



# Region IV MRC Update

February, 2009

## Highlights from the Region IV Medical Reserve Corps Conference and Training

On January 8 and 9, leaders from over sixty MRC units in Region IV gathered for a day and a half of learning and collaboration in Jacksonville, Florida. The MRC unit leaders were joined by state coordinators and representatives from NACCHO and the Office of the Civilian Volunteer Medical Reserve Corps as well as a few representatives from partner programs.

The first day began with an inspiring welcome from Dr. Robert Harmon, Director of the Duval County Health Department and opening remarks from RADM Clara H. Cobb, Regional Health Administrator. CAPT Tosatto presented the updates from the MRC Program Office and Jack Herrmann presented updates from NACCHO. This was followed by lunch, which featured roundtable discussions of selected “hot topics” of interest to MRC leaders.



Hurricane Response Panel

After lunch, unit leaders who were involved in the responses during the 2008 hurricane season presented their lessons learned as part of a panel presentation. Participants then broke out into afternoon training sessions. Participants had a choice between three three-hour sessions: Using MRC-TRAIN to Maximize the Effectiveness of Your Training Program, Models of Disaster Mental Health Training and Preparing our POD Volunteers: An Interactive Workshop.

Friday morning’s concurrent sessions covered a variety of topics, from MOU Development to Working with Youth. Presenters for these sessions included unit leaders and representatives of partner programs such as the CDC and The Medical Foundation.

The conference finished up with lunch and a very inspiring “practice sharing” session during which local leaders shared their activities.



Dr. Armin Ansari, CDC

Many thanks to the Planning Committee, the presenters, and everyone who attended and helped make this conference such a success!

---

**Volunteers Building Strong, Healthy,  
and Prepared Communities**

### U.S. Surgeon General Visits MRC Units

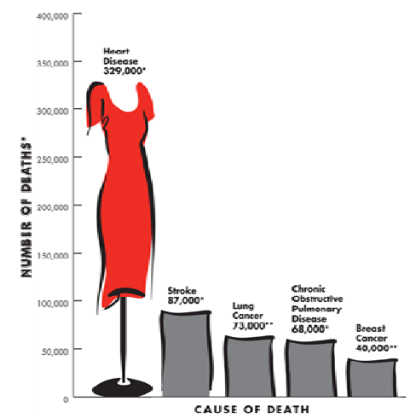
On February 14 and 15, U.S. Surgeon General Stephen K. Galson visited Miami and Tampa, Florida as part of his Healthy Children for a Healthy Future tour. While in Miami, RADM Galson met with leaders of several South Florida MRC units. RADM Galson also participated in a media event at a Tampa Bay Lightning game. Before the game, the Surgeon General toured several exhibits at the arena, which included health education and screening booths staffed by Hillsborough MRC volunteers.



### National Wear Red Day

What is the #1 killer of women? Heart disease. In fact, one in four women dies of heart disease, and many more are affected. Unfortunately, many women are unaware of their risk of developing heart disease. National Wear Red Day, a project of the Heart Truth campaign, aims to increase awareness among women. On the first Friday of each February, men and women across the country participate by wearing a favorite red piece of clothing.

The Heart Truth—a national awareness campaign for women about heart disease—created and introduced the Red Dress as the national symbol for women and heart disease awareness in 2002 to deliver an urgent wakeup call to American women. The Red Dress reminds women of the need to protect their heart health, and inspires them to take action. National Wear Red Day promotes the symbol and provides an opportunity for everyone to unite in this life-saving awareness movement by showing off a favorite red dress, shirt, or tie, or Red Dress Pin.” Join the National Heart, Lung, and Blood Institute; Office on Women's Health, U.S. Department of Health and Human Services; WomenHeart: the National Coalition for Women with Heart Disease; American Heart Association; and many other groups to promote National Wear Red Day in your local community. Visit <http://www.nhlbi.nih.gov/health/hearttruth/index.htm>.



LEADING CAUSES OF DEATH FOR AMERICAN WOMEN (2005)

### Earthquake Awareness

The first thing that comes to mind when you think of the Region IV states is generally hurricanes, not earthquakes. However, Region IV is bordered on the west by the New Madrid Seismic Zone, a major fault line responsible for the devastating 1812 New Madrid earthquake. The January, 1812 quake destroyed the town of New Madrid and actually changed the course of the Mississippi River. Today, a large earthquake in this zone would cause catastrophic damage. For more information on earthquake hazards related to this seismic zone, visit <http://www.cusec.org/>.

### Upcoming Events of Interest

- February 4, Little Rock, AR (and via videoconference) - **Disaster Medicine 101: Post-Earthquake Public Health and Medical Issues in the New Madrid Seismic Zone** <http://www.cusec.org/news-a-events/events-calendar/92.html>
- February 5, 1:00 – 2:30 p.m. ET - **Experiences with Strategic Planning in Public Health Organizations** webcast, <http://www.adph.org/alphntn>
- February 5,- **Deadline for travel scholarship applications for the 2009 Integrated Training Summit** (1 leader from each MRC unit), <http://www.naccho.org/topics/emergency/MRC/integratedsummit.cfm>
- February 6 – **Deadline for Poster Presentation Submission**, <http://teams.hhs.gov/conference/>
- February 9, 1:00 – 2:30 p.m. ET - **Public Health Emergency Preparedness: Planning and Practicing for a Disaster** webcast, <http://tinyurl.com/cjty7x>
- February 18-20, San Diego, CA – **2009 Public Health Preparedness Summit** <http://www.phprep.org/2009>
- April 4-8, Dallas, TX – **2009 Integrated Medical, Public Health, Preparedness and Response Training Summit**, <http://www.hhstrainingsummit.org/registration.php>
- April 19-25, **National Volunteer Week** <http://www.pointsoflight.org/programs/seasons/nvw/>

---

### Medical Reserve Corps Involvement in the Presidential Inauguration

Fifty-two medical aid stations were set up in downtown Washington, D.C. in preparation for the inauguration on January 20<sup>th</sup>. These medical stations were staffed by a variety of providers, including the D.C. Medical Reserve Corps. About two million visitors packed D.C. for the inauguration festivities.

---

### Useful Tools and Information Online

Just a reminder: There is a collection of websites that may be useful to MRC Unit Coordinators available at: <http://www.furl.net/members/Region4MRC>. Recent additions include:

- [Special Needs Populations in Disaster Response](#)
- [Emergency Preparedness for Nursing Homes](#)
- [Health Myths](#)
- [Understanding and Responding to the Needs of Children After Large-Scale Disasters](#)

For regular public health and emergency preparedness updates, check out the [Region IV News Updates](#).

## Upcoming Health Observances

### February is American Heart Month

<http://www.americanheart.org>

### February 6 is National Wear Red Day



<http://www.nhlbi.nih.gov/health/hearttruth/>

### February 14 is National Organ Donor Day



<http://www.organdonor.gov/>

### March is National Nutrition Month™



<http://www.eatright.org>

---

## Regional Coordinator Contact Information

Elizabeth H. Fitch  
Sam Nunn Atlanta Federal Center – DHHS  
61 Forsyth St, SW  
Suite 5B95  
Atlanta, GA 30303

Office: (404) 562-4276  
Fax: (404) 562-7899  
Cell (try office first): (404) 275-9169  
Elizabeth.fitch@hhs.gov

*Don't forget to regularly visit the [National MRC Website](#): sponsored by the [Office of the Surgeon General](#)  
Medical Reserve Corps is a partner program with [Citizen Corps](#)*