

medical
reserve
corps



Cape May County Medical Reserve Corps Newsletter

Issue 3

Newsletter Date: 2011

Mission Statement: To recruit, organize, and train volunteers for the Medical Reserve Corp in Cape May County and to augment and support the public health response to a natural or public health emergency.

Health Observances

May
American Stroke Month

June / July
Summer Safety

August
National Immunization
Awareness Month

Spring is here and once again all who reside in Cape May County are getting ready for our summer visitors. Getting ready means planning. Knowing what to plan for takes education. (Can you see where this is going?)

It is VERY important for all MRC volunteers to be trained in the Core Competencies. We are trying to provide these trainings in a manner that takes into account all our members individual time constraints.

The State of New Jersey MRC is currently working with The New Jersey Learning Management Network to provide on-line trainings for **all** of the Core Competencies. Until then, I continue to encourage you if you have not already done so, to complete the following trainings:

Recommended Online Training Courses (click on the course name to go to NJLMN and register):

[Distributing Supplies from the Strategic National Stockpile for MRC Nurses](#)

[Distributing Supplies from the Strategic National Stockpile for MRC Volunteers](#)

[Mental Health aspects of Emergencies and Disasters for non-mental health professionals](#)

[Psychosocial Aspects of Bioterrorism and Disaster Response for Public Health Professionals](#)

CORE COMPETENCIES

Describe the procedure and steps to protect health, safety, and overall well being of themselves, their families, the team and their communities.

Have Family Preparedness Plan

Describe chain of command (ICS)

Describe role of MRC unit in Public Health and in an Emergency response.

Describe MRC role(s) in : the communication process, impact of event on the mental health needs of the public and MRC members.

Demonstrate ability to follow procedures for assignment, activation, reporting and deactivation.

Fighting Childhood Obesity

Shaping NJ Grant

The Cape May County Department of Health in partnership with Rutgers Cooperative Extension and the Township of Middle, have been awarded a grant from Shaping NJ/ Robert Wood Johnson Center for Health & Wellness. The goal of this partnership is to improve the access and safety of bike/walking paths within Cape May County and through policy change, improve access to healthy food choices in public venues.

Why are we doing this? If we don't act now, by 2018 nearly 40% of New Jersey adults will be obese and the state will spend \$9.3 billion annually in obesity-related health costs. The fact is that without a change in current trends, today's children will be the first generation in this country to live shorter and less healthy lives than their parents.

What can you do to be a part of the solution?

We are talking about social change. As an MRC volunteer, you have already shown your commitment to the health and well being of our community. We would like you to help us create walking groups throughout Cape May County with MRC leaders.

All who are interested in being a part of this initiative will need to complete a training session. The first of which will be held **May 26th 10:00am—12:00pm** in the Cape May County Department of Health 1st floor conference room. An evening session would be provided if the number of requests warrant it.

To register please respond by e-mail - jrowland@co.cape-may.nj.us

**** Spokesperson Training Exercise ****

A big thank you goes out to all who participated in the 3rd Risk Communication Spokesperson Training exercise on April 14th. The presenters were thrilled with your “performances” and are looking into putting together more training exercises such as this.

As always we will let you know as soon as we know.

As a Spokesperson:

- **Know your organization’s policies.**
- **Stay within the scope of responsibilities.**
- **Tell the truth. Be transparent.**
- **Embody your agency’s identity**

**MRC:
VOLUNTEERS
BUILDING
STRONG,
HEALTHY,
AND
PREPARED
COMMUNITIES!**

***** SAVE THE DATE! *****

2010 USDA Dietary Guidelines Promoting Health and Preventing Disease

Join us in a presentation by Marilou Rochford MA, CFLE, Family & Community Health Sciences Educator For Rutgers Cooperative Extension of Cape May County. Take action on the Dietary Guidelines by making the healthy choice the easy

choice. ***1 Professional learning hour**
June 29th 5:30pm —7:00pm
June 30th 10:00am—11:30am

355 Courthouse-South Dennis Road
Cape May Court House, NJ
Please register by e- mail
jrowland@co.cape-may.nj.us or by
calling Joan Rowland at 465-1225.

HELP US RECRUIT!

- Medical professionals
- Community leaders
- Friends

Anyone you think would be a good addition to our team.

Tell them about our mission, goals, trainings and invite them to join us!

The larger our MRC team is the better equipped we’ll be to serve the public in case of a county-wide crisis.

**Readiness Begins
With YOU!**

The Cape May County Department of Health is now on Facebook!



Suggest us to your facebook friends!

- Facebook fans will learn about:**
- Upcoming health events
 - Free and low-cost health services
 - Steps you can take to stay healthy
 - Resources on health issues that affect our community

Sign-up today!

1. Log on to Facebook, search for Cape May County Department of Health, and click "Like"
2. Go to Department’s website: cmchealth.net and click on Facebook

Sponsored by the Cape May County Board of Chosen Freeholders and the Department of Health

Become a fan of the Cape May County Department of Health on Facebook and suggest us to your friends!

**Cape May County Resource Day
April 9, 2011**



CONTACT INFORMATION

Cape May County Dept. of Health
4 Moore Rd DN601
CMCH NJ 08210

Joan Rowland RN BSN
MRC Coordinator
jrowland@co.cape-may.nj.us
609-465-1225

Chrissy Matthews
Administrator
cmathews@co.cape-may.nj.us
609-463-6689