



# Medical Reserve NEWS

Summer 2011

“I slept and I dreamed that life is all joy. I woke and I saw that life is all service. I served and I saw that service is joy.”

– Mother Teresa

## MRC Volunteer Response Choices

Anyone applying to volunteer with the Medical Reserve Corps of Southern Nevada is asked, based on their availability and preference, to choose where they want to volunteer. The options are:

- Locally
- Locally, Statewide and Federally
- Statewide and Federally only

**LOCALLY:** Those who chose “locally” are added to the volunteer roster of the Medical Reserve Corps of Southern Nevada, receive regular volunteer and training opportunities and are not contacted to respond outside of the Clark County area.

**LOCALLY, STATEWIDE AND FEDERALLY:** The “locally, statewide and federally” option adds volunteers to the roster of the Medical Reserve Corps of Southern Nevada, *as well as* a volunteer registry maintained by the Nevada State Health Division. These volunteers regularly receive local volunteer and training opportunities *and* may be contacted following a disaster. The state health division is responsible for managing health emergencies so it’s imperative for them to have a list of pre-identified healthcare professional resources in the state.

**STATEWIDE AND FEDERALLY ONLY:** Volunteers who wish to respond “Statewide and Federally only” are registered in the state registry only and will not receive volunteer and training opportunities through the local Medical Reserve Corps of Southern Nevada.

MRC units in Nevada and the Nevada State Health Division use the same secure volunteer management system. Be assured your personal information is safe and never shared with anyone (i.e., state or federal agencies) without your permission.

If you want to confirm your personal response commitment, or would like to change your commitment, contact Paula Martel at [martel@snhdmail.org](mailto:martel@snhdmail.org) or (702) 759-0877.



## Local girl makes good

Susan Vondracek, LVT, received national recognition from the Medical Reserve Corps for her response during the floods in Mesquite and avalanche warnings on Mt. Charleston. She worked with emergency management and animal control staff to help displaced pets during the emergency. The Outstanding MRC Responder award honors volunteers who have played an instrumental role in responding to a disaster or public health emergency.

“Within one hour of receiving a request for veterinary volunteers to assist in staffing a mobile pet shelter in response to severe flooding, Susan was ready to travel the 80 miles in torrential rain to assist,” said Paula Martel, MRC coordinator.

After receiving word about the award, Susan said: “I thought Paula was joking. When I finally realized she was serious, I felt horrible because I couldn’t attend the ceremony. I was *not prepared* to receive an award for being prepared!”

## Nuclear Resource

Due to the recent nuclear incident in Japan, the National Association of County and City Health Officials (NACCHO) organized preparedness and environmental-related tools and resources for public health professionals. For more information, visit: <http://www.naccho.org/topics/radiation/preparedness.cfm>.

Special thanks to Irene Navis, director of the Clark County Office of Emergency Management and Homeland Security, for presenting an informative nuclear overview at our quarterly meeting on May 24.

*(Top right, clockwise): Irene Navis wears lots of hats. MRC volunteers at the quarterly meeting; Dr. Kwalick and Julia Staples; Bill Botos, Phyllis Dougherty, Mike Godby, Angelica Ramos; and JoAndra Cornelius-Johnson.*



During the recent Rockin Rabbit Run Half Marathon and Family 5K, MRC provided first aid support. Pictured left to right: Robert Donnellan; Lori Candela, APN; Zoe Albright; Kathy McGonigle, RN, Richard Bromley, CNA, Nancy Menzel, RN, Kyle Martin, EMT-I; Cam Camburn, RN



## MRC in action!

This spring, MRC volunteers supported many outdoor events.

*Pictured (top left, counterclockwise): Jacque Cram, RN, in Goldstrike Canyon during the Desert Dash Adventure Race; canoers paddle during the Dash. Kristi Zabel, Dr. White, Artie Kay and Arnel Dolores man the stations at the Wag-a-Tail Walk-a-Thon. Dr. White and Kristi Zabel attend to a paw during the event. Ella Duhaime, RN, provides first aid at the MS Walk.*



## Local volunteer receives national recognition

Paramedic Bill Botos is a member of the NV-1 Disaster Medical Assistance Team, as well as a volunteer with MRC of Southern Nevada. At the 2011 Integrated Training Summit, Bill received the 2010 National Disaster Medical System Response Team "Distinguished Employee of the Year" for Nevada. Congratulations Bill!

## A Book Worth Reading

(Copied with permission of the author from the MRC In Focus Spring 2011.)

I recently read a book entitled *Wellbeing* by Tom Rath and Jim Harter in which the authors share the results of a Gallup study of wellbeing and its implications. They found five essential elements of wellbeing: Career, Social, Financial, Physical, and Community. Regarding community wellbeing, the authors say that "This may be what differentiates an exceptional life from a good one. When we asked people with thriving wellbeing about the greatest contribution they had made in their life, with few exceptions, they mentioned the impact they have had on another person, group, or community. Not only had these individuals made a substantial contribution to something bigger than themselves, but they also had been recognized for their community involvement."

Imagine a community – or a nation – in which everyone volunteered. Everyone would expand their skills and knowledge. Everyone would be healthier. And everyone would have a more meaningful life. This is a future I think we all can work towards.



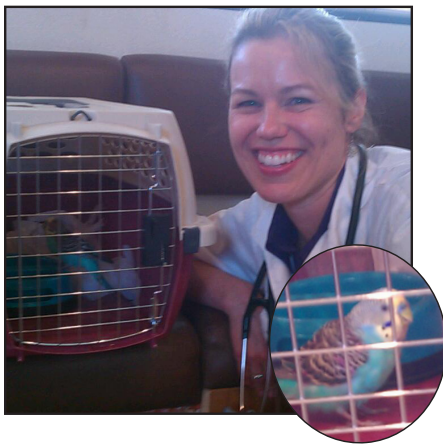
*Warmest Regards,  
CAPT Rob Tosatto, Director*

*Office of the Civilian Volunteer Medical Reserve Corps*

## Welcome New Volunteers

Congratulations to the following new volunteers for completing all requirements to volunteer with the MRC of Southern Nevada and for being added to the active volunteer list.

- Arnel Dolores, RN
- Jeremy Garcia
- Ryan Hodnick, DO
- Kyle Martin, EMT-I
- Dennis Miles, RN
- Angelica Ramos, EMT-B
- Cynthia Shelton
- Karleena Twitchell, RN
- Elsie Yamane, RN



## No creature too small

MRC Coordinator Paula Martel recently found a parakeet under her car in a parking lot. "He was so hot," Paula explained, "and his little wings were spread out trying to stay cool." She noticed a big bump next to his eye so she captured him, put him in a cat carrier and took him to MRC veterinarian volunteer, Dr. Debbie White, who treated the little guy for a sinus infection. She later identified the bump by his eye as a tumor. He died shortly after.

"I'm glad he didn't die outside in the heat and all alone," Paula said. "Thank you, Dr. White, for your compassion to all animals... big and small."



### Become Part of the MRC Team

**For local information, contact**  
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P.O. Box 3902, Las Vegas, NV 89127  
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martel@snhdmail.org  
[www.SouthernNevadaHealthDistrict.org](http://www.SouthernNevadaHealthDistrict.org)  
[www.MRCNevada.com](http://www.MRCNevada.com)

**For national program information, go to**  
[www.MedicalReserveCorps.gov](http://www.MedicalReserveCorps.gov)

## We're on Facebook!

Following the lead of MRC units nationwide, we created a Facebook page. Find us under Medical Reserve Corps of Southern Nevada. We will initially use it to highlight MRC activities and provide links to partners. "Friend" us!