

medical  
reserve  
corps



# Cape May County Medical Reserve Corps Newsletter

Volume 1, Issue 1

Newsletter Date September 2010

## Important Dates

Flu Clinic for Seniors with Part B Medicare Ocean City Senior Center	10-5-10
Flu Clinic for Seniors with Part B Medicare Lower Township Senior Center	10-7-10
County Drive Thru Flu Clinic Kindle Ford	10-17-10
MRC Meeting Intermediate Room-County Building	10-27-10 10:00 Am

## HELP US RECRUIT!

- Medical professionals
- Community leaders
- Friends

Anyone you think would be a good addition to our team.

Tell them about our mission, goals, training and invite them to join us!

The larger our MRC team is the better equipped we'll be to serve the public in case of a county-wide crisis.

**Readiness Begins  
with You!**

## Meeting Scheduled for MRC members

September is National Preparedness Month. As we pause and reflect on the events of 9/11, we recall the reason the National Medical Reserve Corp was established: "to form a network of local volunteer medical and non-medical residents who can contribute their skills and expertise throughout the County to prepare for and respond to public health emergencies as well as assist with other Health Department initiatives to improve the health of the community." It is to that purpose that the Cape May County Medical Reserve Corp (MRC) has been reorganizing and planning future trainings so that

we can best meet your needs and we would like to include you, MRC volunteers, in this process. It is important that you please take a moment to **complete the survey at the following link:**

<http://www.surveymonkey.com/s/WV8TSVS>

**We would like to invite you to gather together on October 27, 2010, at 10:00am in the Intermediate Room at 4 Moore Road, Cape May Court House, NJ 08210**

## Free Drive-Through Flu Clinic (14 yrs+)

October 17th from 9am—3pm

Kindle Ford, Stone Harbor Blvd & Bayberry Ave in  
Cape May Court House

**For your safety, you must bring a signed consent form for each person getting the flu vaccine. Forms are available at the Department of Health and online at**

[www.cmhealth.net](http://www.cmhealth.net)

## The U.S. Surgeon General Speaks Out

The U.S. Surgeon General has outlined priorities for the health of individuals and the nation as a whole. The overarching goal is to improve health literacy, and in support of this, work towards increasing disease prevention, eliminating health disparities, and improving public health preparedness.

To address the more than 90 million Americans that do not understand basic health information, MRC units can work with the Surgeon General to increase awareness within their communities about the importance of health literacy and the challenges presented when there is a lack of knowledge concerning health issues.

## Volunteers Needed for Flu Drive, Health Fairs, & Outreach



We are always looking for volunteers to help us at events. If you are interested please contact us. We will be sending out emails as outreach events are scheduled. When you receive those emails a prompt response is requested so we can schedule everyone quickly.

MRC Volunteers, Renee Glynn, MaryAnn Fee, Jane Pikolycky & Joan Rowland, Handing out H1N1 Flu Kits At the 2010 4-H Fair

**MRC:  
VOLUNTEERS  
BUILDING  
STRONG,  
HEALTHY,  
AND  
PREPARED  
COMMUNITIES!**

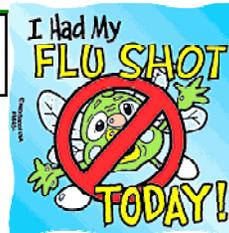
## Online Training Opportunities Offered

Register and/or Log on to:

<https://njlmn.rutgers.edu>

- Health Literacy & Public health
- Exploring Cross Cultural Communication
- Distributing Supplies from the Strategic National Stockpile for MRC Volunteers
- Orientation to Public Health
- Practicing Cross Cultural Communication: Flood
- Psychosocial Aspects of Bioterrorism & Disaster Response for Public Health
- The Messenger Chronicles: Be Prepared

## New flu vaccine for seniors this year!



The FDA approved FluZone High-Dose flu vaccine in December 2009. FluZone High-Dose, manufactured by Sanofi-Pasteur, is the only flu vaccine designed especially for seniors 65 years and older.

Human immune defenses become weaker with age, which places older people at greater risk of severe illness from influenza. Aging also decreases the body's ability to have a good immune response after getting influenza vaccine.

Fluzone High-Dose contains the same three flu strains that are in the standard-dose flu vaccine, but Fluzone High-Dose has 4 times the amount of antigen (the part of the vaccine that prompts the body to make antibody). The additional antigen is intended to create a stronger immune response (more antibody) in the person receiving the vaccine.

More information about Fluzone High-Dose is available on the Food and Drug Administration (FDA) web site at: <http://www.fda.gov/BiologicsBloodVaccines/Vaccines/ApprovedProducts/ucm112854.htm>

**National Trends**  
**Overweight & Obesity**  
American society has become 'obesogenic,' characterized by environments that promote increased food intake, unhealthy foods, and physical inactivity. To combat this trend, the Cape May County Department of Health promotes initiatives that make healthy choices in nutrition and physical activity available, affordable, and easy. For more information on programs visit our web site: [www.cmchealth.net](http://www.cmchealth.net)

### CONTACT INFORMATION

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