



Medical Reserve NEWS

April 2008

“I have found that among its benefits, *giving* liberates the soul of the giver.”

– *Maya Angelou*



(L to R): Julia Staples, Dr. Bidari, Jane Shunney, Dr. Doubrava, Rebecca Van Blankenstein, Dr. Pennell, Governor Gibbons, Harriett Alvarado, First Lady Dawn Gibbons, Dr. Bower, Paula Martel, Teresa Demos and Murlin Hampton.

2008 Governor's Points of Light Awards

MRC volunteers who gave the most volunteer hours over the past few years were invited to the 2008 Governor's Points of Light Awards on Jan. 31, 2008, to dine with Dr. Lawrence Sands, chief health officer; Jane Shunney, manager of the Office of Public Health Preparedness; and Paula Martel, MRC program coordinator. The Governor's Points of Light Award was established to recognize individuals and organizations for their dedication, commitment and determination in promoting and supporting volunteerism throughout the state.

More photos from the Points of Light event on the back page.

Volunteers respond to Fitness Challenge

On March 6, volunteers with the MRC of Southern Nevada were encouraged by Acting Surgeon General Steven Galson to participate in the National President's Challenge. What began as a national youth fitness test in 1966 has grown up. Today, the President's Challenge takes physical activity beyond the school gym, and into everyday life. They've expanded the challenge to help improve the activity level of anyone: young or old. It's about choosing to live healthier and finding activities you enjoy. To register, visit www.presidentschallenge.org.

In response to the challenge, MRC volunteers Harriett Alvarado and Jose Lopez joined Paula Martel for a rather chilly and damp hike on the Railroad Tunnel Trail in Boulder City last month.



Additional hikes will be scheduled over the next few months, and we look forward to seeing more of you on the trail! Contact Paula at (702) 759-0877 if you are interested in joining her and fellow MRC members.

Committee revises MRC Guidelines

The MRC Guidelines Revision Committee reviewed the local MRC Standard Operating Guidelines as well as guidelines and protocols from several other MRC units. The consensus was to continue to keep it simple with the following changes:

- Since the MRC may be called upon to respond to a variety of events, including those that may involve a hazardous environment, the decision was made to require all volunteers be vaccinated for

hepatitis A and B, as well as tetanus.

Volunteers may receive these vaccinations at the health district for free.

- Categories were redefined and a mental health category was added.
- A sub-committee is developing competencies for health district approval to allow MRC volunteers to administer vaccine.

The guidelines committee also defined our unit's mission, vision, goals and objectives. A copy of the updated guidelines will be mailed to all MRC volunteers.

SPECIAL THANKS to committee members Lex Anderson, Camilla Camburn, Dr. Max Doubrava, Dr. Melvin Fox, Shawn Iverson, Rebecca Van Blankenstein and Nancy York.

Mental Health Category added to MRC

During the creation of our MRC unit we chose to omit a mental health component because the State of Nevada Division of Mental Health and Developmental Services (MHDS) was actively recruiting, training and managing mental health volunteers throughout Nevada. Sadly, MHDS lost funding for its volunteer programs last year. In response, the MRC added a mental health category and will offer state licensed mental health professionals the opportunity to join.

Coordinating these new MRC volunteers is Kathy Risdon, a licensed clinical social worker and a licensed alcohol and drug counselor who brings considerable experience responding to the mental health needs of victims of all types of disasters. For 15 years, Kathy volunteered as a mental health responder for the national and local American Red Cross Disaster Action Teams. For the last 10 years, she served as the senior employee assistance specialist for the Clark County Fire Department. She currently works at Bridge Counseling Associates in the Alcohol and Drug Court Mandated Program.

Psychological first aid training for the mental health, spiritual care and other professional

volunteers in this category is slated to begin later this year. The training will include:

- the nature of disasters
- the ways in which affected populations and disaster relief workers respond in various settings and/or in the impacted community

Hepatitis C Investigation information available

Information and updates about the local hepatitis C investigation is available on the SNHD website at www.southernnevadahealthdistrict.org.

Medical Reserve Corps volunteers have assisted the health district at blood draw clinics and by making phone calls for the SNHD Office of Epidemiology.

Report of First Quarter Events

During the past quarter, your MRC has been very active supporting the following activities:

- 1/23 Healthy Spotlight Lecture Series
- 1/25 SNHD Health Fair
- 1/28 MRC presentation to USN nurse/pharmacy students
- 2/19 Western Veterinary Conference
- 3/1 Hepatitis C blood draw clinic
- 3/16 National President's Challenge hike
- 3/17 SHND Health Fair
- 3/22 Hepatitis C blood draw clinic
- 3/26 Healthy Spotlight Lecture Series

Monthly Call Time Change

The time of the monthly test of the Emergency Notification System (ENS) has been changed from 10 a.m. to 7:30 p.m. on the first

Wednesday of the month. The change was implemented so more volunteers can participate and become familiar with the process of entering their availability in Military Time. If you have trouble receiving the call, please contact Paula at (702) 759-0877.

The following is a conversion chart of Civilian Time to Military Time:

MILIARY = CIVILIAN	MILIARY = CIVILIAN
0001 = 12:01 a.m.	1300 = 1 p.m.
0100 = 1 a.m.	1400 = 2 p.m.
0200 = 2 a.m.	1500 = 3 p.m.
0300 = 3 a.m.	1600 = 4 p.m.
0400 = 4 a.m.	1700 = 5 p.m.
0500 = 5 a.m.	1800 = 6 p.m.
0600 = 6 a.m.	1900 = 7 p.m.
0700 = 7 a.m.	2000 = 8 p.m.
0800 = 8 a.m.	2100 = 9 p.m.
0900 = 9 a.m.	2200 = 10 p.m.
1000 = 10 a.m.	2300 = 11 p.m.
1100 = 11 a.m.	2400 = Midnight
1200 = Noon	

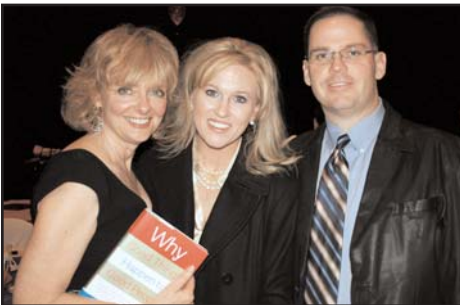
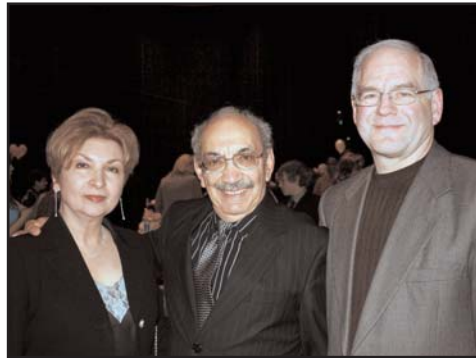


GOT HATS?

Yes, Dr. D, we got hats!
MRC logo hats have been ordered.

Want one? Volunteer!

2008 Governor's Points of Light Awards



(Bottom L to bottom R, clockwise): Paula Martel, Rebecca Van Blankenstein, Todd Van Blankenstein; Murlin Hampton and Tim Andrade; Tina Bidari, Dr. Changiz Bidari, Dr. Jon Pennell; Joe Alvarado, Harriet Alvarado; David Demos, Teresa Demos.



New Volunteers

Please welcome these new MRC volunteers:

Beverly Bongalon, Pharmacy Intern

Robert Bowne, MA

Lyn Daugherty, EMT-I

Christine Ferguson, RN

Maddalene Fontein, RN

Rev. Marlene Lande

Ann Marie LaRue, RN

Forrest LaRue

Steve Matthews, EMT-I

Jan Pruet, EMT-B

Carolyn Silver, Pharmacy Intern

Robert Silver

Anthony Smith

Chris Strickland

Hector Verano

Kristi Zabel



Learn how to become part of the MRC team.

For local information, contact:

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