



# Medical Reserve NEWS

Summer 2009

*“It was character that got us out of bed, commitment that moved us into action, and discipline that enabled us to follow through.”*

*– Zig Ziglar*

## *Are you a...* **VAPOR VOLUNTEER?**

Dear Volunteer:

At a recent national conference for Medical Reserve Corps (MRC) volunteer coordinators, one participant was asked how many volunteers he had on his MRC roster. He replied: “Five hundred. But about three hundred of them are ‘vapor volunteers.’” He didn’t have to explain to us what he meant.

“Vapor volunteers” are those who sign up to volunteer and then, for whatever reason, disappear... like vapor. While I appreciate a large pool of registered volunteers to call upon during an emergency, my goal is to ensure we maintain a roster of volunteers who are able to sustain their initial commitment.

I understand circumstances change and a volunteer may no longer be able to devote time to support the health of our community. If this applies to you, please take a minute to contact me so I can remove your name from our roster. Be assured that you will be welcomed back if you decide to volunteer in the future.

Also, remember to contact me at if there is a change to your personal or professional information so we may update our database. Thank you!

*Paula Martel*

Program Coordinator  
Medical Reserve Corps of Southern Nevada

## Heartsaver First Aid Course

*"I have been away from acute care for more than 30 years and have no confidence in my first aid skills, particularly when the assignment calls for working alone." – MRC volunteer nurse*

Because there are quite a few volunteers who feel this way, there will be a first aid class offered on Wednesday, Aug. 26 from 8 a.m.-12 p.m. The American Heart Association's Heartsaver First Aid Course will be taught by Dr. Joe Heck from the health district's Office of Emergency Medical Service & Trauma System.

Following the course, participants will receive a course completion card and be able to describe:

- the principles of providing first aid
- how the first aid rescuer protects himself/herself and others
- how to assess a victim
- what to do after the emergency

Look for an RSVP notice in mid-August..

*Note: You do not need to be a health care professional to take this course.*



## Workshop for the Veterinary Community

On Saturday, Sept. 26, the Medical Reserve Corps of Southern Nevada (MRC) and the Oquendo Center for Clinical Education will host a workshop at the Western Veterinary Conference facility for the veterinary community specific to disaster

preparedness and response. Topics will cover individual, family, practice, client and community preparedness.

The program will consist of a lecture and hands-on exercises to give participants the opportunity to set-up a temporary pet shelter, as well as triage and decontaminate dogs. Participants will also learn the basics of the Incident Command System, proper use of personal protective equipment, water purification, how to use a radio and why it is important to be affiliated with a volunteer response team like CART, SART or the MRC.

Continuing education credits will be available. Look for registration information in the next few months.

## Not the Same ol' Drill

In October, MRC staff will conduct a call-down drill in addition to the regularly scheduled monthly test of the Emergency Notification System (ENS). This drill will test the response rate of MRC volunteers during a non-notice test of the ENS.

When asked during this drill, "Can you respond?" please answer as if it were an actual emergency deployment call.

If you have any questions, call MRC coordinator Paula Martel at 759-0877.

## Public Health Volunteer Opportunities

It's that time of year again! As summer nears to an end, the health district's Clinics & Nursing Services staff is currently organizing the annual back to school and flu vaccination campaigns. The health district has requested for Medical Reserve Corps volunteers to assist.

Back to school immunization clinics begin Saturday, Aug. 8 and extended immunization clinic hours start on Monday, Aug. 17. Further details will follow as specific needs are identified.

# Community Volunteer Opportunities

Summer is a slow time for outdoor volunteer opportunities...thank goodness! The following are events that the MRC has been asked to support. If you are interested, please let me know. I will send out reminder/recruitment e-mails as we get closer to the dates.

- **Desert Dash "Sandstorm II"**  
Sunday, Sept. 27 • 10 a.m.-3 p.m.  
Cottonwood area, near Red Rock, NV  
*Provide first aid support at this half marathon and 5K run/walk near and on the famous Spanish Trail. (Race details at [www.desertdash.org](http://www.desertdash.org))*
- **Family Fur & Fun Festival**  
Saturday, Oct. 10 • 10 a.m.-4 p.m.  
Summerlin Centre Community Park  
1800 S. Town Centre Dr., Las Vegas, NV  
*Distribute animal preparedness information and provide first aid support.*
- **Desert Winds Adventure Series Finale**  
Saturday, Oct. 10 • 8 a.m. – 5 p.m.  
Lake Mead/Boulder City, NV  
*Provide first aid at this adventure race featuring trail running, mountain biking, kayaking and orienteering.*
- **Six Hours of Bootleg: Extreme X-Country Endurance Event**  
Saturday, Oct. 24 • 9 a.m. – 3 p.m.  
Bootleg Canyon, Boulder City, NV  
*Provide first aid support at this WILD mountain biking racing event! (Race details at [www.myspace.com/crashinnovations](http://www.myspace.com/crashinnovations))*
- **Heat Wave: Adventure Race**  
Sunday, Oct. 25 • 8 a.m. – 5 p.m.  
Lake Mead/Boulder City, NV  
*Provide first aid support adventure race with paddling, swimming, mountain biking and trail running. (Race details at [www.desertdash.org](http://www.desertdash.org))*
- **Silverman**  
Sunday, Nov. 8 • 6 a.m. – Midnight  
Lake Mead/Henderson, NV  
*Assist with first aid support during this full and half distance triathlon. (Race details at [www.silvermannv.com](http://www.silvermannv.com))*



## Meet the Staff:

**John P. Middaugh, MD**  
*Director, Community Health Division*

Dr. Middaugh plans, manages and directs activities of the health district's Community Health Division, which includes the office of epidemiology, the office of public health preparedness, the office of chronic disease prevention and health promotion, the office of emergency medical services and trauma system, and the Southern Nevada Public Health Laboratory.

Most recently, he served as the state epidemiologist for the Florida Department of Health in Tallahassee. His public health career includes more than 25 years of service with the Division of Public Health/Department of Health and Social Services for the State of Alaska as the state epidemiologist and chief of the section of epidemiology. Dr. Middaugh also served as a commissioned officer in the United States Public Health Service in the Centers for Disease Control and Prevention's Epidemic Intelligence Service. In his early career, he worked at the Cholera Research Laboratory in Dacca, Bangladesh and at the American Mission Hospital in Dembi Dollo, Ethiopia.

Dr. Middaugh has authored, co-authored and edited numerous scientific books and papers. He has served on several boards and professional organizations. A board certified physician in public health and preventive medicine, as well as internal medicine, Dr. Middaugh earned his medical degree at the University of Wisconsin Medical School in Madison. He is licensed to practice in the states of Alaska, Florida and Nevada.



## New Volunteers

Please welcome our new volunteers:

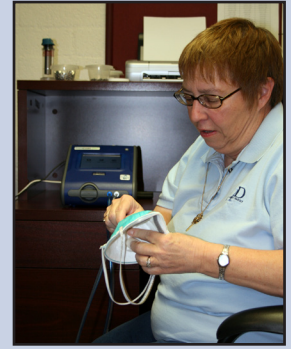
- Nabil Baig, Medical Student
- DeAnn Baker, RN
- Joshua Batt, EMT-B
- Sue Bennett, Pharmacist
- Andreas Bitterlich, Paramedic
- William Botos, Paramedic
- Lori Chaney, RN
- JoAndra Cornelius-Johnson, LPN
- Phyllis Dougherty, RN
- Loulou Flores-Huskey
- Richard Gustavson, RN
- Carole Heierle, RN
- Elizabeth Hemphill, RN
- Michael Johnson, RN
- Stephen Kessinger, Medical Student
- Tabitha Kix, Nursing Student
- Kevin Ku, Medical Student
- Celeste Liston, RN
- Michael Pedler, Nursing Student
- Mark Quiamson, RN
- Sara Scroggin, Nursing Student
- Matthew Selleck, Medical Student
- Marie Szczerba, RN
- Heather Waite, RN
- Nori Watson, Medical Student



Watch for Details:

**Next MRC Membership Meeting:  
Jon Fudenberg, Assistant Coroner**

## N95 Mask Fit Testing



*Dale prepares a mask before a "fit" test.*

When responding to a natural or manmade disaster, responders at times need to wear respirators to prevent exposure or inhalation of harmful fumes or particles.

If you would like be "fitted" with an N95 mask, call the health district's public health preparedness nurse Dale Klabacha at 759-0870 to schedule an appointment.

Be sure to mention that you are an MRC volunteer. The test takes about an hour.



### Become Part of the MRC Team

#### **For local information, contact**

Paula J. Martel, Program Coordinator  
Medical Reserve Corps  
Southern Nevada Health District  
P.O. Box 3902, Las Vegas, NV 89127  
(702) 759-0877, Fax (702) 386-1853  
martel@snhdmil.org  
[www.SouthernNevadaHealthDistrict.org](http://www.SouthernNevadaHealthDistrict.org)  
[www.MRCNevada.com](http://www.MRCNevada.com)

#### **For national program information, go to**

[www.MedicalReserveCorps.gov](http://www.MedicalReserveCorps.gov)

