

Okaloosa-Walton Medical Reserve

Volunteers Strengthening Our Community's
Emergency Preparedness and Response

Okaloosa-Walton MRC Newsletter



First Quarter - 2013, Issue 16

Announcements

New Volunteer Orientation

September 18th, 10am
FWB

Board of Advisors

November 14th, 6pm
Ruby Tuesday, Niceville

Semi-Annual Meeting

October 9th, 6pm
FWB

Save the Date

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Are You Ready for Some PREPAREDNESS?

Join us for **Hurricane Huddle 2013** at the EOC



Join the huddle: In the football spirit, we are introducing our first "huddle". It is our first attempt to meet and greet with volunteer agencies across the county! Together, OWMRC, Okaloosa CERT, Red Cross and FL DMAT and other first responder agencies provide multiple offenses against hurricanes for our community.

Let's get together and share some resources.

The Entertainment: Bring your smart phone, tablet and/or laptop to try out the fancy, innovative apps the OWMRC Team Leaders introduce to assist you in preparedness and during response. Okaloosa County Emergency Management will provide a tour of the impressive EOC. **Let's Talk:** What app do you use the most to prepare, to respond? What's the most unique item in your disaster supply kit? Bring it with you!

What's for Dinner? Yum, a Hurricane-themed Pot Luck dinner. Katie will bake *Storm Surge Spaghetti*, Danielle will be bringing her *Rolling Thunder Chocolate Chunk Cookies* and our newest team leader, Ashley, will be bringing *Eye of the Storm Pretzel Salad*. Bring your best hurricane themed dish! We will provide all plates and cutlery.

You must RSVP to attend. Don't miss out!

Click here to sign up: <https://www.surveymonkey.com/s/HurricaneHuddleRSVP912>

Welcome Our New Team Leader, Ashley Rendon!



Ashley recently moved from Southern Arizona, but is originally from Georgia. She attended college in Arlington, Texas and graduated with a degree in Criminology. Ashley's experience working at the American Red Cross in El Paso, Texas, gives her a strong background in volunteer management and disaster preparedness. She is a strong advocate of people and pet preparedness and a perfect fit for OWMRC! While she has vast experience in the preparedness and disaster relief world, she is new to the OWMRC. Ashley, her husband Steven, and her German Shepherd Ruger moved to Okaloosa County last month and is still learning the area! She is excited to get to know our volunteers and learn names and faces at the Hurricane Huddle and our Semi-Annual Meeting. Come out and help us welcome Ashley at one or both of these exciting OWMRC preparedness events!



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Semi-Annual Meeting

Mark your calendar! The OWMRC semi-annual meeting, held at the Okaloosa County Health Department in Fort Walton Beach is scheduled for **October 10th, 2013 from 6pm-7pm**. The meeting is an opportunity for members to catch up on OWMRC happenings, update your training folder, get set up for a background check, socialize, and pick up your Go-Pack (if eligible).

How do I become eligible?

- ◇ Attend an orientation and complete your background check.
- ◇ Complete the FREE online training (see the links to training below), and forward the certificates to Ashley at Ashley_rendon@doh.state.fl.us.
- ◇ Attend two OWMRC events. Yes, this meeting counts as one!

Once complete, you are eligible for your Go-Pack and will be fully prepared to serve our community as an OWMRC **TRAINED** volunteer! If you prefer to take the IS-100 & IS-700 in a classroom setting, please contact Ashley at 850-833-9240 X 2381

IS- 22, Are you Ready? :

<http://training.fema.gov/EMIWeb/IS/is22.asp>

IS-100 Basic Incident Command System :

<http://training.fema.gov/EMIWeb/IS/is100a.asp>

IS-700 National Incident Management System:

<http://training.fema.gov/EMIWeb/IS/is700a.asp>

Update your Status

Have you updated your status lately? No, not on your Facebook but on SERVFL!



Tell us what's new with you!



SERVFL is the online database used to manage MRC volunteers. All volunteers created an account during registration. During an emergency, your team leaders will use SERVFL to sort, contact, and request volunteers. With hurricane season in full swing, we ask all volunteers to visit SERVFL.com and update their profile. If you've moved, gotten a new phone, learned a language, or gained a new profession, tell us! You can input any training or certifications you may have received. The more we know about your skills, the better! It's essential to have current, updated information in SERVFL so that we know how to contact you! **Have you forgotten your username and password? Contact Ashley at 850-833-9240 ext 2381 for help.**

We also need your smiling face!



During an emergency response, we will use your SERVFL photo for your emergency response badge. If you don't have a profile photo uploaded, e-mail your photo to Ashley at ashley_rendon@doh.state.fl.us. Photos must be a forward-facing head shot. If you don't have a current photo, Ashley can meet with you to take one.

**OWMRC
Membership:
229
Volunteers!**

**Physicians
17**

**Physician
Assistants
3**

**ARNPs
8**

**Nurses
79**

**EMS
Professionals
20**

**Pharmacists
4**

**Mental Health
Professionals
12**

**Respiratory
Therapists
2**

**Other
(Medical)
35**

**Other
(Non-Medical)
47**



Look who landed on the web!

It's the OWMRC! You can visit the Florida Department of Health in Okaloosa's website at [healthykaloosa.com](http://www.healthykaloosa.com) to locate the most up-to-date information on OWMRC events.



This website is also a great way to recruit your friends. Send them to the OCHD website for information on registering. Did you forget which courses to take? Don't know how to get in touch with your team leader? Want to peruse our archived newsletters? You can even view our OWMRC commercial. Check it out at:

<http://www.healthykaloosa.com/Services/OWMRC.html>

Volunteer of the Year Selected

Congratulations to Catherine Spears!

Interview with our OWMRC Volunteer of the Year



Where do you live?
I live in Crestview.

What do you do?
I am a Legal Nurse Consultant.

What is your favorite thing to do in your down time?
Play with my grandchild, Lilly.

What is your most unique thing in your disaster supply kit?

Probably the large amount of dog treats that I have! I have two dogs and one only weighs four pounds!

Favorite volunteer moment this year?

Giving flu shots in the daycare centers.

Reason that you volunteer:

It's an excellent way to give back to the community!

I enjoy getting CEU's from different trainings and keeping my skills up to date!

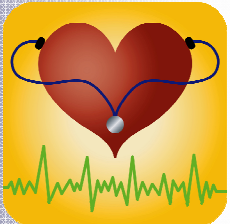
RISING STAR

Congratulations to Trisha Roberts!

Trisha recently completed her required training courses, and is now a fully qualified OWMRC member! Trisha is a Registered Nurse and joined the OWMRC in September of 2011. Come see Trisha get her Go-Bag at the Semi-Annual Meeting!



*You can be a fully qualified member too! If you have not already done so, please complete your training as soon as possible. Your moment is coming, be ready!



To enroll in a **FREE** **AHA BLS** (CPR + AED) for **Healthcare Providers** class – call **Danielle May:**

850-833-9240 x2112

Upcoming Classes:

(All classes are currently held in OCHD FWB facility due to construction at the CV facility.)

Renewals:

October 25

November 8

December 13

Initial:

September 27



Okaloosa-Walton Medical Reserve Corps



Board of Advisors

Calling all volunteers: What's in your disaster supply kit?



It's here again! Hurricane season has arrived and your OWMRC Board of Advisors wants to remind you: if you are not prepared as a volunteer, the OWMRC can't be prepared! It is vital to our preparedness that volunteers know how to supply & restock their disaster supply kit.

So, what's in your kit?

Cross check your kit with this **basic** supply list:

- | | |
|--|------------------------------|
| 1 gallon of water per person per day | Pillows and blankets |
| Canned meats, vegetables and fruit | Sturdy shoes |
| Special dietary foods | Hats |
| High energy snacks | Rain gear |
| Comfort/stress foods | Flashlight and batteries |
| Infant foods, diapers etc. | Weather radio |
| Prescription drugs | Maps |
| Non-prescription drugs (aspirin, etc) | Lantern |
| Band-Aids | Fire extinguisher |
| Sterile wash | Flares/ whistle |
| Sunscreen | Candles and matches |
| Mosquito repellent | Towels and soap |
| Scissors | Pet food, bowls and medicine |
| Gauze | Cash |
| At least one complete change of clothing/footwear per person | Important documents |

***Remember to check all food and water for expiration dates and replace as necessary.**

Once you have created a disaster supply kit for your home, be sure to store your kit in a central place free of direct sunlight. Make sure your entire family knows the contents of the kit and where to find it. Everyone should consider having two kits, one in their home and a second smaller kit in their workplace, vehicle, or other places they spend a lot of time.

Be prepared for yourself and be prepared for your OWMRC: Restock your disaster supply kit today!



To learn more about restocking your disaster supply kit visit these sites:

<http://www.ready.gov/build-a-kit>

<http://www.ready.gov/basic-disaster-supplies-kit>

<http://www.floridadisaster.org/supplykit.htm>

<http://www.fema.gov/pdf/library/fdsk.pdf>

<http://www.nhc.noaa.gov/prepare/ready.php>

Be Prepared!

