

MRMRC Minute

“The Voice of the Mountain Regional Medical Reserve Corps”

Volunteers Building Strong, Healthy, & Prepared Communities

Special points of interest:

- Reorganization
- Hearts With Hands
- One Minute Training

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MRMRC Reorganizes

The Mountain Regional Medical Reserve Corps has reorganized. The Corps now falls under the auspices of Hearts With Hands, Inc. The goals and objectives of the organization remain the same but the chance to serve has grown larger. The MRMRC was one of the initial pilot MRC programs for the state of North Carolina. It was thought that due to the rural make up of the far western mountains would be a showcase location for developing a pilot program. Since the early days the MRMRC has expanded to cover 17 counties of WNC and has grown to over 150 members.

The mission of the Mountain Regional Medical Reserve Corps is to preserve and protect

the health and safety of western North Carolina communities by engaging, organizing, and mobilizing public health, medical and other vol-



unteers. Mountain Regional MRC will augment the function of our region's emergency response system during times of local or regional public health, hospital and emergency surge capacities.

“We have an exciting year ahead, says Bill Bradley, Director of Hearts With Hands (see

more about Hearts With Hands on page 2). We will start a training schedule that will include classes both in Asheville and Franklin. It also includes a tabletop exercise and joint training and exercises with other organizations.

We want to take this year to train and prepare ourselves to respond to the challenging goals of this organization.

It is our goal to work toward becoming the elite MRC organization in the United States. Each of us makes a difference. Thank you for what you have done and what you continue to do.

Hearts With Hands

Hearts with Hands is a 501 (c) 3 non-denominational Christian disaster relief organization. The organization was organized in 1992, in response to Hurricane Andrew.

Since 1992 Hearts With Hands has responded to many disasters such as Hurricane Floyd

(1999), Ground Zero (2001), Hurricane Katrina (2005).

With over 200 tractor trailer loads of relief supplies to the Gulf Coast Hearts With Hands was able to help thousands of victims of Katrina restore their lives.

In addition Hearts With Hands maintains a food bank and other social programs in Buncombe County and WNC.

For more information see visit” www.heartswithhands.org

Or call (828) 667 -1912 for more information

2011 Training Schedule

| | | |
|------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| January - Shelter Management - 15 th - Asheville / | September - ICS Class 10 th Asheville / 24 th Franklin*** | To take these courses go to: http://training.fema.gov |
| March - MRMRC 101 - 19th Franklin / 26 th - Asheville | November - Psychological First Aid 5 th - Franklin - 12th - Asheville | Then click on "FEMA independent Study" |
| May - Deployment Preparedness 14 th - Asheville / 28 th - Franklin | ***for this class you must complete the following (through FEMA Independent Study Program) | Then click on "Course List" |
| JUNE - CPR/FA (11 th - Asheville - 25 th - Franklin | IS-100 Intro to ICS | Choose a course and take it! |
| July - SNS 101 (16 th - Franklin- 30 th - Asheville | IS-700 NIMS | WATCH THIS SPACE FOR CHANGES!!!!!! |

MRMRC Structure

"By failing to prepare you are preparing to fail."

- Ben Franklin

The MRMRC serves 17 counties in Western North Carolina and comprises two districts within the Mountain Area Trauma Regional Advisory Committee (MATRAC). The two MRMRC districts include the counties of:

District 1: Clay, Cherokee, Graham, Haywood, Jackson, Macon, Swain, Transylvania and the Eastern Band of the Cherokee Indians.

For District One Information contact" Mike West (828) 273-3442 or at mwest_mrc@yahoo.com

District 2: Avery, Buncombe, Henderson, Madison, McDowell, Mitchell, Polk, Rutherford, and Yancey.

For District Two information contact Jan Lounsbury at (828) 380-2171 or at mrmrc2@yahoo.com

Organizational Meetings

Asheville, NC - Members of the Mountain Regional Medical Reserve Corps met at Ryan's Family Steakhouse on Saturday, October 23, 2010, for a three hour meeting with members of the MRMRC and prospective members. During the meeting, MRMRC Director Bill Bradley explained the Hearts With Hands™ role in sponsorship of the MRMRC along with proposed goals and objectives. MRMRC Coordinators Jan Lounsbury and Mike West explained training requirement, recruitment procedures and gave an overall plan being implemented to reach the projected goals of the MRMRC under the new sponsorship of Hearts With Hands™

According to MRMRC member Hank Jaeger from Haywood County, "I am excited to get answers about the overall sponsorship of the MRMRC under Hearts With Hands™ and from what I have heard today, my questions have been answered and I feel confident in our new leadership. Hearts With Hands has a proven track record and I am assured after today's meeting the MRMRC will move forward in a positive direction."

Remember Volunteers: "Noah's Ark was built by volunteers; the Titanic was built by professionals"



Jan Lounsbury, RN with the Mountain Regional Medical Reserve Corp assists MRMRC Director Bill Bradley and Coordinator Mike West in explaining new structure as Hearts With Hands™ assumes sponsorship of the organization at Ryan's Family Steakhouse in Asheville.

One Minute Training

Every month we will attempt to provide “tid-bits” that will help you and your families prepare for disasters and deployment.

15 Action Steps to Prepare Your Home and Family for a Disaster

Learn CPR and First Aid

Know how severe weather affects your immediate area

Keep fresh batteries in your smoke alarm or other emergency warning devices

Have emergency numbers listed by EVERY phone

Know the locations and procedures for cutting off utilities in your home

Include a meeting place for your family in your Fire Plan

Have a meeting place away from the home to reunite the family in your Emergency Plan

Learn the location and directions to evacuation shelter

Develop a plan to stay in touch if the family is separated

Develop an out of state contact to stay in touch with family in other areas

Make arrangements for your children, if you cannot get them from school or day care

Write your plan down

Practice your plan

Prepare your 72 hour Kit

If you have a suggestion for this space send it to mrmrcinfo@yahoo.com

*“A good plan
executed today is
better than a
perfect plan
executed in two
weeks”*

Gen. Patton

Flu Shot Clinic

The MRMRC participated in a flu shot clinic in Swain County in September of 2010.

Flu Shot Clinics are just one of the ways we help to use our training to ensure that residents of our region are stronger and healthier





**M o u n t a i n R e g i o n a l
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**Volunteers Building Strong,
Healthy, & Prepared Communities**

The MRMRC was organized to promote public health and safety across the region, in three key areas:

Public Health Emergencies – Members can assist local Health Departments and Hospitals by assisting with mass care and supplementing staff with daily operations.

Mass Casualty Incidents – During emergencies, MRMRC volunteers may provide surge capacity to emergency medical response teams who have been mobilized. MRMRC volunteers can augment medical and support staff shortages.

Community Service Activities – opportunities to assist with flu clinics, health fairs, blood pressure clinics, or training programs.

We need medical and non-medical personnel to assist in these important functions.

A W o r d f r o m T h e D i r e c t o r

It is Hearts with Hands' privilege to assume sponsorship of the Mountain Regional Medical Reserve Corps. After many discussions held in the summer of 2010 we were asked by MATRAC, Mission Hospital, and other interested parties to take an active role in the future of MRMRC.

When asked to summarize the transition of the MRMRC to Hearts With Hands, Debbie Gilbert, Regional Response Coordinator for MATRAC, said; "We have worked with Hearts with Hands for years and turning sponsorship of the Medical Reserve Corps over to them will enhance the ability and response capability of volunteers to serve where they are needed.

Service to those in need is our mission and I believe the MRMRC is a nice fit with that mission. We have operated since 1992, in disaster mitigation locally, nationally, and internationally. This agreement is an opportunity for us to strengthen our response by bringing in a new group of volunteers who want to use their professional and personal skills to serve those in need.

We look forward to combining the strengths of the two organizations, while at the same time allowing them to operate in their own capacities. We live in interesting times and are faced with interesting opportunities. Together we can achieve.



Bill Bradley
Director

Mountain Regional Medical Reserve Corps