

WALPOLE MEDICAL RESERVE CORPS



Text First. Talk Second.

Safe America created the Text First. Talk Second. to raise public awareness around the importance of utilizing text messaging for non-emergency communications during a disaster.

When disasters strike, voice networks can become congested with people trying to call each other for non-vital communications. This can result in people in desperate need of help being unable to contact those they need to reach, such as emergency services, friends or loved ones. In some instances, this may also result in some emergency service personnel being unable to communicate with each other. Here is what you can do:

Take the [Pledge!](#) Join hundreds of thousands of your fellow citizens in pledging to participate in a preparedness activity (texting) on September 11, 2010.

Get the word out. Let your family and friends know if any natural or man-made disaster happens in your vicinity, the best way to find out if you are okay is to first try and contact you via text message and then phone.

Make sure everyone in your family knows how to use the text messaging function on their mobile phone and if they don't, teach them.

Finally, this September 11, 2010, do the following texting activity:

Drill A – Family/Friend/ Emergency Contact: Send, Receive, and Confirm text message with family member or friend.

1. Individual sends a text message to a family member and/or friend during the exercise, e.g., "I M OK"/ "R U OK"
2. Family member/friend responds with "I M OK"

Please let the Health Department know if you participated, and how it worked.

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**"If every American donated five hours a week, it would equal the labor of 20 million full-time volunteers."
Whoopi Goldberg**

VOLUNTEER SPOTLIGHT



Robin Norberg

Robin Norberg has been a volunteer with the Walpole Medical Reserve Corp since March of 2006. A registered nurse and a CPR instructor, Robin has volunteered to dispense vaccinations at many (if not most) of our seasonal flu and H1N1 flu vaccine clinics. During the last flu season she pre-filled easily over 300 syringes and administered injections to some of the most squirmiest kids! She would volunteer at the clinics after coming off a 12 hour shift of work and always had a smile on her face. In fact, she recruited her son, Christopher, who helped at some of our events. He was very appreciated as well and was a great "runner," scrambling all over the place refilling band aids and alcohol wipes. He also talked to and distracted some of the younger children. Robin is soft spoken, but so very helpful.

We are so happy that Robin volunteers with our MRC!

MRC Executive Officers:

Chairperson:

Claire Wolfram, RN

Vice Chairperson:

Joseph Dorsey, MD

Secretary:

Anne Keller, RN

Newsletter: Gail Nixon

Deputy Health Agent



Children Are Not Little Adults by Rachel Hanson RN, BSN, Walpole Area Visiting Nurse Association

Over the last few years much has been written on the effects of disasters and disaster preparedness for the general public, but there has been little reference to the needs of the youngest victims. Children are not mini adults and they cannot be treated like adults. Many areas of concern set them apart from their elders. They differ physically, psychologically, and behaviorally. All these differences must be considered when caring for and treating children.

Since they breathe faster than adults, children would be exposed to relatively larger doses of an airborne agent than an adult during the same amount of time. Some agents are heavier than air and remain close to the ground putting them in the child's breathing zone. The skin of children is thinner making them much more vulnerable to the effects of agents that act on or through the skin. Children have less fluid reserve than adults putting them at a higher risk of dehydration if the agent causes vomiting or diarrhea. If a reaction causes blood loss, a child is more at risk for going into shock with their smaller volume of circulating blood. For vaccination or prophylactic treatments, children's dose are smaller, calculated separately, and are often delivered in a different manner.

Consider psychological and behavioral effects. In their developmental stages, children may not have the cognitive ability or motor skills to escape from the site of an incident. Their reactions to an event will vary with their cognitive, physical, educational and social developmental levels. Behavior will be highly influenced by the emotional state of their caregivers. Many children are very anxious about the needles used to vaccinate them. Distraction is key. It is amazing what colorful band aids, stickers and lollypops can do.

It is critical that preparedness efforts involve pediatric health care providers from all areas: medical workers in the private and public sectors, schools, and child-care facilities. Our MRC has recognized and started to address this. We are fortunate to have a close relationship with Walpole Public School health services through the nurse leader Kathy Garvin and the Maternal Child Health Department of the Walpole Area Visiting Nurses. These new relationships were put to the test last year during the H1N1 vaccination efforts with an overwhelmingly positive outcome. Another vital piece of our MRC has been the Behavioral Health Unit, successfully managing the public at H1N1 clinics.

As we move into a new school year and another flu season, I am sure that the Walpole MRC will once again be called into action. The Health Department will be holding flu clinics at the High School and looks forward to another successful vaccination year. It is also my hope that in the near future we will be able to offer some training opportunities with a pediatric focus for our MRC.

Note: This article inspired the October 19th class 'Children During Disaster' . (see page 4)



The National Weather Service, Taunton, MA will give a presentation on severe weather that affects our region. This three hour program will be take place on THURSDAY NIGHT SEPTEMBER 9th beginning at 7 PM at the Walpole Senior Center, rear of the Walpole Town Hall, 135 School Street. The class will cover topics such as severe thunderstorms, tornadoes, winter storms, hurricanes and other severe weather conditions and preparedness. This free program is open to the public. Please pre-register by calling 508-660-7321. For more information you may call Roger Turner at 508-660-7365. This program is sponsored by the Walpole Citizen Corps, the Medical Reserve Corps, CERT, Walpole Emergency Management and our local SKYWARN program. All are welcome !



Planning for your Pets in Emergencies by Joanne Wilkinson, MD

Have you thought about what you will do with your pet(s) in the event you ever had to evacuate your home? How about if you became ill and had to be hospitalized? What if you had to 'shelter in place', for example, during an ice storm accompanied by a several day power outage? Do you have enough food and supplies for your pet stored in a safe place?

With regard to forced evacuations, most emergency shelters for people do not accept pets. The best emergency plan you can make is to identify a relative, friend or neighbor who would accept responsibility for your pet(s) if you had to leave your home for any reason.

It's a great idea to have an emergency supply kit for your pets stored in a location in your home which could be known to your relative, friend, or neighbor you have designated to be your pets' emergency guardian. Give this person a key to your home and be sure it is someone who is comfortable with your pets.

Here are the things you might want to have in your pet's emergency kit or knapsack::

Photo of yourself with your pet

Collars and leashes

3-5 day supply of food and bottled water (and can opener if cans)

Bowls

Litter boxes and plastic bags

A week's supply of medications (with instructions)

Copy of your pet's vaccinations

Veterinarian's phone number

You might also wish to have a kennel carrier handy for transporting the pet.

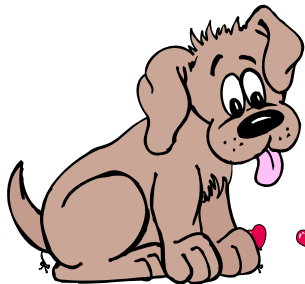
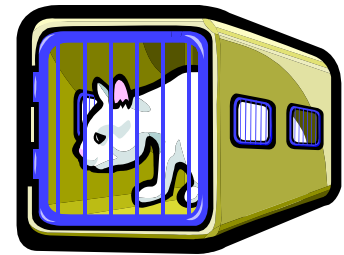
Also, be sure your pet is wearing a collar with current license and rabies tags, and ID tags with where you will be staying during the emergency.

It's best to have your pet microchipped.

Remember, it is **always** best to be prepared!

Note: Joanne is the Rescue Director for Forever Home Rescue New England.

Please visit her website at: <http://www.foreverhomerescue.org>



THANK YOU FOR VOLUNTEERING!

Town of Walpole's MRC web-site: <http://www.walpole-ma.gov/WMRC/WMRCHome.htm>

Email us your ideas and suggestions: rchapell@walpole-ma.gov

The Following Fall Training Courses will be held at Walpole Town Hall

<u>Date</u>	<u>Class Title</u>	<u>Location</u>	<u>Time</u>
September 9, 2010 (Thursday)	National Weather Service Severe and Unusual Weather (Rob Macedo)	Senior Center	7:00 pm - 10:00 pm
Playing on the Team! Peer to Peer Support*			
September 21, 2010 (Tuesday)	Building Emotional Resilience (Liisa Jackson)	Room 112	6:00 pm - 9:00 pm
October 14, 2010 (Thursday)	Heartsaver with AED maximum 12 people (Kathi Garvin & Anne Keller)	Room 112	6:00 pm - 9:00 pm
October 19, 2010 (Tuesday)	Children During Disasters * Psychological Effects (Liisa Jackson)	Room 112	7:00 pm - 9:00 pm

Training opportunities are for all volunteers. Sessions have limited space and are filled on a first come basis. You must reserve a spot ahead of time to secure a place in class and to give us an accurate head count. Please remember to make every attempt to be there...you are a filling a slot that someone else can't have.

Register on line for most of these classes at <http://www.region4a-mrc.org/schedules> or by calling the Walpole Health Department at (508) 660-7321 or by emailing Robin at rchapell@walpole-ma.gov

*Great classes for people interested in our Behavioral Health Unit!

NEWS FOR WALPOLE CITIZEN CORPS

John Lightbody, Walpole Community Emergency Response Team (CERT) program coordinator, announces training opportunities. During this fall anyone who has taken any of the previous CERT programs will be able to complete and update their CERT training.

OPERATION CERT TRAINING:

Fire Safety: Review of Cert Unit 2, Fire Safety, Fire Extinguisher and Field Exercise. You will have the opportunity to use a fire extinguisher and put out a fire.

Cribbing Exercise: Review Cert Unit 5, Search and Rescue and Cribbing field exercise. You will have the opportunity to practice this rescue method used to lift heavy objects off a victim.

CERT TEAM MEETING:

This meeting will explore the needs, interests and your desires for the formation of CERT Teams. Monthly and/or quarterly meetings and training sessions are anticipated. John can be contacted by email at LIGHTBODY911@COMCAST.NET

WALPOLE CITIZEN CORPS NEEDS YOU:

Are you interested in Animals in Disasters, Mass Care Shelter operations or helping people at Flu Clinics at or other town events? Are you bi-lingual, interested in communications or a HAM Radio operator? Are you looking for volunteer opportunities? One or more of the above might just be the right fit and what you are looking for.

For more information contact Roger at wpl1ema@aol.com or by calling 508-660-7365.

NEW CERT CLASS:

Beginning in March 2011 a new CERT training program will be starting. Watch this news letter, local newspapers, Walpole Cable and our WEB page for updates .