



# Cape May County Medical Reserve Corps Newsletter

Newsletter Date: September 2011

Issue 4

**Mission Statement:** To recruit, organize, and train volunteers for the Medical Reserve Corp in Cape May County and to augment and support the public health response to a natural or public health emergency.

## Health Observances

### September

Emergency Preparedness Month

### October

Breast Cancer Awareness Month

### November 12th

Disabilities Day

## A Time To Remember A Time To Prepare

The main topic of this newsletter was to be “A Time to Remember A Time to Prepare” referring of course to the 10th year anniversary of the 9/11 terrorist attacks. This event followed by the anthrax attacks and Katrina changed all of our lives forever. It was because of these events that the need for a trained community response was recognized and the MRC was formed. Well, in the past month we have had a minor earthquake and a category 1 hurricane. I don’t know about you but that tells me that we still have some preparing to do!

Cape May County has on record 144 MRC volunteers. Our goal is to have each and every volunteer fully trained so that they will have the skills to respond to a large scale emergency event . We realize that many of you have full time commitments which may make it difficult to personally attend trainings or exercises. This is why we are making every effort to offer on-line trainings that can be accessed at your convenience.

## CORE COMPETENCIES

Register and/or  
Log on to:

<https://njlmn.rutgers.edu>

- 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
- Health Literacy & Public Health
- Exploring Cross Cultural Communication

## HURRICANE IRENE

Thank You! Thank You!

Ann Lunetta, RN, MRC

Bill and Lynda Zipparo, RN, MRC

Greg and Arlene Speed, DHHS

Barry and Elenore Keefe

It was not a drill, it was the real thing.

You were all amazing!

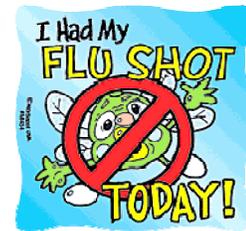
Your skills and dedication are appreciated beyond measure.

## SAVE THE DATE!

Cape May County Drive  
Through Flu Clinic

October 23, 2011

Kindle Ford Auto Plaza



Check web site: [www.cmchealth.net](http://www.cmchealth.net)

## Public Health Volunteer Opportunities

**The Born Learning Trail:** Learning happens everywhere a child goes, but parents and caregivers may not always know how to support that learning. This new interactive trail, soon to be added to the Cape May County Zoo, contains signs with instructions for simple games any adult and child can use turning a walk into fun learning moments. Coming in October, this is an opportunity to form adult/child play groups.



**Body Works:** A program designed to help parents and caregivers of adolescents improve family eating and activity habits. Available in Spanish and English, the program focuses on parents as role models and provides them with hands on tools to make small, specific behavior changes to prevent obesity and help maintain weight. The Body Works program uses a train-the-trainer model to distribute the Toolkits and training available through the Cape May County Department of Health. Contact: Joan Rowland



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Health Department!**

**Chronic Illness Coalition:** The Chronic Illness Coalition (CIC) is a group of Cape May County healthcare professionals, organizations, and concerned citizens. The focus of the coalition is chronic diseases and the improvement of people's lives. As the population of Cape May County ages, chronic disease will be a concern to the public at large. It is important for the public to understand that many chronic diseases can be prevented and that early detection and treatment of these chronic diseases can improve lifestyle and survival. Meetings are held quarterly at Cape Regional Hospital from 11:30am—1:00pm. Next meeting October 27, 2011. You **Must** call Dick Colosi, Coordinator at 463-6521 if you plan to attend.



**Cape Assist:** is dedicated to preventing substance abuse and related issues in Cape May County through education, advocacy and community collaboration. The Childhood Drinking Coalition and the Healthy Communities Advisory Panel are two programs always in need of dedicated volunteers. Check out their web site: [www.capeassist.org](http://www.capeassist.org)



**Rutgers Cooperative Extension:** Partner with the Cape May County Department of Health and Middle Township in the **NJ Partnership for Healthy Kids grant**. The "**Healthy Choices On the Go**" initiative will be launched This October. The bike/walking path which runs through Middle Township to the Cape May County Zoo, will have new safety and healthy messaging signage along the route, safe crossing from ACCC and back Zoo parking lot; and new healthy food choices at the zoos **Safari Café**. Perfect for walking groups !



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