



Autauga/Prattville Medical Reserve Corps (MRC)

Autauga/Prattville Medical Reserve Corps Newsletter

"...volunteers committed to improving the public health, emergency response, and resiliency of their communities."

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MRC Wishes Everyone A Safe and Happy Holiday Season



With the holidays fast approaching, we here at A/P MRC would like to remind each of you, safety and emergency preparation is very important to having an incident-free holiday. The holidays can create greater risk at home when cooking meals, displaying decorations, and using unsafe heating sources.

Here are a few simple tips we would like to pass along to ensure that everyone has a happy and safe holiday season.



Cooking: Keep children away from cooking areas. Turn pot handles facing in to prevent scalds and burns. Avoid wearing loose clothing which can be ignited by hot burners. Don't store items on top of the stove. Turkey fryers should be used outdoors and away from buildings and

flammable materials.

Portable space heaters: Place space heaters at least three feet away from anything combustible and operate only when you are in the room. Don't leave a space heater on overnight or near children and pets.

Holiday Decorations: The use of holiday decorations such as Christmas trees, garlands, electric lights, and candles can increase the possibility of holiday fires. Use non-combustible, flame-resistant materials. Never use lighted candles on a tree, evergreens or other flammable materials.

Lights: Connect no more than 3 strands of mini light sets and no more than 50 bulbs for screw-in light sets on your tree. Fasten lights to the tree and prevent bulbs from coming in contact with the needles or branches. Keep candles at least 12 inches away from anything that burns. Check for loose connections, broken or cracked sockets or frayed wires. Use UL approved lighting. Turn off all holiday lights when leaving home or retiring for the evening.

Trees: A natural tree should be fresh and will be less likely

to become a fire hazard. Cut two inches off the trunk and place in a sturdy water stand, water daily. Keep the tree away from fireplaces, wall furnaces and other heat sources. Consider using a 'fire resistant' artificial tree.

And, one last holiday safety tip... **Please don't drink and drive.**

Even Santa and his reindeer take the proper safety precautions before heading out to deliver toys and presents to all the good little boys and girls.

UP ON THE ROOFTOP... IT'S SAFETY SANTA!



So, from all of us here at ~Autauga/Prattville MRC ~

Merry Christmas and have a Happy (and Safe) Holiday Season!



- Gary Barron, MRC Coordinator
- Tracy Savage-Barron, MRC / VMRC Secretary/CERT and MRC Newsletter Editor
- CERT Council:
- Lisa Carswell, Chairman
- Jim Harper, Vice Chairman
- Charles Smith, Secretary
- Bonnie Temple, Treasurer
- Janet Brown, Member-at-Large
- Everett Flynn, Safety Coordinator

NACCHO Launches MRC Connect – the First Social Media Application for the Medical Reserve Corps

The following article was taken from the National Medical Reserve Corps Facebook page and is an article posted on the NACCHO (National Association of County & City Health Officials)

Washington, D.C. (October 2014):

The National Association of County and City Health Officials (NACCHO), in partnership with the Office of the Assistant Secretary of Preparedness and Response and Rallyware, a San Francisco-based technology startup, have launched MRC Connect, the first social media application for the Medical Reserve Corps (MRC). MRC Connect enhances and simplifies information sharing about public health preparedness and emergency response best practices among 1,000 MRC unit coordinators across the United States and most U.S. territories.



MRC Connect was developed to strengthen the ability of MRC unit coordinators, volunteers, and local health departments to prepare for and respond to public health emergencies including diseases like Ebola and the flu, natural disasters such as hurricanes, and acts of terrorism.

MRC Connect is similar to Facebook and LinkedIn. It has a web component and a mobile application that is now available for download in the Apple iTunes store and in the Google Play market. The application is currently available to 1,000 MRC unit leaders, and future versions will be accessible to more than 200,000 volunteers nationwide as early as 2015.

"The Medical Reserve Corps is a nationwide network of volunteers who serve as a valuable resource in emergency preparedness and response for local health departments and to all people in their communities," said NACCHO Executive Director Robert M. Pestronk. "In this era of declining preparedness funding and decreased local health department staffing levels, MRC Connect is a great tool to strengthen MRC unit coordinators' ability to share best practices, which will ultimately help local health departments fulfill their mission to improve the health and safety of all people in their communities."

About the Medical Reserve Corps

The Medical Reserve Corps (MRC) is a national network of more than 200,000 volunteers committed to improving the public health, emergency response, and resiliency of their communities. The MRC is organized into more than 1,000 local units. NACCHO has worked with the Division of the Civilian Volunteer Medical Reserve Corps within the Office of the Assistant Secretary of Preparedness and Response, a federal government agency that oversees the national MRC network, through a cooperative agreement since 2006. Nearly 70 percent of MRC units are housed within local health departments, many of which have faced severe budget and personnel cuts, and often rely on MRC volunteers to continue public health and emergency preparedness activities in the community and respond when disasters strike.

About the National Association of County and City Health Officials

The National Association of County and City Health Officials (NACCHO) represents the nation's 2,800 local governmental health departments. These city, county, metropolitan, district, and tribal departments work every day to protect and promote health and well-being for all people in their communities. For more information about NACCHO, please visit www.naccho.org.



HandsOn River Region -Who are they and what do they do? By: Gary Barron



Our Programs



Are you familiar with HandsOn River Region or 2-1-1 Connect? Do you know what their purpose is? How long they have been around as an organization? In this 2-part series, we hope to answer all these questions and give you an overview about them and what role they play in our community.

Whether an individual, group or corporation - HandsOn River Region is here to help you realize the benefit each and every person can be to their community. We coordinate and manage volunteer projects throughout the River Region for over 200 non-profits. And we've been doing this for over 40 years!

Feel free to search for volunteer opportunities on our website! Feel free to call us and ask for assistance in locating the perfect volunteer opportunity for you! 334-264-3335 If you have a corporate group and would like for us to custom design a corporate project for you, we have an incredible corporate volunteer engagement program we would love to tell you about!

Created in 1974 to help connect community volunteers to meaningful volunteer projects that will assist area non-profits in sustainability and growth - HandsOn River Region is here to help create a stronger community!

Did you know that the A/P CERT & A/P MRC have used their services? If you have been to a training about the VRC (Volunteer

Registration Center) then you have experienced a major training they put on. Their VRC training is so respected, they not only teach it through out the state, but they have ran VRC's for several disasters and emergencies in our state. Plus we are pleased to say that one of our very own teaches the VRC class, Ms. Timberly Williams. She is a member of A/P CERT and does an amazing job. I always tell everyone, even if you aren't interested in working a VRC you have to come listen to her teach the class. All I can say is AMAZING!

So, if you are looking for another organization to volunteer your services, you need to check out "HandsOn River Region". If you have any questions or for need more information call them at 334-264-3335.

So, go check them out at <http://www.handsonriverregion.org/> to learn more about them and their partners. Also like their Facebook page at <https://www.facebook.com/handson.riverregion>.



MRC-TRAIN: Finding Courses that Build MRC Core Competencies (Article taken from Volume 8, Issue 3 Summer 2014 of the National MRC newsletter)

Did you know that courses on MRC-TRAIN (www.mrc.train.org) can be searched by the MRC Core Competencies?

With limited time and resources, encouraging volunteers to complete competency-based training remains vital to a more prepared, resilient volunteer corps. MRC-TRAIN is designed to help unit leaders build their volunteer and overall unit competency base.

Volunteers looking for applicable training can search courses specifically by MRC Core Competency by using the “By Competency/Capability” option found under the Advanced Search link. Unit leaders can direct volunteers to courses that meet competencies the volunteer could build upon. Additionally, units who post their trainings to MRC-TRAIN (such as unit orientations or personal preparedness workshops) can also identify the competen-

cies those trainings build, formalizing the complete training experience of volunteers on one, competency-focused transcript.

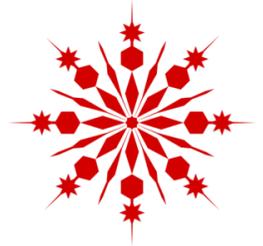
By centralizing MRC Core Competency-based training records in one location on MRC-Train, units can then report where there may be gaps and work towards bridging knowledge in those areas.

A resources guide on finding and completing courses is available at <http://bit.ly/1qYziDZ>. Remember, the MRC-TRAIN Support Desk (mrcsupport@train.org) is available to provide assistance and field questions, including posting trainings, finding courses, and much else. **MRC-TRAIN is FREE** (including continuing education), available 24/7, and on track!



Just For The Fun Of It !

Fun Facts: Antarctica is the only continent without a time zone and there are no permanent residents. It is home to the world's largest desert, there has been no rain in Antarctica's Dry Valley for more than 2 million years. Just like here in the states, the few thousands of temporary residents dial 9-1-1 for medical and fire emergencies, and the Antarctic Fire Department at the McMurdo Station responds. All structures are within walking distance of one another, allowing minimal time to be spent in the environment during harsh storms or temperatures.



HAPPY HOLIDAYS WORD SEARCH



Created by
Sue Gardner
Grand Forks Herald
2011

You know it's "winter" in the South, when you switch from heat, to A/C, to heat, to A/C to heat... all in the same day.

DeepSouthShoppers.com

P	O	J	A	H	S	E	N	A	C	Y	D	N	A	C
R	S	S	H	O	P	P	I	N	G	M	F	K	A	S
E	E	H	W	L	J	B	L	X	M	A	F	L	H	O
S	I	I	E	I	K	C	F	N	M	D	F	F	G	S
E	V	R	R	D	L	P	O	I	M	A	P	O	S	N
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M	P	J	O	W	V	K	A	A	T	U	J	A	A	R
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B	G	G	Z	I	C	A	O	L	A	T	A	O	P	C
S	X	N	M	S	V	Z	F	R	I	E	N	D	S	E
L	U	D	J	D	Z	M	P	H	O	W	M	P	M	D
F	M	S	K	Y	P	P	A	H	I	E	N	D	S	W

Out There



Santa on Facebook

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|--------------|----------------|-----------------|------------|
| 1. Happy | 5. Family | 9. Shopping | 13. Santa |
| 2. Holidays | 6. Friends | 10. Candy canes | 14. Songs |
| 3. Christmas | 7. Presents | 11. Cookies | 15. Movies |
| 4. Vacation | 8. Decorations | 12. Milk | 16. Fun |

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Find us at www.medicalreservecorps.gov
 And like us on Facebook at :
<https://www.facebook.com/pages/AutaugaPrattville-MRC/201655503330407>

**** IMPORTANT REMINDER ****

To get your MRC I.D. Badge... Please check with Kristin at the EMA office. Thank You

Mission:

The mission of the Autauga/Prattville Medical Reserve Corps (MRC) is to provide adequately trained medical and non-medical volunteers to perform public health and safety support in times of emergency and non-emergency matters. A/P MRC dedicates their time and efforts in securing the health, welfare and safety of the citizens of Autauga County.

Purpose:

The purpose of the A/P MRC is providing medical and non-medical volunteers to assist Autauga County in the key areas of emergency preparedness and response, and in areas of preventive health services.

Emergency Preparedness and Response: The A/P MRC reinforces the existing organizations in Autauga County to help promote emergency preparedness and response to all disastrous events such as fire, flood, hurricane effects, chemical release, tornado, disease outbreak or any event that threaten the public's health and safety.

Preventive Health Services: The A/P MRC will assist and provide community outreach to educate residents on health and safety emergency preparedness training, health education and preventative health services.

JOIN OUR TEAM!



****How to join the Autauga/Prattville MRC****

Go to <https://www.alresponds.adph.alabama.gov/> click "Register Now". On the next page go to Organizations, click "Select Organizations", the click MRC, then click Autauga/Prattville MRC, then click select in the bottom right of the screen.

After doing that, it will take you back to the first screen. At that point up will need to create your profile page. A/P MRC will receive an email that you have joined and you will receive an email to verify.



MRC/VMRC is looking for NEW MEMBERS!!!

Get involved and help us grow!

Show your support for MRC by spreading the word and telling others about us!

Volunteers are always needed and welcomed to join.

For more information, please contact Gary Barron, MRC/VMRC Coordinator, at the Autauga EMA today!

334- 361-3758