

The MRC Reporter

Newsletter for the
Sonoma County Medical Reserve Corps

Program Updates

Greetings to all!

These last several months have been busy ones for many of the MRC volunteers. Check the **“Volunteers in Action”** section to see what many of you have been doing since last summer. Also, there are two great events coming up that we hope you will attend. We are especially excited about the upcoming Symposium. We planned this event for a Saturday to make it more accessible for our working volunteers. Hope to see all of you there! Please refer to the **“Save the Date”** section for details.

Save the Date!
June 3, 2006
MRC Symposium

This April is the one-hundredth anniversary of the devastating 1906 earthquake, and there are several memorial events planned for Santa Rosa. Look in the **“Current Events”** section for the listings.

Plus, we have grown. During 2005 we held five orientation trainings, bringing us to a

current total of 515 MRC volunteers (55 physicians, 33 pharmacists, 391 nurses, and 36 technical/support staff). We expect to add to this total over the next few months, especially support staff. Additionally, during 2005 our MRC volunteers clocked close to **600 hours total** in direct community service. All volunteer hours are tracked and reported annually to the Board of Supervisors in order to acknowledge the great contributions made by the residents of Sonoma County who unselfishly give of their time and energy.

Thank you for all that you have done in the last year to continue making this a great MRC program.

Regards,
Gabrielle Trubach, MA
MRC Coordinator

Message from the Deputy Health Officer

Last November, the Sonoma County Public Health Emergency Preparedness program underwent an **assessment by the Health Officers Association of California (HOAC)**. This two-day, on-site assessment of our overall emergency preparedness and readiness included a look at our Medical Reserve Corps program.

In the HOAC final report, the assessment team concluded, **“the MRC program is an effective and well-run program and should be modeled in other jurisdictions.”** They were also impressed with the high-level of community involvement by our MRC volunteers. Thanks to everyone

for helping make our MRC noteworthy!

We have been planning for some **additional grant funding from the Health Resources and Services Administration (HRSA) grant** to train Medical Reserve Corps volunteers in the event of a local disaster. We hope to have MRC volunteers participate in hospital-based trainings on the use of protective gear, surge capacity, tent set-up procedures, and mini-triage procedures. We will be notifying you when we have more details.

Sincerely,
Leigh Hall, MD

Volume 3, Issue 1
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The MRC Reporter is Live!

You can now access The MRC Reporter online!

www.sonoma-county.org/mrc

For volunteers who use email, you will receive an email notifying you that the latest issue is available on our website. We will continue to send printed newsletters to volunteers without email addresses.

Electronic distribution of the newsletter results in cost reductions to our volunteer program, makes us more environmentally friendly, and allows quicker access to information about activities and upcoming events.

We encourage all volunteers to obtain a free web-based email account. It's simple to use, easy to access, and is a great tool for receiving up-to-the-minute information about the MRC!



Do you have a question about the MRC program? Email it to us at:

dhs-mrc@sonoma-county.org

Earthquake Centennial Memorial Events

April 2-July 9: Sonoma County Museum: “Force of Nature” exhibit on the impact of the 1906 earthquake on the residents and the geology of Sonoma County. For more information contact Tricia Watts, (707) 579-1500, ext. 16.

April 18: Memorial Candlelight Walk
At 5:12 am, in Santa Rosa there will be a **memorial candlelight walk** to honor those who died in Santa Rosa as a direct result of the 1906 quake. The walk will go from City Hall to Old Courthouse Square, and then on to the Santa Rosa Rural Cemetery on Franklin. 119 people (volunteers) will represent the earthquake victims. If you are interested in participating, please call the Volunteer Center of Sonoma County at (707) 573-3399, ext. 100 or Pat Fruiht at (707) 543-3023.

April 18: Hospitals Earthquake Drills
There will be local hospitals earthquake drills **simulating the 1906** earthquake.

These will be fully functioning drills with participating Sonoma County hospitals activating their emergency operations centers (EOC). Volunteers are needed to be part of these drills, which begin at 9:00 am and run until 11:00 am. If you want to participate in this drill contact Gabrielle, MRC Coordinator at (707) 565-4427 or email dhs-mrc@sonoma-county.org

April 22: Earthquake Preparedness Safety Fair: The Sonoma County Chapter of the American Red Cross is sponsoring a Safety Fair from 10:00 am to 3:00 pm at Old Courthouse Square in Santa Rosa. There will be booths, a historic photo display and short theater performances relating to the actual events of April 18, 1906. For additional information call Pat Fruiht at (707) 543-3023.

For more information on these and other related earthquake memorial events check out <http://1906centennial.org/activities>

“There Are a Few More Clean Hands in the Schools These Days”

~ A message from Ann Baechler, RN

Well, once again the Medical Reserve Corps nurses went out to the schools and presented a very exciting hand hygiene, respiratory etiquette program for the children of your schools. Sixteen schools in Sonoma County requested the program this year, which means that approximately 3,000 children were educated about proper hand washing and germ transmission. This is what prevention is all about!

Twenty-eight people were trained in the hand hygiene, respiratory etiquette core concepts, and fifteen volunteers were actually able to participate by presenting the program to school-aged children. It is a very interactive, educational and FUN presentation for the children as well as the presenters. If you haven’t had a chance to take part in this event, please consider it for next year.

My sincere thanks to all of those special volunteers who gave their time and talents to help “spread the word and not the germs” to the children of Sonoma County. This could not be done without the assistance of the Medical Reserve Corps volunteers.

This is such an important message that the state Department of Health Services has requested our program be presented at the Bay Area CD Exchange meeting in March. I will be going to Richmond with all the Henry the Hand posters to share our presentation with the State.

Regards,

*Ann Baechler, RN,
Public Health Preparedness
Nurse Coordinator
Respiratory Hygiene Program*

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MRC Volunteers in Action

Hurricane Katrina thank you: During the devastating hurricane and subsequent flooding from Hurricane Katrina, many of you contacted us wanting to know how you could help. We referred you to our community partner, the Sonoma County Chapter of the American Red Cross, who needed help doing volunteer health screenings. Thank you to all the MRC members who assisted the Red Cross with the health screenings. Your help was greatly appreciated! Cindy Jones, RN, Red Cross Health Services Coordinator (and MRC volunteer), has sent this message to all who MRC who volunteered:

“My sincere thanks for your willingness to come in the evenings to do this. We could not have done it without your assistance. It was a big job. AND, no one was sent home sick from the National Job! We sent around 200 volunteers. That is a big ‘kudo’ for us and the sign of a job well done!”

Postscript: If you would like to be prepared to help the Red Cross in any future disaster efforts, there are some basic courses that are required. **These classes are free with CEUs available** and are held periodically at the Santa Rosa Red Cross facility. The next round of classes is in March:

“Introduction to Red Cross and Disaster Services,” March 6th, 6:00-9:30 pm

“Disaster Health Services Overview,”
March 16th, 6:00-9:30 pm

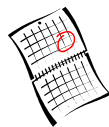
“Disaster Health Services Simulation,”
March 18th, 9:00am- 5:00 pm

To register call 707-577-7603 or if you have questions call Cindy Jones, RN at 707-577-7625. You can check out their website at www.sonomacounty.redcross.org

Flu shot clinics: For a second year, in collaboration with the Sonoma County Flu Task Force, we planned and staffed county-wide flu shot clinics, integrating MRC volunteers with staff from community health agencies. This year 77 MRC volunteers filled 92 scheduled slots on two Flu Shot Saturdays at 7 community clinics around the county. A total of 460 volunteer hours were clocked and greater than 3,000 flu shots were given. Thanks to all the MRC volunteers who were able to participate.

Avian flu training: On December 28, 2005 we held two sessions of Dr. Leigh Hall’s presentation on the avian flu. Despite the very wet weather, 69 MRC attended these advanced training sessions. For those of you who were unable to attend, you can access Dr. Hall’s power point presentation and other information on the avian flu on our website at: <http://www.sonoma-county.org/health/ph/phpreparedness/avian/index.htm>

Save the Date!



April 21st: Annual Volunteer Reception
The Annual Volunteer Reception presented by County of Sonoma Volunteer Program will be held on Friday, April 21st, from 4:00 to 6:00 pm at the Santa Rosa Veteran’s Memorial Building. There will be food, beverage, and door prizes **All MRC are invited to attend.** Please **RSVP by April 17th** to Gabrielle at (707) 565-4427 or email dhs-mrc@sonoma-county.org

June 3: MRC Symposium: “Are you Ready? Your Emergency Volunteer Role”
On Saturday, June 3rd, 2006, from 9:30 a.m. to 12:30 pm we are holding a MRC symposium at the Veterans Memorial Building in Sebastopol. **Come and learn** what you need know to be ready to serve when called during an emergency. We will also talk about future plans for the MRC. **Watch for a flyer with details** in your mailbox soon!

Related Websites

Sonoma County MRC
www.sonoma-county.org/mrc

Sonoma County Public Health Preparedness
www.sonoma-county.org/phpreparedness

National MRC
www.medicalreservecorps.gov

US Dept. of Homeland Security
www.ready.gov

Federal Emergency Management Agency (FEMA)
www.fema.gov

Sonoma Chapter of the American Red Cross
www.sonomacounty.redcross.org

American Red Cross
www.redcross.org

The Centers for Disease Control and Prevention
www.cdc.gov

Governor’s Office of Emergency Services
www.oes.ca.gov

California Emergency Medical Services Authority
www.emsa.ca.gov

California Emergency Preparedness Office
www.dhs.ca.gov/epo

San Francisco Office of Emergency Services
www.72hours.org

CARD (Collaborating Agencies Responding to Disasters)
www.firstvictims.org



The MRC Reporter

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Newsletter for the
Sonoma County Medical Reserve
Corps

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Update Your Profile

Has your **contact information** changed recently? Please let us know how to reach you by completing this form and mailing it to us at:

Sonoma County Medical Reserve Corps
625 5th Street
Santa Rosa, CA 95404

Or update your contact information online at our website:
www.sonoma-county.org/mrc

First Name, Last Name, Credential

Mailing Address

City, State, Zip

Home Phone

Work Phone

Cell Phone

Email Address

Tell Your Friends and Co-workers

On March 30th, we are offering our orientation training for any licensed health professionals who would like to be part of the Medical Reserve Corps.

If you have friends or co-workers who are interested in becoming volunteer members, this is an opportunity for them to join in. The March orientation will be held from 9:30 to 12:30 pm in Santa Rosa. Three (3) CEUs for nurses are available for attending this training.

For more information or to register, visit our website:

www.sonoma-county.org/mrc

or call Gabrielle, MRC Coordinator at (707) 565-4427.