

Southeast Wisconsin Medical Reserve Corps
Volunteers Building Strong, Healthy and Prepared Communities



Quarterly Review

Covering Fond du Lac, Sheboygan, Washington, Ozaukee, Waukesha,
Milwaukee, Racine, and Kenosha Counties

January 2008

Mission Statement

The Medical Reserve Corps is a specialized affiliate of Citizen Corps, a national network of volunteers dedicated to ensuring hometown safety and security. The MRC coordinates the skills of practicing and retired health professionals and non-medical personnel interested in health issues to promote health education in the community and to prepare for and respond to emergencies.

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Why Volunteer? Because it's good for you!



A recent report titled "The Health Benefits of Volunteering: A Review of Recent Research" indicates that volunteering is not only good for the community, but also good for the individual volunteer's physical and mental health. According to Paula Martel, program coordinator for the MRC in the Southern Nevada Health District, "The report summarizes findings from a number of studies that have explored the relationship between volunteering and health. While these studies may differ in terms of their specific findings, they consistently demonstrate that there is a significant relationship between volunteering and good health; when individuals volunteer, they not only help their community but also experience better health in later years, whether in terms of greater longevity, higher functional ability, or lower rates of depression."

Check out the full report online at: http://www.nationalservice.gov/pdf/07_0506_hbr.pdf

Social Networks and Vaccinations

In the October 2007 newsletter we talked about vaccinations and "herd immunity." Herd immunity refers to the effect that occurs as more people get immunized. Basically, as more people get the shot, there becomes a bigger "herd" of immune people and when the virus is introduced to the "herd" there are just less people who can get sick and spread it to others who may not be vaccinated.

It appears there may be another type of "herd" effect: the effect of social networks on an individual's decision as to whether or not to get immunized. It appears that social exposure to medical information raises people's perception of the benefits of immunization. In short, people tend to follow what the "herd" is doing. The study examines the benefits of social networks to flu immunization in college students through a monetary value system. For example, the average student's belief about the vaccine's health value increases by \$5.00 when an additional 10% of her friends are assigned to residences that host inoculation clinics (Rao, Mobius, Rosenblat, 2007).

To view the full report (PDF), copy and paste this link into your browser:

<http://www.bos.frb.org/economic/wp/wp2007/wp0712.pdf>



NACCHO Grant Money Awarded

As you may remember from the October newsletter, we applied for a \$5,000 NACCHO (National Association of City and County Health Organizations) grant to be used for capacity building. We just received the award letter right before Christmas and hope to soon get the paperwork squared away and receive the check. We are hoping to use this grant to hire an intern to take over some of the database and other routine paperwork and to organize volunteer events. Unlike previous NACCHO grants, this grant is contingent on our unit becoming 80% or more NIMS (National Incident Management System) compliant by June 30, 2008. That means that at least 80% of our members must have taken IS-100 Introduction to Incident Command System and IS-700 National Incident Management System by June 30, 2008 or we will be penalized for future funding. At this time we still show that the majority of our members still have not taken either of these two courses. If you have recently taken these courses, please be sure to send us a copy of your certificate so that we have it on file. If you have not taken these courses as yet, please check them out online (they're free!) at: <http://training.fema.gov/IS/crslist.asp>.



News from Washington County

Citizen Corps of Washington County will participate in the Celebrate Families event at the Washington County Fair Park on Sunday, February 10th from 12 – 5 p.m. This event brings over 3,000 people to special events and a community resource fair.

More information on Celebrate Families is available at the Washington County website:

www.co.washington.wi.us

The Training Connection
By Pat Adams, SE WI MRC Training Officer

By now, most of you should be well on your way to fulfilling the basic requirements for the Medical Reserve Corps. These are: orientation, CERT training, NIMS 700, and ICS 100. Should anyone have a problem with these basics, please contact your coordinator. These are the very basic training that you will need in order to be qualified to be called out for an emergency/disaster.



Once you fulfill these, I strongly suggest that you make sure that you have CPR/AED training, and that it is current. These need to be updated yearly, and can be done at your local Red Cross for a minimal fee. Also, though you did receive some first aid in CERT training, it would be beneficial to obtain your certificate in Basic First Aid from the Red Cross. These will help make you a more valuable member of the MRC when it comes to staffing disasters. In addition to that, you would be better prepared to meet any personal emergencies that might arise.

There are many courses available for free on the Internet to enrich yourself and give you more credentials. Knowledge is never wasted.

We are also in the process of updating our member information. If you have moved, have a different e-mail address, or have changed anything else on your profile, please contact Linda Botts, Melissa Piippo, or Pat Adams to update that information. We need your current data in order to place you on our call-up list.



Training

Online Training

The following online courses are available to help develop/advance your working knowledge of Emergency Management, Public Health and Preparedness.

- FEMA online courses at <http://www.training.fema.gov/EMIWeb/IS/crslist.asp>
- University of Albany School of Public Health's course Terrorism, Preparedness, and Public Health-An Introduction at http://www.ualbanycph.org/learning/registration/detail_Terrorism.cfm
- Centers for Disease Control Biological Agent Courses at <http://www.bt.cdc.gov/training/agentmodules/biological/>
- Pacific Public Health Training Center's course PH 101: Principles of Public Health Course at <http://pphtc.org/training/courselist.htm> (list continued on next page)

- Indiana State Department of Health and Applied Research Associates offers a free pandemic exercise game that is accessible to everyone. You only need to create a username and password on the Indiana Learning Management System to play in this exercise. There are three scenarios and three different levels of difficulty, and players may play various roles and play multiple times. To access the training program, go to www.inlms.com.

Please update us as you take these courses and send us a copy of your certificate so that we have it on file.



Local Training

Racine County: Pat and Walter are holding monthly volunteer meetings on the second Wednesday of each month at 6:00 p.m. at the Racine Municipal Building, 14200 Washington Ave. Sturtevant, Conference Room C. All MRC volunteers are welcome to attend. Please contact Pat for more information, padams@execpc.com or 262.634.6859.

Washington County: The Washington County Citizen Corps Council is hosting the Community Emergency Response Team (CERT) Training from February 29 – March 2. Please contact Amy Swanson at citizencorps@volunteernow.net or (262) 338.8256 for more information.

If you have news on training or exercise opportunities taking place in your county, please let us know so that we can include it in the newsletter.

Contact/Training Updates

Have you moved, changed jobs, or had other changes that would affect our ability to communicate with you regularly or contact you in an emergency? Have you recently completed some training that we can add to your file? Please update us so we can stay current with our records! *(Please fill out the applicable blanks below)*

Name (Required): _____

Address, City, Zip: _____

County of Residence: _____

County of Work: _____

Residence Phone: (____) _____

Work Phone: (____) _____

Fax: (____) _____

Cell: (____) _____

Pager: (____) _____

Email #1: _____

Email #2 _____

Training Completed

Name/Type of Training	Certificate/License
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_____	_____
_____	_____
_____	_____
_____	_____

Exercises Attended

Name/Location	Participant or Observer?
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_____	_____
_____	_____
_____	_____
_____	_____