



POLK COUNTY HEALTH DEPARTMENT MEDICAL RESERVE CORPS VOLUNTEER NEWSLETTER

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Volunteer Opportunity: Flu Season Clinics

During the flu season, the Polk County Health Department offers several vaccination clinics as a way to reduce the spread of influenza in our community. These flu clinics also represent a great opportunity for our medical and non-medical MRC volunteers to put in practice their skills and contribute to the well-being of our community. In 2012, **more than 6,700 people** were vaccinated in our flu clinics.

We will need medical and non-medical MRC volunteers to staff these clinics. Medical volunteers will conduct and support vaccination efforts and non-medical volunteers will assist with the registration process. Trainings related to flu clinics operation will be available for volunteers. For information about this initiative and schedules of trainings, please contact Christine Arauco at (515) 323-5324 or at Christine.Arauco@polkcountyiowa.gov **Your help is greatly welcome and appreciated!**

September: Fall Prevention Awareness Month

Each year, **one in every three adults ages 65 or older falls** and 2 million are treated in emergency departments for fall-related injuries. And the risk of falling increases with each decade of life. The long-term consequences of fall injuries can impact the health and independence of older adults. Thankfully, falls are not an inevitable part of aging. In fact, many falls can be prevented. Everyone can take actions to protect the older adults they care about. (Source: CDC-Home & Recreational Safety)

Matter of Balance Workshop: The Polk County Health Department will offer an eight-session fall/injury prevention workshop from September 23 through October 16 from 9 to 11am at UnityPoint-Methodist. The workshop is open to the public. For more information and registration, call (515) 286-2005.

WHO NEEDS A FLU VACCINE?

Who needs a flu vaccine?

MATTER

Even healthy people can get the flu, and it can be serious.
Everyone 6 months and older should get a flu vaccine. **This means you.**
This season, protect yourself—and those around you—by getting a flu vaccine.

THANK YOU!

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

MRC volunteers participated in various community activities. They provided medical and non-medical services at events such as RAGBRAI, back-to-school fairs, and the overnight cooling shelter.

Big thanks you to:

- Sharon Gentsch
- Janice McCullaugh
- Martin Arauco
- Elizabeth Cook