

Winnebago County Medical Reserve Corps

Winnebago County



In this issue . . .

- WCHD Back-to-School Health Fair** 1
- City Market Kid's Activities Booth** 1
- N IL Flu Drive** 2
- 2014 Veteran's Stand Down** 2
- 12/2/14 Meeting** 3
- MRC Goals** 3
- MRC Overview and Contact Info** 4
- Prepare for winter** 4



December 2014

Volume 1, Issue 2

WCHD Back-to-School Health Fair

August 13, 2014



Each year the Winnebago County Health Department holds a Back-to-School Health Fair. Our MRC volunteers helped out with escorting the clients to the proper locations to fill out their paperwork, and also to each clinic area.



This year we thought it would be fun to add a Reader on the 4th floor in the waiting room. One of our MRC volunteers brought a couple of outfit changes. She read books dressed as a cowgirl, and also Bat Woman. The children thoroughly enjoyed listening to her stories. A special thank you to all of you who participated in this event. You played an integral part in the success of this event.

We had many children receive their school/sports physicals, they had their BMI checked, audio/visual screening, dental exam and

City Market of downtown Rockford

September 26, 2014



On Friday, September 26, 2014, 3 of our MRC volunteers worked the Activities Booth at the City Market. What a treat!

Several MRC volunteers had cut out quilt squares prior to the event. At the event, we had children sit at tables and decorate the quilt squares with permanent markers. They really enjoyed this project. After they were finished, they each received a sticker. We even had a couple of adults that sat and decorated squares as well. Our MRC volunteers are going to take these beautifully decorated quilt squares, and have them sewn into small blankets. We will donate these blankets to a shelter.

A special thank you to the City Market for allowing us to entertain the children on August 5th.



The Medical Reserve Corps is a national network of local groups of volunteers who assist their communities in activities that promote and strengthen public health, emergency response, and community resiliency.





2014 NORTHERN ILLINOIS FLU DRIVE

October 23, 2014

2014 was another successful flu drive. The targeted population are the less fortunate. Those who may have lost their jobs, homeless, or they have no insurance. The flu consortium expanded from 3 counties last year to 7 counties this year, and we had a total of 13 sites. This drive included Boone, DeKalb, Lee, Ogle, Stephenson, Whiteside, and Winnebago, The flu consortium encompasses the health departments, hospitals, medical schools, the Rockford Public Schools, and the Winnebago County Medical Reserve Corps.



All the flu vaccine was donated by the hospitals, and the Tdap vaccine was donated by the Bridge Clinic. We had many other organizations that donated supplies, vehicles to transport students to the outlying areas, signage, and also a parking lot.

The flu consortium vaccinated 524 people for flu, and 315 people for Tdap. The majority of the sites took blood pressures, and many of the sites did blood pressure readings.



Our MRC volunteers handled the Logistics at Winnebago County Health Department. They did hourly radio checks with vaccine counts, delivered supplies as needed, and we also had a volunteer go to each Winnebago County site and take pictures. Thank you to all of you!

2014 Veteran's Stand Down

October 31, 2014

The Winnebago County Medical Reserve Corps ran a flu/Tdap vaccination clinic at the 2014 Veteran's Stand Down on October 31, 2014. Carolyn Shelton and Joanne Broadus (2 of our MRC nurses) gave the vaccinations to the veterans. Carolyn gave a flu vaccination to Joanne who is a veteran herself.



Dr. Wollstadt, MRC volunteer did blood pressure checks, and Jennifer Cacciatore, MRC volunteer worked the table out front.

The Veteran's really appreciated the fact that we were there to help them out.

This event is held nationwide. Every veteran that attended on October 31, received breakfast, a hot lunch, a duffel bag with warm winter clothing, toiletries, they could get free hair cuts, vaccinations and blood pressure checks. and dental exams at this event.

It was a great opportunity for us to give back to our veterans. Fun was had by all.



MRC Meeting

December 2, 2014

Mike O'Brien and Ron Seeley from The American Red Cross were invited to give us a Shelter Fundamentals training class at our last MRC meeting. We also invited the Winnebago CERT team to join us. There were 23 volunteers at this training.

Running a shelter takes many volunteers, as well as, many supplies. Shelters must be clean, safe, and accessible for functional needs. Mike and Ron said to remember the 3 R's: Respect, Routine, and Rules. The volunteers that work the shelters sleep and eat just like their clients. They sleep in cots and eat the same food.

Each shelter must have a separate area for sleeping (dormitory), eating, and if possible, a snack area. In an ideal shelter, you should have a room for people to go to if they are having anxiety; a place to get away from it all.

Another word that they use in training is HALT: hungry, angry, lonely, and tired. Many of your clients could be suffering from 1 or all of these. You have to be prepared to deal with many different situations.

Visitors can be a real problem. If anyone comes into the shelter to find out if a family member or friend is staying at your shelter, you cannot give out that information. You can take a name and number and post something on the board. This is for security reasons.



No pets are allowed at a Red Cross shelter, except service animals.

There are many, many forms that go along with a shelter. People must register when they arrive. You have inventory forms; you must keep track of everything that you have, as well as, what you have used. Shelter inspection logs, a form to keep track of everything that has gone on in that shelter. There is a form for everything.

Volunteers are genuinely an asset to the community.



Our next MRC meeting will be held on January 6, 2015. Our meetings are held at 555 N Court St., Suite 115 from 6:00 p.m.—7:00 p.m. unless we are having training. If we have a training, they will run approximately an hour longer.

Our plan is to have CPR training at the February meeting and Basic First Aid at the March meeting. We are also looking into having a Psychological First Aid class. This is a 7-hour course that we will have on a Saturday. There will be more to come.

Invite your friends to join the Winnebago County Medical Reserve Corps.

One of our goals as the MRC is to have the following teams:

- ◆ Rehab with volunteer/rural fire departments alongside the auxiliary
- ◆ Trained search and rescue team
- ◆ A team that goes out to senior centers
- ◆ A team to provide mental health assistance

Additional Goals:

- ◆ Set-up a Facebook page for our MRC
- ◆ Recruit additional volunteers
- ◆ Focus on additional training for our volunteers, and to involve them in our drills and exercises

Our next MRC meeting is Tuesday, January 6, 2014 at 6:00 p.m. at 555 N Court St., Suite 115



WINNEBAGO COUNTY HEALTH DEPARTMENT

555 N. Court Street
P.O. Box 4009
Rockford, IL 61110-0509

Phone: 815-720-4033
Fax: 815-720-4001
E-mail: kchester@wchd.org

WINNEBAGO COUNTY MEDICAL RESERVE CORPS



MRC units are community-based and function as a way to locally organize and utilize volunteers—medical professionals and others—who want to donate their time and expertise to promote healthy living throughout the year and to prepare for and respond to emergencies. MRC volunteers supplement existing local emergency and public health resources.

For information, contact **Karla Chester, Coordinator**, at 815-720-4033 or at kchester@wchd.org.

WE ARE ON THE WEB!
www.wchd.org

BE PREPARED FOR WINTER.....

Make an Emergency Kit for Your Car

In case you are stranded, keep a kit of emergency supplies in your car including

- **Jumper cables:** might want to include flares or reflective triangle
- **Flashlights:** with extra batteries
- **First Aid Kit:** remember any necessary medications, baby formula and diapers if you have a small child
- **Food:** non-perishable food such as canned food, and protein rich foods like nuts and energy bars
- **Manual can opener**
- **Water:** at least 1 gallon of water per person a day for at least 3 days
- **Basic toolkit:** pliers, wrench, screwdriver
- **Pet supplies:** food and water
- **Radio:** battery or hand cranked
- **Cat litter or sand:** for better tire traction
- **Shovel**
- **Ice scraper**
- **Clothes:** warm clothes, gloves, hat, sturdy boots, jacket and an extra change of clothes for the cold
- **Blankets** or sleeping bags

Charged Cell Phone: and car charger

