



Saint Louis County Health Department

Strengthening Public Health Infrastructure and Improving
Emergency Preparedness

Quarterly MRC Newsletter

Welcome New Members!

Kathleen Foster	Chaka Gavin	Cheryl Primm
Nancy Cavedine	Rebecca Hood	Mary Schwantes
Wanda Caulk	Pamela Jackson	Debra Shabel
Donna Collins	Kim Kleinhans	Patricia Siefert
Arnetha Garth	Judy Peckham	Linda Wibbenmeyer

New Advisory Board Members:

Addison Malley Regina Jacobs Sandra Swan

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Closed POD operation at
Washington University in St.
Louis exercise. March 2008

Upcoming MRC Events

- **ICS and NIMS Computer Class**
March 31, 2009. 6 pm — 9pm. Liz and Saralou will help MRC volunteers earn ICS 100 and NIMS 700 certificates
- **CPR - AED Class**
May 2009. Deborah Artman will provide CPR training and automatic external defibrillator training to volunteers who want to earn the CPR-AED certificate. More info to come.
- **POD Setup at St. Louis University**
June 17, 2009. Participate in just-in-time training at a POD site on St. Louis University campus.
- **Dispensing Exercise**
July 2009. Full-scale set-up of a POD with dispensing antibiotics to "patients." More info to come.

Our Mission

To provide volunteer nursing skills, mental health, and support during local emergencies, in order to promote health and prevent disease in the community.

Contact Elizabeth Gibbs for more
information:
314-615-1607
egibbs@stlouisco.com



Betty Jean Parran– Featured MRC member

Betty Jean Parran is the mother of three children and four grandchildren. Her motto is **“It has always been my take on life that it is better to help, than be in need of help”**. She loves working in stained glass and traveling. She is currently retired. She worked 36 years at the St. Louis County DOH, where she served as the Manager of the Pine Lawn Health Center. She also worked for 3 years at the St. Louis City Hospital. Now that she is retired she feels that being a member of the MRC is an excellent way to be able to offer service to others in an emergency, and the drills she has participated in has kept her well prepared. She is also a member of the Health Unit at the First Baptist Church of Creve Coeur. She also volunteers at Missouri Baptist Hospital in the Surgical waiting area.

What Can MRC Volunteers Do?

Did You Know?

- Last December, members of the Bristol-Norfolk Medical Reserve Corps in Massachusetts devoted their time post-ice storms at local shelters by assisting with cooking and providing friendly faces for people to talk to. The MRC volunteers played a crucial role in helping overwhelmed professionals bring the ice storm under control.

For full story, visit <http://www.nafreepress.com/homepage/x1452244760/Local-volunteers-staff-shelters>

- During the same storm, the Sudbury MRC worked to staff more than 60 shelters alongside other professionals and volunteers. MRC members worked with trained and certified CERT (Community Emergency Response Team) members to meet real needs of the community that was hardest hit by the storm.

For full story, visit <http://www.dailynewstribune.com/opinion/letters/x268040584/Stevens-Volunteers-helped-in-storm>



MRC volunteers making a difference!
March 2008

MRC Coordinator:

Saralou Hendrickson
Saint Louis County DOH

