



# NEWSLETTER

Volunteers Building Strong, Healthy, and Prepared Communities

## Medical Shelter Exercise

March 2014

On December 17th the Medical Reserve Corps (MRC) joined forces with the American Red Cross (ARC) to exercise a medical shelter on the campus of Lewis-Clark State College. Medical sheltering is a new area of focus that the MRC is working towards. The exercise with ARC helped MRC volunteers understand their roles and how a collocated shelter would work in a real life situation. Medical shelters may be opened to assist a general population shelter with individuals who require medical assistance beyond the scope of a general population shelter.



MRC volunteers assemble a medical cot .

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The shelter was divided in two allowing ARC to set up a general population shelter and the MRC to set up a medical shelter. Seven MRC volunteers assisted with the medical shelter setup by unloading and assembling 20 medical cots, including two that were bariatric. The team was able to unload the cots, assemble them, and mark off 100 square feet allotted for each cot in under 30 minutes.



Public Health can transport medical cots throughout the region.



Medical shelters provide 100 sq. feet per cot for ample space.

The MRC will continue working with ARC to improve their capabilities in medical sheltering. Future exercises will be conducted in an effort to develop pre-identified teams that can be deployed during a real life situation. Please contact Ryan Bender at [rbender@phd2.idaho.gov](mailto:rbender@phd2.idaho.gov) if you would like to be part of the North Cen-

### Did You Know?

In November 2013, the Town of Longmeadow MRC (Longmeadow, MA) provided first aid coverage to 300 participants of the Wounded Warrior 5K race, allowing local EMS to care for medical emergencies at the race and in the community.

In December 2013, the Snohomish MRC (Everett, WA) & Tulalip Tribes MRC (Tulalip, WA) units partnered to support a cold weather shelter for homeless in Monroe, WA when temperatures dropped below freezing.

Public Health - Idaho North Central District  
215 10th Street Lewiston, ID 83501

## March is National Nutrition Month!

Take advantage of National Nutrition Month by eating healthy and using physical activity to prevent weight and chronic disease.

In an article by Hope Warshaw from the Washington Post, she shares ways to celebrate the month and achieve your goals.



**Make a plan:** Create a weekly dinner plan on Sunday to avoid last second dinner ideas during the week. Planned dinners will reduce stress when deciding what to eat.

**Keep healthful foods in the kitchen:** Make sure you fit in plenty of fruits and vegetables.

**Load up early, go light later:** Larger meals in the first half of the day can cut down on your dinner size and limit evening snacks. You want to avoid sleeping on too many calories.

**Have snacks ready:** It can be hard to find healthy snacks, so always pack your own.

**Satisfy, don't deprive:** Do not cut out your favorite foods, but eat them in moderation if they are high in fat, salt, or sugar.

**Earn your calories:** On top of eating healthier, maintain a healthy weight by burning sufficient calories through physical activity.

⇒ Check out [choosemyplate.gov](http://choosemyplate.gov) for additional ideas on how to eat healthy!

## Upcoming Events

### MRC Orientation 4/9/2014

An orientation will be provided for new volunteers to the MRC. The orientation will take place from 4:00 PM–5:00 PM at Public Health in Lewiston.

### Seaport River Run 4/26/2014

We are looking for medical volunteers to staff three first aid stations at the Seaport River Run on Saturday, April 26th. The race begins at 10:00 AM. Volunteers would be needed from approximately 9:30AM–1:00PM.

Please call or email Ryan if you are interested in volunteering.



### Capacity Building Award

The North Central Idaho MRC has again received the Capacity Building Award from the National Association of County and City Health Officials (NACCHO). This year's award is for \$3,500.

The funds will be used for MRC advertising, supplies, and trainings. After funds are received from NACCHO, future dates will be identified for two separate CPR/AED/First Aid trainings free to all our volunteers. This training is a 5-hour class that provides a certification card good for two years through American Heart Association.

### New MRC Shirts are Ready!

The North Central Idaho Medical Reserve Corps has ordered new shirts for their volunteers. The logo on the right was designed by our very own, Danielle Cochran. All volunteers that participate in an MRC activity will receive their very own shirt. Thank you, Danielle!



### Thank You!

Thank you to those who have participated in recent MRC activities:

#### Medical Shelter Exercise

Blaine Feinman	Whitney Price	Danielle Cochran
Elizabeth Yeater	Teresa Bryant	Robert Jones
	Jennifer Cochran	

## Preparing for Unpredictable Weather!

Spring is the time of year when many things change—including the weather. Temperatures can swing back and forth between balmy and frigid. Sunny days may be followed by a week of stormy weather. Sometimes extreme weather changes can occur even within the same day.



Thunderstorms cause most of the severe spring weather. They can bring lightning, tornadoes and flooding. Whenever warm moist air collides with cool dry air, thunderstorms can occur. For much of the world, this happens in spring and summer.

Because spring weather is so unpredictable, you may be unprepared when severe weather hits—particularly if you live in a region that does not often experience thunderstorms, tornadoes or flooding. And when severe weather hits unexpectedly, the risk of injury and death increases. So planning ahead makes sense; prepare for storms, floods, and tornadoes as if you know in advance they are coming, because in the spring, they very likely will.

Advance planning for thunderstorms, lightning, tornadoes and floods requires specific safety precautions. Still, you can follow many of the same steps for all extreme weather events. You should have on hand:

- ◆ A battery-operated flashlight, a battery-operated NOAA Weather Radio, and extra batteries for both
- ◆ An emergency evacuation plan, including a map of your home and routes to safety from each room
- ◆ A list of important personal information, including telephone numbers of friends and relatives, insurance and property information, and medical information
- ◆ A first aid kit and emergency kit for your car
- ◆ A 3–5 day supply of bottled water and nonperishable food
- ◆ Personal hygiene items
- ◆ Blankets or sleeping bags

For more information on preparing for spring weather, visit The Centers for Disease Control and Prevention website at [www.cdc.gov](http://www.cdc.gov).



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