



Clinton County Medical Reserve Corps



Volume 3, Issue 1 March 2010 Published semiannually by the **Clinton County Health Department** www.clintonhealth.org

Coordinator's Report

Inside this issue:

The H1N1 Influenza season has entered the recovery period! I would like to thank all of the volunteers that have worked the many clinics held throughout the last several months. Without your time and support the staff at the Health Department would have had a much harder time making it through the year!

We currently have **36** registered volunteers (and counting!) from all areas of the health care community! Your service as a volunteer is so important to the community and it's

health.

Because you are so important to your community, we ask you to spread the message! If you have friends, family members or co-workers in medical fields ask them to help you make a difference for your community, too. Ask them to volunteer today!!

You are appreciated! Without your desire to help and your willingness to help your community, our MRC would not be making such great strides toward becoming strong and productive!

Do you sometimes think that you would be more prepared to handle emergencies if you had advanced warning?

As we continue to move through 2010, I will be developing the strategic plan for our unit. My focus will be to ensure a healthy, well trained, active group in order for the MRC to fulfill it's mission in the community!

As always, I am available to answer questions. I can be reached by phone at 565-4848 or by e-mail at labordes@co.clinton.ny.us.

Coordinator's Report

You're Invited

Time to Sign Up

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Upcoming Events

Training Events

It is our mission to ensure that our volunteers are well trained and comfortable with the roles they may be asked to fulfill in our community.

The following training opportunities are available:

- **July 12:** CPR refresher 5p-7p Space is limited so please RSVP today!
- **Aug. 19:** Public Speaking orientation: Train to become a Public Health Ambassador. If you are interested in increasing the public's awareness through community presentations, sign up today!

Online Opportunities:

- Incident Command Training @ <http://training.fema.gov/EMIWeb/IS/IS100A.asp>
- Psychological First Aid @ http://www.jhsph.edu/preparedness/training/online/dis_mtl_hlth_comp.html

You Are Invited!

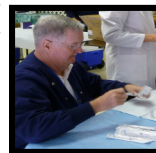
Volunteer Appreciation and Annual Meeting Tuesday May 18, 2010 6:30 pm

The Clinton County Health Department will be hosting a Volunteer Appreciation event on May 18, 2010 at 6:30 pm at the South Plattsburgh Fire Department located on Route 22. This is the new Fire Department building located just past the exits to I87 on the way toward Peru.

Agenda items will include a MRC updates-local and national, Recognition of H1N1 volunteers, upcoming events/ training, medical requirements, new volunteer credentialing.

Beverages and Hors d'oeuvres will be provided. Come meet other volunteers maybe catch-up with old friends! We always welcome new members so bring a friend!

Please RSVP to Suzanne LaBorde by May 5, 2010. Phone: 565-4848 or e-mail labordes@co.clinton.ny.us.



Notes of Interest

Christy Williams, RN and Kenneth Jackman, MD were featured in an article about Clinton County's Medical Reserve Corps published in the Press Republican this month

Ted Hohn, RN, has applied to represent our MRC unit at the NAACHO Spring Deployment training being held in Washington, DC in June .

Clinton County does not discriminate on the basis of race, color, national origin, sex, sexual orientation, religion, or disability in employment or the provision of services.

Your Health Matters!

Are you Protected? The Vaccines You Need to Stay Healthy

Are you up to date on your immunizations? Not sure, then now is the time to check! It is important that your immunizations are up-to-date and that you have protected yourself and family from communicable diseases.

As a member of the CCMRC it is also necessary that you are up-to-date! In order to most effectively serve your community you need to be medically well and not at risk of contracting a disease or contributing to others becoming ill. As we proceed through these initial phases and work to build a strong group of volunteers, you will be asked to supply verification of vaccine status.

<http://www.cdc.gov/vaccines/recs/schedules/downloads/adult/2010/adult-schedule-11x17.pdf>

If you need more information about where to obtain necessary vaccines, please call 565-4848.

Protect yourself, protect your family and protect the community. Make plans to ensure your vaccinations are up-to-date TODAY!

Time to Sign-up for NY-Alert!



Do you sometimes think that you would be more prepared to handle emergencies if you had advanced warning?

Signing up for New York Alerts now can help you to protect yourself and your families in the event of an emergency.

By signing up for NY-Alert you will receive information about: *"severe weather warnings, significant highway closures, hazardous materials spills, and many other emergency conditions. Additionally you will find information regarding response actions being taken by local and state agencies and protective actions that you should take to protect you, your family and your property."*

NY-Alert will send the information directly to you via the website, your e-mail and even on your cell phone! You chose what information you would like to receive. You can feel confident knowing that you have taken one more step toward being prepared in the event of an emergency.

Sign-up today at <https://users.nyalert.gov/>

The Health Benefits of Volunteering

In 2007, the Corporation for National & Community Service completed a review of literature to determine the documented health benefits related to volunteering. It has long been known that volunteering has provided a social outlet for people needing to engage with others but there are also physical health benefits.

The research suggests that those who volunteer feel a greater sense of purpose in their lives and a greater feeling of accomplishment. The social networking, along with these positive feelings, lead to less stress, greater happiness and higher self-esteem.

The review also suggests that volunteering may also be a way to ward off potentially poor health outcomes later in life. The research also suggests that those who begin volunteering earlier see more of these benefits.

Volunteering may also increase the life span of those who volunteer. Even in those individuals who have chronic illnesses or more serious health problems.

So what is the catch? Well, it would appear that to get these benefits you would actually need to meet what is called a "volunteering threshold". Unfortunately, the researchers have not seemed to define this very well. Some research indicates that this threshold may be met by volunteering with at least 2 different organizations while other research indicates that it may be linked to an amount of hours completed per year (ranging from 40-100).

Volunteering also benefits the health of the state and community. States in which the volunteer rates are higher are experiencing lower rates of heart disease and lower mortality rates.

The health benefits of volunteering are shown to have the greatest effect on those individuals over the age of 60 and may be attributed to the continued feelings of self-worth and greater social interactions later in life.

For more information on this brief or to read the full document please visit : http://www.nationalservice.gov/about/role_impactperformance_research.asp#HBR