



**POLK COUNTY HEALTH
DEPARTMENT MEDICAL
RESERVE CORPS VOLUNTEER
NEWSLETTER**

VOLUME 1, ISSUE 2

MAY, 2013

REQUEST FOR VOLUNTEERS

Jon Davis, Polk County EMA, is asking for at least 10 volunteers to participate in an exercise on Thursday, May 16th, from 8 am until 2 pm. The exercise will be at the Post Office on 2nd Avenue. The exercise will focus on a hazardous biological material. Polk County will be setting up a mass decontamination line (wet decontamination). As a volunteer you will be playing the role of a person who has been exposed or contaminated. So as a warning, you will get wet. Contact Deb (286-3758 or deb.overton@polkcountyiowa.gov) to volunteer.

Sarah Boese, PCHD, is asking for 11 volunteers to drop off flyers for the JumpStart Back to School Health Fair. The event is July 27, the goal is to have all the flyers delivered by the middle of May. There are 11 blocks of locations, each block has between 4 and 12 stops. Please contact Sarah at sarah.boese@polkcountyiowa.gov or 286-3895 to learn more about how you can help.

**VOLUNTEER SPOTLIGHT
SHERRI BIEDERMAN, RN**

Sherri has been a registered nurse for 29 years. She has been at Mercy Hospital for the last 22 years.

During the floods of "93", when Des Moines lost its water supply, Sherri's assigned area at Mercy was shut down and she was assigned to the ER to give tetanus shots. This made her realize how important it is to be prepared and plan for such events and motivated her to volunteer.



Most of her nursing career has been in cardiac. She feels this experience has prepared her and she can be relied on in any emergency.

Even with her nursing career, Sherri has proved her commitment to the MRC and attended the Orientation and has taken both ICS-100 and ICS-700 trainings.

ARE YOU UP-TO-DATE ON YOUR IMMUNIZATIONS?

As a Polk County MRC Volunteer, we want you to be as healthy as you can be and as prepared as you can be. This preparedness starts with knowing your immunization status. Many viruses that have caused death in humans are vaccine preventable diseases. Getting vaccinated can prevent or significantly reduce illness and the side effects related to the disease, including death. Follow the link below and take the quiz. What immunizations do you need?

<http://www2a.cdc.gov/nip/adultimmsched/>

"Volunteers do not necessarily have the time; they just have the heart."

Elizabeth Andrew



The Polk County Health Department held NIMS training sessions, ICS-100 and ICS-700, during the week of April 21st.

Jon Davis, Polk County EMA, conducted the sessions and to demonstrate the importance of the incident command structure, he incorporated the current events at the Boston Marathon into his curriculum.

Polk County MRC Support Staff

Christine Arauco
Juan Cadenillas
Deb Overton
Patrick Sweeney

