



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

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Our new email address:  
**PolkMRC@polkcountyiowa.gov**

**Polk County MRC: Moving Forward**

We are very thankful for all of our great MRC volunteers. Thank you for your dedication and commitment through this year. Your participation in various community events helped us to provide medical and non-medical services to many residents in Polk County.

In 2014, the Polk County MRC will focus its operations on three public health priorities. MRC volunteers will be called to support activities related to flood emergencies, extreme heat emergencies, and community flu clinics. In addition to our regular communication channels, we are planning to implement texting technology to keep you up to date on volunteer opportunities. This tool will allow us to accelerate our response during events and emergencies.

Stay tuned for our emails about the texting enrollment process. If you have any questions or comments, please contact us at (515) 323-5324. Thank you and enjoy the holidays!

**November: National Diabetes Month**

Diabetes is a challenging disease that affects the entire family in many ways. If you are living with diabetes or have a loved one with the disease, family support is very important when it comes to managing diabetes and preventing serious health problems. It's also important to know that if you have a family history of diabetes you are at risk for developing type 2 diabetes (Source: National Education Diabetes Program).

The Polk County Health Department is offering an educational program for people at risk for diabetes and people with Type I and II diabetes. The **Choose to Live Diabetes Education Program** will be offered four-five times a year. The program consists of four classes. All classes are held at the Polk County Health Department. Classes are available in English and Spanish. The cost is \$10 for all classes. Scholarships are available. To register call 515-323-5227.

**HOLIDAY SAFETY**

**THANK YOU!**

The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and others by following these holiday tips.

- **Wash Your Hands-** Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others.
- **Stay Warm-** Cold temperatures can cause serious health problems, especially in infants and older adults.
- **Manage Stress-** Balance work, home, and play. Keep a relaxed and positive outlook. Make sure to get proper sleep.
- **Prevent Injuries-** Use step stools instead of furniture when hanging decorations.
- **Be food safe-** As you prepare holiday meals, and any meals, keep yourself and your family safe from food-related illness.

Source: (www.cdc.gov/family/holiday)

We want to thank all our MRC volunteers who dedicated their time to keep our community safe and healthy.

This Fall season, MRC volunteers participated in various community activities. They provided services at events such as community flu clinics, Polk Co Health Department drive-thru clinic, and the Des Moines University Senior Fair.

- Big thank you to:
- Liz Cook, RN
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  - Shelly Lyman
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