



Volume 29, Issue 29—August 2011

MRC In Focus

Volunteers Building Strong, Healthy, and Prepared Communities

**UPCOMING
MRC MEETING
September 13th
7:00 p.m.
TriCounty Health
Department
Vernal**

THIS ISSUE:

Page 1
MRC Volunteer news

Page 2
Upcoming meetings and trainings.

Page 3
Health Benefits of Volunteering

Page 4
Incident Command System

Page 5
UtahResponds & U-TRAIN information

Page 6
ICS Course overview

**For Assistance or questions
please contact:
Katie Potts 247-1174
Rob Grove 247-1170**

Greetings MRC Volunteers,

I hope this 29th edition of the TriCounty MRC Monthly Newsletter finds everyone enjoying the remainder of the summer.

As special thanks to the efforts of Kelly Reyes, Duane Draper and Katie Potts for their hard work and time spent recruiting volunteers. Currently we have 17 new members to introduce to the group at the next meeting.

We unfortunately have some sad news to report as well. Our MRC Incident Commander, Dr. Laura Arnold and husband Wesley Baden have moved out of state. Their devotion, commitment, knowledge and participation have been very much appreciated, and they will be greatly missed. On behalf of TriCounty Medical Reserves Corps, we would like to thank Laura and Wesley for all of their contributions, and wish them the best of luck in their future MRC endeavors.

We value each and every volunteer. As always, your time, dedication and effort is greatly appreciated. We look forward to seeing you at the upcoming meeting on Tuesday, September 13th.

Quote of the Month

“Everybody can be great because everybody can serve”

Dr. Martin Luther King, Jr.

Upcoming Events



Save The Date

August 9th—10:00 am
Duchesne County LEPC

August 11—10:00 am

September 13th—7:00 pm
MRC Meeting
Incident Command Position
Elections

August 17th—10:00 am

August 17th—9:00 am

August 24th—10:00 am

Please contact us for directions or more information about attending any of these meetings.

THE MONTH OF AUGUST IS

- National Immunization Awareness Month

For more information about the new school immunization regulations visit:

<http://www.immunize-utah.org/>

Or Click the icon below



Utah Department of Health
**IMMUNIZATION
PROGRAM**
Immunize for healthy lives

- Back to School Safety Awareness month

For more information and safety tips visit:

<http://www.safekids.org/safety-basics/safety-spotlight/back-to-school-safety/>

Or click the icon below

Back to School Safety

Keep kids safe as they walk and bike to school.



Health Benefits of Volunteering

There are several reasons a person chooses to volunteer. It may be that they:

- Enjoy helping others
- Are passionate about the cause
- Desired a hobby
- They just wanted to contribute to their community.

Whatever the reason may be, you will be surprised to discover that your services benefit your health as well as your community.

Researchers have been studying the correlation between volunteering and health over the last two decades. Evidence suggests that individuals who actively participate volunteer groups have lower mortality rates, greater functional ability, and lower rates of depression in the future than those who do not volunteer.

KEY FINDINGS

- **Volunteering positively affects an individual's Social Psychological aspects by; providing a personal sense of accomplishment, enhancing social networks, reducing stress and disease risks, as well as lowering rates of depression.** (Herzog et al., 1998; Greenfield and Marks, 2004; Harkiv and Cantor, 1996; Musick and Wilson, 2003)
- **While taking into account factors such as age, gender, physical health, and socioeconomic status volunteers are shown to have lower mortality rates.** (Sabin, 1993; Rogers, 1996; Musick et al.; 1999)
- **Individuals who volunteer at an earlier point in their life are shown to prevent poor health in the future.** (Moen et al., 1992; Lum and Lightfoot, 2005; Luoh and Herzog, 2002; Morrow-Howell et al., 2003)
- **Adults 60 years or older are most likely to receive greater health benefits from volunteering. They experience improved physical and mental health, higher functional ability, and greater life satisfaction. Volunteering helps compensate for role changes that occur naturally with aging.** (Li and Ferrano, 2006; Van Willigen, 2000)
- **Data from the U.S. Census Bureau and the Center for Disease Control shows that states with higher rates of volunteerism also have lower rates of heart disease and mortality.**
- **Volunteers must actively participate in order to receive significant health benefits. Active participation is described as spending at least 40 hours a year volunteering for two or more organizations.** (Oman et al., 1999; Lum and Lightfoot, 2005; Luoh and Herzog, 2002; Musick et al., 1999)

To read the full report, *“The Health Benefits of Volunteering: A Review of Recent Research”*, visit www.nationalservice.org



Incident Command System



Please become familiar with the following terms and positions, as we will be discussing re-elections at the next meeting. We encourage members to contribute their informed opinions regarding the structure of our Incident Command System. Additional courses are available to anyone who may be interested in a position.

Incident Command System (ICS): A standardized on-scene emergency management construct specifically designed to provide an integrated organizational structure that reflects the complexity and demands of single or multiple incidents, without being hindered by jurisdictional boundaries. ICS is the combination of facilities, equipment, personnel, procedures, and communications operating within a common organizational structure, designed to aid in the management of resources during incidents. It is used for all kinds of emergencies and is applicable to small as well as large and complex incidents. ICS is used by various jurisdictions and functional agencies, both public and private, to organize field-level incident management operations.

Incident Commander (IC): The individual responsible for all incident activities, including the development of strategies and tactics and the ordering and release of resources. The IC has overall authority and responsibility for conducting incident operations and is responsible for the management of all incident operations at the incident site.

Public Information Officer (PIO): A member of the Command Staff responsible for interfacing with the public and media and/or with other agencies with incident-related information requirements.

Liaison Officer: A member of the Command Staff responsible for coordinating with representatives from cooperating and assisting agencies or organizations.

Operations Section: The Incident Command System (ICS) Section responsible for all tactical incident operations and implementation of the Incident Action Plan. In ICS, the Operations Section normally includes subordinate Branches, Divisions, and/or Groups.

Planning Section: The Incident Command System Section responsible for the collection, evaluation, and dissemination of operational information related to the incident, and for the preparation and documentation of the Incident Action Plan. This Section also maintains information on the current and forecasted situation and on the status of resources assigned to the incident.

Logistics Section: The Incident Command System Section responsible for providing facilities, services, and material support for the incident.

Finance/Administration Section: The Incident Command System Section responsible for all administrative and financial considerations surrounding an incident.

Please take the time to register with both of these websites, if you have not done so already.



UTAH RESPONDS

State Registry of Volunteers

To Register Click here

Utah Responds is a web-based system developed to facilitate health and medical response through identification, credentialing and deployment of Utah volunteers. Registration is open to Utah's health and medical professionals, as well as others who live or work in Utah and are willing to assist during a health related emergency or event.

Go to

<https://www.utah.train.org>

**ICS—100, 200, 300, 400, 700, 800 , 701a, 702a, 703a, 704
TRAINING COURSES**

U-TRAIN



To Register click here

Through this site, you can:

- ⇒ Quickly find and register for many courses listed on Train.org and participating Train affiliate sites
- ⇒ Track your learning with personal on-line transcripts
- ⇒ Access valuable materials, course reviews, and discussions to improve your learning experience
- ⇒ Stay informed of the latest public health trainings for your area or expertise.

Go to

<https://www.utah.train.org>

We Want to Hear from You!

We encourage your feedback to help to make this newsletter informative, interesting, and beneficial to the TriCounty MRC unit. It is important to us that our volunteers are able to read the newsletter as we post valuable information in each issue. If you are having any trouble opening or reading the newsletter please let us know. Please share news, ideas, interesting stories, and best practices, or tell us about outstanding volunteers.

REMINDER

TriCounty MRC members are required to complete ICS 100 and ICS 700 courses as soon possible. MRC/Federal funding requires volunteer completion of these courses.

Information for registering with U-Train can be found on page 5.

TRAINING REQUIREMENTS

ICS 100 Introduction to the Incident Command System, introduces the Incident Command System (ICS) as it applies to the healthcare/hospital environment and Citizen Corps Volunteers. ICS 100 provides the foundation for higher level ICS training. This course describes the history, features and principles, and organizational structure of the Incident Command System. It also explains the relationship between ICS and the National Incident Management System (NIMS).

ICS 700a NIMS An Introduction. This course introduces and overviews the National Incident Management System (NIMS). NIMS provides a consistent nationwide template to enable all government, private-sector, and nongovernmental organizations to work together during domestic incidents.

MRC Concept

If you are having difficulties registering for or completing these courses, please do not hesitate to contact us for assistance.

**Katie 247-1174
Rob 247-1170**

- ⇒ Establish groups of volunteers with interest in strengthening local public health system and providing help in emergencies
- ⇒ Organize/utilize locally
- ⇒ Integrate with existing programs and resources
- ⇒ Identify, credential, train and prepare in advance
- ⇒ Include medical and public health professionals, and others