



Medical Reserve NEWS

Spring 2011

“ Never confuse movement with action.”

– Ernest Hemingway

MRC shelters pets during flooding and outages

Storms in Southern Nevada during the week of Dec. 20, 2011 created two significant events: flooding in the Mesquite area and significant snowfall on Mt. Charleston causing a multi-day power outage.

The American Red Cross opened three shelters: Virgin Valley High School in Mesquite, Moapa High School in Overton, and Bilbray Elementary School in Las Vegas. The Medical Reserve Corps of Southern Nevada and animal control agencies established and concurrently operated pet shelters at these locations through a mobile pet shelter unit which operated from the parking lots. MRC veterinary volunteers, Karin Cartwood, Melissa Schalles and Susan Vondracek responded and others were on call if needed during the week. As well as veterinary support, MRC nurses provided first aid support in the American Red Cross Mesquite shelter.



(Top right) Susan organizes supplies; (bottom right) Karin and Melissa ready to receive pets.



Words from some

MRC Stars!

“Giving back is most rewarding, especially in these difficult times we live in. We often forget how fortunate we really are and there is nothing like the feeling you get when you can ease another person’s life and make their journey easier.” – Sue, Pharmacist

“I love to volunteer with MRC because I get to meet interesting people and it feels good to help in the community. I am not able to volunteer a lot but even a few hours helps.” – Anonymous, RN

“I enjoy the sense of camaraderie with my fellow volunteers that we care enough about the community to donate our time towards protecting the public’s health.” – Nancy, RN

“Being down on one’s luck should not mean that they ignore their health. Through the MRC being able to perform blood pressure checks at various events allowed me to help prevent significant events associated with high blood pressure. The sincere appreciation shown by the attendees makes it worth every minute.” – Paul, Pharmacist

“I love the volunteer work that I do. I especially enjoy going to the Bodies Exhibit to do blood pressure screening. It gives me a chance to meet visitors from all over the country as well as educate them in regard to their blood pressure. It also gives me an opportunity to ‘give back’ to the community.” – Judi, RN

“There have been a few mornings this year when I woke up the alarm clock’s incessant clamor, wishing I’d said, “No, sorry, really, I can’t!” Why did I volunteer today? I could have used a little more sleep, a day to do nothing, to catch up on the housework, reading, a movie. But a few hours later, I’m rejuvenated by a short stint of volunteer work; I remember why I am in the healthcare field,

how good it feels to do something for others and to spend some time with other people who feel the same way!” – Carol, RN

“I have been volunteering and giving of my time since a young adult. Like many organizations, the MRC provides us with many opportunities to serve our neighbors and communities during unusual times of need (scheduled) and in also the event of catastrophic events (MRC rapid response). I cannot think of any other organization worthy of my time and energy. You should too!” – Artie, EMT-B

“I enjoy volunteering with MRC. It is fun and people come together for the benefit of the community. As a full volunteer we have benefits as well. We get to be involved in many activities and get recognition for those. We also get additional health care issues training for free.” – Monica, Nursing Student

“I started off with a negative connotation to volunteering; HOWEVER after volunteering with the MRC, I learned volunteering is every bit as much about building people skills as it is about building great ways to help important causes. Being an active MRC ‘Volunteer Star,’ providing information to the public about relevant opportunities to support education and awareness efforts, is just plain cool!” – Cortez, Veterinary Assistant

“I originally signed up thinking I would travel the country helping those afflicted by some natural disaster. What I got was an opportunity to travel around my city to places I may have not gone, helping those who are in need.” – JoAndra, LPN

“Each time I get up in the early morning to do my MRC volunteer work, I wonder what I was thinking when I signed up! But once I get there, I enjoy it so much I can’t wait to do it again. Working with other MRC volunteers and helping people is the perfect recipe for a great day! Thanks Paula!” – Julia, EMT-I

“Being a part of MRC, I was able to spend a day in a pyramid surrounded by fellow citizens fascinated about the Bodies exhibit. To being on the top of the world (Stratosphere) to help/cheer on the athletes make their ascent by stairs, each step seems to be heavier than before. Every experience,

every encounter has been phenomenal and MRC continues to have opportunities – it’s just up to the person to take it.” – Jen, RN

“I would like to express my gratitude for inviting me to participate in the Nevada Mass Fatality Preparedness Initiative Exercise! It was such a valuable experience and gave me such insight into the concepts, principals and activities that can be expected with an active Family Assistance Center. I feel confident that, if there ever was a mass fatality in Las Vegas, I would do a good job in carrying out whatever duties I was assigned. It gives me a great sense of pride, not only being MRC volunteer, but that I am a *well trained volunteer*.” – Jeannette, LPN

“My volunteer experience was great! I did many diverse events, but the most fun was the blood pressures at the Luxor. I am looking forward to another fun year.” – Ginny, RN

“My eyes sparkle brighter, my smile is wider, my gait has a lilt and my heart beats stronger for every extra volunteer hour I perform. It does a body good!” – Phyllis, RN

“I enjoyed meeting and networking with other community volunteers from various states and countries at the Integrated Training Summit at the Aria this year. Working together on health and wellness issues and educating the public on emergency preparedness was a good experience for me.” – Murlin, LPN

“The people – whether they are standing next to me helping to educate or in front of me asking what we’re all about – make it worthwhile. Plus, I love my pets and if I can help one family save their pet in a disaster, I’ve done my job.” – Susan, LVT

“A New Year’s resolution for all volunteers... Start Taking an Active Role! Become a MRC STAR in 2011!” – Cam, RN

“I believe each of us has been assigned for humanitarian mission in this life, and it is our sole responsibility and obligation to benefit our community. At the end, I would like to congratulate and appreciate Medical Reserve Corps of Southern Nevada for providing an environment for us to spread our wings for the community by the community.” – Far, Non-Medical Volunteer

“As someone who is new to Nevada, volunteering with the MRC has really helped me learn more about the community I am serving and has allowed me to network with other medical professionals!” – Sarita, EMT-I

“Every time an MRC volunteer opportunity comes out, if our calendar is clear (which is rare) we check to see if we can do it. Sometimes it works and sometimes not. The experiences have been varied and easy and always fulfilling. Suddenly the year is over and our time has added up and I wish we could do more.” – Nancy, LPN and daughter, Leslie

Joint Vigilance Family Assistance Center Exercise

On Dec. 1-2, 2010 MRC volunteers, who are trained on the system used to gather information from loved ones or friends related to individuals who may be victims of a mass fatality event, participated in the Clark County Office of the Coroner/Medical Examiner’s Joint Vigilance Family Assistance Center Exercise. Zoe Albright, Teresa Demos (*pictured right*), Artie Kaye (*pictured right*), Jeannette Londergan and Alli Sergent entered information into this system reported by exercise participants. After the initial information about the missing person is gathered, the family member or friend is assigned to a trained Family Assistant who guides and supports them through the Family Assistance Center processes.



2010 Rockin' MRC STARS!

The following MRC volunteers donated 10 or more hours in 2010; and will receive MRC logo items, as well as preparedness kits from our partner, the American Red Cross. THANK YOU!

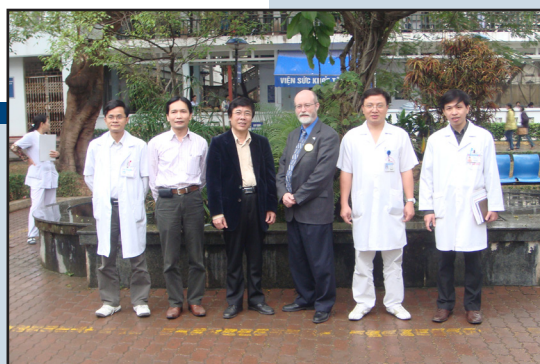
- Albright, Zoe
- Alvarado, Harriett
- Anderson, Carl
- Batt, Joshua
- Beach-Jeter, Marie
- Bennett, Sue
- Bidari, MD, Changiz
- Bliss, Amy
- Bollea, Marcia
- Camburn, Camilla
- Carlson, Matthew
- Cavallaro, Virginia
- Cornelius-Johnson, JoAndra
- Cram, Jacqueline
- Creque, Jeniffer
- Croft, Alan
- Dougherty, Phyllis
- Downey, William
- Duhaime, Ella
- Dyer, Christina
- Eghbalian, Farhad
- Ghan, Jeffrey
- Gomez, Moises
- Greenhalgh, Jerre
- Hampton, Murlin
- Ilagan, Eileen
- Jarmel, Carol
- Kaye, Arthur
- Kokoczka, Julie
- Londergan, Jeannette
- Lundin, Sarita
- Marandola, Judith
- Markoe, Kimberly
- Menzel, Nancy
- Murphy, Patty A.
- Nguyen, TamAnh
- Nguyen, Tamdan
- Nisberg, Bruce
- Novack, Mallory
- Oesterman, Paul
- Pennell, Jon
- Perelgut, Adam
- Ray, Katie
- Renner, Laura
- Rennirt, Jackie
- Sergent-Velliquette, Allison
- Simon, Iulia
- Staples, Julia
- Szczerba, Marie
- Taherkhani, Leila
- Vondracek, Susan
- Williams, Cortez
- Wulff, Nancy
- Young, Douglas
- Zabel, Kristi
- Zelaya, Siboney

Welcome New Volunteers

Congratulations to the following new volunteers for completing all requirements to volunteer with the MRC of Southern Nevada and for being added to the active volunteer list.

- Mandy Andersen, Pharmacy Intern
- Richard Bashay, III
- Shannon Burke
- Randell Cogburn, EMT-I
- Dustin Darrington, EMT-B
- Marjorie Joyce
- Moe Metwalli, Pharmacy Intern
- Kevin Sanchez
- Evelyn Seel, EMT-B
- Greg Whicker, EMT-B
- Sherman Wu, EMT-B

MRC volunteer Larry Ashley, Ed.S, LCADC, CPGC recently traveled to Hanoi and met with Vietnamese educators and clinicians. Larry hopes to collaborate with the doctors in areas such as problem gambling and cognitive behavioral theories.



Become Part of the MRC Team

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www.MRCNevada.com

For national program information, go to
www.MedicalReserveCorps.gov

We're on Facebook!

Following the lead of MRC units nationwide, we created a Facebook page. Find us under Medical Reserve Corps of Southern Nevada. We will initially use it to highlight MRC activities and provide links to partners. "Friend" us!