.
21. ICS, NIMS, EOC, MRC, etc.
22. Gov. agency for public health
23. Infects pigs, ferrets, and people
24. Used in a mass casualty event to assess patient health
26. Puzzle theme
27. Not natural



Answers will be provided on the MRC page of our website: cdhd.idaho.gov/PHP/MRC/index

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Public Health Preparedness
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Return Service Requested

PRSRT STD
U.S. POSTAGE
PAID
PERMIT NO. 1
BOISE, ID

MRC Newsletter Goes Green

The MRC Newsletter is going green by becoming mainly an electronic-based newsletter. In an effort to reach all of our volunteers, however, we will be happy to mail a paper version to anyone who request one. You may request a paper copy by contacting the MRC Coordinator by phone (208-327-8597) or email (kquinn@cdhd.idaho.gov).

If you receive a paper copy without requesting one, the email address we have on record for you is probably out-of-date. We want to be sure you are getting information that is current, so please keep your contact information updated.