



# Medical Reserve NEWS

FALL 2012

“Research has shown that people who volunteer often live longer.

— Allen Klein



MRC Coordinator Paula Martel exchanges business cards with City of Las Vegas Mayor Carolyn Goodman.

## Volunteers Share Life Experiences

One of the aspects of a successful volunteer program is the relationship between the coordinators and the volunteers, as well as the volunteers with one another. In this issue of the *Medical Reserve News*, you will be introduced to three active Medical Reserve Corps of Southern Nevada volunteers. Jeremy shares information about the local program where he works; Joan talks about getting fit; and Dr. Oesterman tells us about his travel to India to help establish patient-focused care in pharmacy practices.

### *Jeremy Logan, EMT-I*

I work for a non-profit, multi-specialty, pediatric outpatient center called Children’s Specialty Center of Nevada, with our non-profit called Cure 4 The Kids Foundation. We provide medical treatment and services to those with cancer, bleeding and clotting disorders, auto-immune diseases, and ultra rare inherited genetic diseases, primarily to children, but also to adults in certain instances. We provide sedation for lumbar punctures and bone marrow biopsies, chemotherapy, and many other complex medical infusions, sometimes lasting all day. We do this for both insured and non-insured patients, treating everyone regardless of their ability to pay with our Charity Care Program.

We also participate in research studies and clinical trials for many of our patient populations, as well as foster clinical affiliations with Children’s Hospital of Oakland, Children’s Hospital of Los Angeles, and Primary Children’s Salt Lake as part of our Visiting Physician Program (VPP). The VPP is part of our organization where we bring in specialists from outside of our community to treat patients that otherwise would have to travel outside of Nevada to receive appropriate care. For years our medical director also traveled to rural communities in Nevada as part of the Hemophilia Treatment Center. We have also recently opened another practice in Reno to better serve that community.

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## Got Polo Shirts? YES!

Along with encouraging a professional appearance, a uniform shirt clearly identifies the volunteer as a member of the Medical Reserve Corps of Southern Nevada to other volunteers and agencies. One light blue polo shirt (*pictured on next page*) will be provided at no cost to MRC volunteers who have completed all requirements to volunteer. Wear the shirt when volunteering for any event, emergency or non-emergency.

### Joan Israel, LCSW

In 1975, I was 5'4½" tall and weighed 174 lbs. Over time, I had slowly gained weight and was only minimally aware of it. In hindsight, I was in denial. When I finally felt competent enough, I was willing to make a major change by starting a regular exercise regimen. I ran fairly slowly for 5 years using imagery I was taught by my trainer. Over the course of 3 years, I shrunk down to a lean 124 lbs. However, after 5 years of running, I decided to engage in other activities, such as yoga and hiking.

The important point is that I changed my life to include regular exercise, which kept me from gaining the weight back. Yes, while under distress that lasted a few years, I gained 10-15 lbs. Once I realized that I was using food as a stress reliever, I started eating less. The health district's "10 in 10 Challenge" program was the catalyst for losing 5 lbs. in 10 weeks. Then I worked a little harder and lost three more.

Getting older has its challenges, the least of which is weight in places that I have never experienced. The "muscle to fat" experience is a real slap in the face. After all, haven't I been working out five to seven days a week? How could this happen to me? While I am humbled by the changes of aging, I am all the more motivated to devote a little extra time and energy to keep the changes at bay.

### Paul Oesterman, Pharm.D.

After more than 30 years in various pharmacy practice settings, the last seven as a full-time faculty member at Roseman University of Health Sciences, I was recently given the opportunity to travel to India to assist the Indian Association of Colleges of Pharmacy and the Indian Pharmacists Association in developing their clinical pharmacy education. Pharmacy students in India traditionally focus on drug development and the scientific side of pharmacy practice, compared to

their American counterparts who emphasize clinical outcomes and patient care. Upon recognizing the need to implement more patient-focused care, the Indian pharmacy governing bodies enlisted my help, as well as other medical professionals to achieve this goal.

Because of my broad experience and practice style, I was invited to participate in a three-person panel at the three-day Inaugural Quality Pharmacy Practice Module in April in Chennai, India. Despite flying 27 hours across 13 time zones and arriving at 2 a.m., I was in the classroom at 8 a.m., where I discussed how to best treat patients with chronic conditions like diabetes, high blood pressure or high cholesterol. The presentation was well received by the students and faculty who all embraced the concepts. As a result, I was invited back to present the same program in Hyderabad and once more in Bangalore.

One of the greatest challenges I faced was in terms of cultural competence. In a society with widespread poverty and poor sanitation, it was rewarding to see everyone try to earn a living and be content with their stations in life. One particularly poignant moment was when I encountered a woman begging on the street in front of a restaurant that had just dumped leftover food onto the street. The malnourished woman would not take any of the food because a sacred cow came by and was eating it. Through a translator it was determined she deliberately neglected her own needs as the cow needed the food for its milk to help sustain the babies of the country.

While it has taken nearly 40 years to bring the American clinical pharmacy practice to where it is today, I hope the rest of the world will be able to benefit from our experiences.



Dr. Oesterman poses with pharmacy students in India.



# MRC in Action!

In August, several MRC volunteers helped out at the health district's Back to School immunization clinics at local area malls. (Check out their new snazzy polo shirts!)

Sue, Allen and Laura



Tamika, Tom and Jan



Aaron



Volunteers Ella, Laura and Marj provide information to community members following the closure of the health district's main building.



Jose Lopez providing blood pressure screening at the Veterans Stand Down.



## Connecting with the National Office



While in Las Vegas to speak at a conference, US Surgeon General, Dr. Regina Benjamin, met with MRC staff and volunteers Sarita Lundin, Paula Martel, Harriett Alvarado and Deb Moran, as well as Jane Shunney, manager of the Office of Public Health Preparedness.



During the Integrated Training Summit, MRC Coordinator Paula Martel received the 2012 Mentor Award from the Office of the Surgeon General - Division of the Civilian Volunteer Medical Reserve Corps. The award was "for successfully collaborating with other members of the MRC network to share practices, participate in activities, and carry out initiatives that have strengthened individual and collective groups of MRC units." (Left to right, Deputy Surgeon General RADM Boris Lushniak; Paula Martel; and Capt. Rob Tosatto, Division of the Civilian Volunteer Medical Reserve Corps.)

## New Volunteers

Please welcome our newest members:

- Dianne Dwyer, RN
- Debbie Ebert, RN
- Sarah Head, RN
- Richard Johnson
- Chad Kingsley
- Ronald Ludwiszewski, PA
- Janet Maran, APN
- Thomas Plesec, PhD
- Aaron Prado
- Laura Ralston, CNA
- Roger Smith
- Vicki Smith
- Sreenivas Voruganti
- Kent Williams, EMT-B



### Become Part of the MRC Team

For local information, contact  
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www.servnv.org

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!