



Region III Newsletter

Volume 2, Issue 1

Winter 2007

Special points of interest:

- Number of units
Nationwide:
629
- Number of volun-
teers Nationwide:
114,437
- Number of units in
Region III:
64
- Number of volun-
teers in Region III:
17,851

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The Scoop on Noroviruses

These little viruses have decided to visit a few places within Region III. The information below captures a little more about the norovirus.

What are noroviruses?

Noroviruses are a group of viruses that cause the “stomach flu,” or gastroenteritis (GAS-tro-en-ter-I-tis), in people. The term norovirus was recently approved as the official name for this group of viruses. Several other names have been used for noroviruses, including:

- Norwalk-like viruses (NLVs)
- caliciviruses (because they belong to the virus family *Caliciviridae*)
- small round structured viruses.

Viruses are very different from bacteria and parasites, some of which can cause illnesses similar to norovirus infection. Like all viral infections, noroviruses are not affected by treatment with antibiotics, and cannot grow outside of a person’s body.

What are the symptoms of illness caused by noroviruses?

The symptoms of norovirus illness usually include nausea, vomiting, diarrhea, and some stomach cramping. Sometimes people additionally have a low-grade fever, chills, headache, muscle aches, and a general sense of

tiredness. The illness often begins suddenly, and the infected person may feel very sick. In most people the illness is self-limiting with symptoms lasting for about 1 or 2 days. In general, children experience more vomiting than adults. Most people with norovirus illness have both of these symptoms.

What is the name of the illness caused by noroviruses?

Illness caused by norovirus infection has several names, including:

- stomach flu – this “stomach flu” is **not** related to the flu (or influenza), which is a respiratory illness caused by influenza virus.
- viral gastroenteritis – the most common name for illness caused by norovirus. Gastroenteritis refers to an inflammation of the stomach and intestines.
- acute gastroenteritis
- non-bacterial gastroenteritis
- food poisoning (although there are other causes of food poisoning)
- calicivirus infection

For more info on noroviruses:

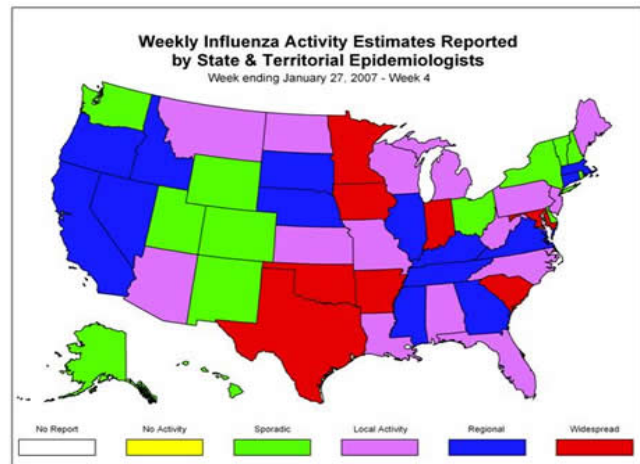
<http://www.cdc.gov/ncidod/dvrd/revb/gastro/norovirus.htm>

It is Not Too Late to Get Vaccinated.....

As we all know, October or November is the best time to get vaccinated. Getting vaccinated in December or even later can still be beneficial. In the recent years, most influenza activity occurs in January or later. Though it varies, flu season can last as late as May. To the right is snapshot of influenza activity in the United States.

Follow this link to get additional tips on how to fight the flu in the workplace.

<http://www.cdc.gov/flu/workplace/>



***\$1000
Service
Stipends
Available to
Eligible
Units for
National
Conference***



National Conference

The 5th Annual MRC National Leadership and Training Conference will be taking place in Providence, Rhode Island on April 17-20, 2007. This conference will encompass components for units, new and established. It addition, provides a wonderful networking opportunity. One unit leader from each unit is invited to attend this 4- day network development conference. For more information, follow the below link:

<http://www.medicalreservecorps.gov/Conference/2007>

Each unit leader will be eligible for a service stipend in the amount of \$1,000 (one per unit). These scholarship funds will assist with the costs affiliated with travel and lodging. **Funds must be used only for expenses associated with the 2007 MRC National Leadership and Training Conference.**

For more information on how to receive a service stipend in the amount of \$1,000 for the 2007 MRC National Leadership and Training Conference, visit: <http://www.naccho.org/topics/emergency/MRC.cfm>. The applications must be submitted no later than **March 1, 2007**.

New Unit Update

Region III is just growing, Growing, GROWING! The number of units in our Region has increased by 23%.

Welcome new Region III Units!

Virginia

Kent Emerson (Piedmont MRC)

West Virginia

Tracy Walker (Norfolk MRC)

Amy Markwood (Hampshire County MRC)

West Virginia cont...

Sandria Glasscock (Grant County MRC)

Patricia Williams (Hardy County MRC)

More new faces.....

I would also like to welcome new unit coordinators that have joined existing units.

District of Columbia

Victor Freeman (DC MRC)

Delaware

Mercedes Rooks (Delaware Health and Social Services MRC)

Carl Kanefsky (Christiana Care Health System MRC)

Maryland

Joey Henderson (Baltimore City MRC)

Lisa Orr (Frederick County MRC)

Virginia

Delores Hayes (Richmond City MRC)

Virginia cont..

Liane Sowinski (Rappahannock MRC, Inc)

Amy Trigueiro (Western Tidewater, VA, Hertford County, NC & Gates County, NC MRC)

Bill Pritchard (Arlington County MRC)

Milton Carter (Roanoke Valley Regional MRC)

Dianne Quebral (Fairfax MRC)

Camesha Handy (Eastern Shore MRC)



Profile Updates

Thank you for taking the time out to update your profiles. Ninety-two percent (92%) of Region III updated their profiles. Great job!!!!



**Region III Conference
Baltimore, Maryland
November 14-15, 2006**



Regional Conference Feedback

Below are some of the comments that were shared regarding the conference held in Baltimore, MD on November 14-15, 2006. All of your feedback was greatly appreciated and will be utilized to plan future Regional Conferences.

- Review of Best Practices would be helpful
- Increase the frequency of Regional conferences throughout the year
- Small group discussions and interactions would be helpful
- Enjoyed the content and networking opportunities
- Desire information on pandemic planning at alternate care sites
- Longer breakout sessions
- Enjoyed the speakers

The next page gives specifics related to how you evaluated the conference components and content.

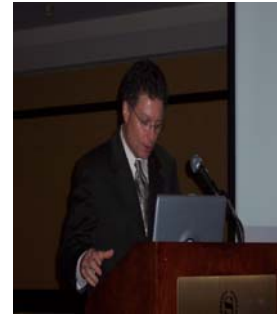
Regional Conference Evaluation Summary

Conference Components

- 1) How satisfied were you with the registration process?
Very Satisfied: 73% Satisfied: 27%
- 2) How satisfied were you with the conference materials provided?
Very Satisfied: 33 % Satisfied: 67%
- 3) Overall, how satisfied were you with the conference facilities?
Very Satisfied: 57% Satisfied: 43%

Conference Content

- 4) The Round Robin format was informative.
Strongly Agree: 57% Agree: 35% Disagree: 8%
- 5) The content discussed in the breakout session was helpful and informative.
Strongly Agree: 52% Agree: 36% Disagree: 12%
- 6) The conference session lengths were:
Just about right: 93% Too long: 7%
- 7) Did the conference fulfill your reason for attendance?
Yes, absolutely: 64% Yes, but not to my full extent: 36%
- 8) My main reason for attending the conference:
Personal Growth/Development: 15% Networking: 42% Content: 43%



Dalton Paxman, Regional Health Administrator, Region III presenting at the Region III Conference



LT. Marna Hoard from the MRC National Program office speaking at the Region III Conference

Upcoming Health Observances:

February

American Heart Month

www.americanheart.org



March

National Colorectal Cancer Awareness Month

www.preventcancer.org/colorectal



MRC Website:

www.medicalreservecorps.gov

Resources

Helpful Links Related to Volunteer Liability

- <http://www.nonprofitrisk.org/pubs/sll.htm>
- <http://www.ama-assn.org/ama/pub/category/12455.html>
- <http://www.publichealthlaw.net/Research/Katrina.htm>
- <http://www.iciclesoftware.com/vlh7/VLH7Torts.html>
- <http://medi-smart.com/gslaw.htm>

Are You Ready?

The Ready campaign has created numerous resources to help communities prepare, make a plan, and stay informed. Follow this link: <http://www.ready.gov/>. It even has information for special need populations, individuals with pets, and older individuals. In addition, if you call (800) BE-READY, you can order bulk publications.

We Want to Hear From You

The information obtained from your MRC unit is essential. Please send me your best practices, special events that will be taking place in your unit, and any other highlights you would like to be displayed in the quarterly newsletter.

Please feel free to contact me:

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What's going on....

See what is going on around the region. Please look for other unit websites that will be highlighted here in future newsletters.

Allentown Volunteer MRC:

<http://www.avmrc.org>

Peninsula MRC:

<http://www.vdh.virginia.gov/MRC/peninsulamrc/index.asp>

Virginia Beach MRC:

<http://www.vbmrc.org>