



# MEDICAL RESERVE CORPS OF MONROE COUNTY



April 2017

## HELP PROMOTE THE MRC TO A DIVERSE POPULATION!

Saturday, April 8th from 9am-12pm

Event: National Public Health Week Health Fair

Location: 401 N. Morton St., Bloomington. Atrium @ City Hall

Activity: Assist in promoting the MRC, as well as educate the public about lead poisoning and the Baby & Me Tobacco Free program. All programs and info will be reviewed with MRC volunteers before the event starts, and will be provided with reference materials. The MRC Coordinator will be present to assist as well. Those who will be attending the event include all ages, from Farmers Market visitors to the League of Women's Voters (who will provide a legislative update that morning).

## HELP EDUCATOR & MAKE A DIFFERENCE WITH THOSE WHO HAVE FACED VARIOUS DIFFICULT CHALLENGES!

Tuesday, April 11th from 1-2pm

Location: Crawford Apartments, 2440 S. Henderson St., Bloomington.

Activity: We will be educating the residents on fire safety and tips for beginning exercise. Volunteers could assist with teaching or assist with handouts, games, etc. We could use 1 volunteer each session and we can meet beforehand to go over the lesson.



### OUR MISSION

To improve the health and safety of the people of Monroe County by collaborating with local organization, recruiting volunteers, and providing trainings in order to assist in public health education, emergency preparedness, and support during times of disaster.

### CONTACT

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# MORE VOLUNTEER OPPORTUNITIES

If you are interested in volunteering for an event or would like more information, please email Christina Kempf, MRC Coordinator, at [ckempf@co.monroe.in.us](mailto:ckempf@co.monroe.in.us)

## **A FUN EVENT FOR THOSE WHO ENJOY WORKING WITH AND EDUCATING CHILDREN!**

Thursday, April 13th from 6:00-7:30pm

Event: Spring Family Fun Night at Head Start with a focus on environmental health.

Location: Banneker Center, 930 W. 7th St., Bloomington.

Activity: Help teach 3-5 year olds about lead through the use of a game as well as provide lead education to parents/grandparents/caregivers. If you are not up-to-date on lead education, we can review before the event.

## **HELP PROMOTE EMERGENCY PREPAREDNESS AND HEALTH TO CRAWFORD HOME RESIDENTS!**

Wednesday, April 29th from 2-3pm - This program will occur the last Wednesday of every month from 2-3pm

Event: Emergency preparedness / health & wellness program with the residents at Crawford Homes (which provides permanent supportive housing for individuals with disabilities who have experienced chronic homelessness, and offers residents many supportive services)

Location: Crawford Apartments, 2440 S. Henderson St., Bloomington.

Activity: Topics vary each month and all info, handouts, incentives, etc. will be prepared by the MRC Coordinator. Volunteers could assist with teaching or with handouts, games, etc. We will need 1 volunteer each session and can meet beforehand to go over the lesson.

## **ENJOY THE FARMERS MARKET ATMOSPHERE WHILE PROMOTING THE MRC!**

Saturday, May 20th from 9am-12pm

Event: Active Living Coalition Health Fair

Location: 401 N. Morton St., Bloomington. Showers Plaza next to City Hall.

Activity: Assist in promoting the MRC, as well as educate the public about lead poisoning and the Baby & Me Tobacco Free program. All programs and info will be reviewed with the volunteers before the event starts.

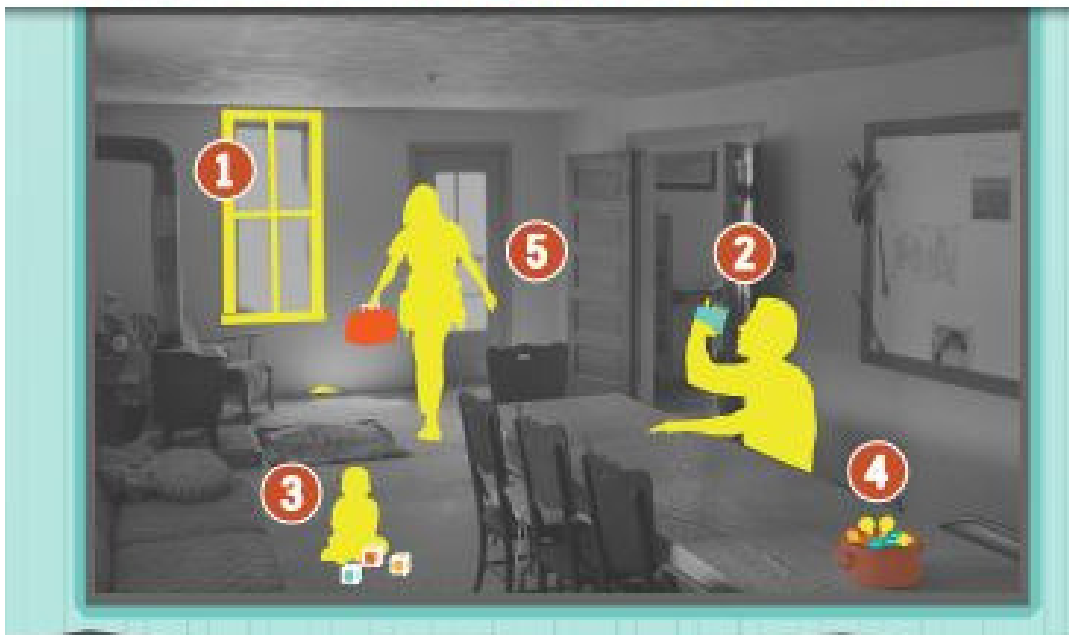
# ABOUT LEAD POISONING

We are now partnering with SCCAP Head Start on a lead testing/education grant! According to the CDC, at least 4 million households have children being exposed to high levels of lead. There is NO known safe level of lead. About half a million 1-5 year olds in the U.S. have blood levels above 5mcgs per deciliter.

This can cause damage to the brain and nervous system, slowed growth and development, learning and behavioral problems, & speech and hearing problems.

Learn more from these CDC infographics.

**Lead can be found throughout a child's environment.**



Homes built before 1978 (when lead-based paints were banned) probably contain lead-based paint.



When the paint peels and cracks, it makes lead dust. Children can be poisoned when they swallow or breathe in lead dust.



Certain water pipes may contain lead.



Lead can be found in some products such as toys and toy jewelry.



Lead is sometimes in candies imported from other countries or traditional home remedies.



Certain jobs and hobbies involve working with lead-based products, like stain glass work, and may cause parents to bring lead into the home.

# ABOUT LEAD POISONING

The good news:

Lead poisoning is **100%** preventable.

Take these steps to make your home lead-safe.



Talk with your child's doctor about a simple blood lead test. If you are pregnant or nursing, talk with your doctor about exposure to sources of lead.



Talk with your local health department about testing paint and dust in your home for lead if you live in a home built before 1978.



Renovate safely. Common renovation activities (like sanding, cutting, replacing windows, and more) can create hazardous lead dust. If you're planning renovations, use contractors certified by the Environmental Protection Agency (visit [www.epa.gov/lead](http://www.epa.gov/lead) for information).



Remove recalled toys and toy jewelry from children and discard as appropriate. Stay up-to-date on current recalls by visiting the Consumer Product Safety Commission's website: [www.cpsc.gov](http://www.cpsc.gov).



Visit [www.cdc.gov/nceh/lead](http://www.cdc.gov/nceh/lead) to learn more.

# VOLUNTEER NETWORK

## FEATURED OPPORTUNITIES

### **Garden Work Days - April thru October**

Join Mother Hubbard's Cupboard as they grow fruits and vegetables organically for their pantry! Volunteers enjoy working together while planting, weeding, and turning compost. From April to October, the workday schedule is 5-7 p.m. on Mondays at Butler Park and 4-6 p.m. on Wednesdays at the Hub pantry garden. The Butler Park garden includes a large hoop house for seed starting and vermicomposting. The Hub pantry garden showcases an edible food forest, accessible raised beds, container plantings, and vermicomposting. Novices will learn to garden while experienced gardeners share their expertise! Drop by during these work times or contact Kendra Brewer at 812-355-6843 or [garden@mhcfoodpantry.org](mailto:garden@mhcfoodpantry.org). ([www.mhcfoodpantry.org](http://www.mhcfoodpantry.org))

### **50+ Expo - May 9 (setup), May 10 (event)**

The 50+ Expo is the community's premier showcase of businesses and organizations whose products and services are geared toward people ages 50 years and up. Volunteers decorate, direct exhibitors, greet participants, distribute information, collect feedback, and tear down. From 2-4 p.m. on Tuesday, May 9, volunteers will assist with setup. Shifts during the Expo on May 10 are 2-3 hours long between 11:30 a.m.-7 p.m. The Expo will take place at the Twin Lakes Recreation Center on Bloomfield Road. Minimum age is 16. For volunteer registration, please go to: <https://goo.gl/B4LVcX> or contact Nikki McEachern, Bloomington Parks and Recreation Dept., at 812-349-3739 or [parksvol@bloomington.in.gov](mailto:parksvol@bloomington.in.gov). ([www.bloomington.in.gov/parksvol](http://www.bloomington.in.gov/parksvol))

### **Music Team Liaisons**

Music can have a soothing effect on the mind, body and spirit. If you share your love of music with dementia patients through Blooming Memories Thru Music, you will give a gift to the person with dementia and that person's caregivers. After training, adults liaisons will lead teams of two high school honors music students, who will build custom playlists and communicate with these elders. Students will receive training and will join a team starting in August. Please contact Barbara Edmonds at 812-333-8879 or [bloomingmemoriesthrumusic@gmail.com](mailto:bloomingmemoriesthrumusic@gmail.com) to register to be trained as an adult liaison. ([www.aliveinside.org](http://www.aliveinside.org))

### **T.C. Steele Historic Site**

The T.C. Steele State Historic Site offers tours of T.C. Steele's home and studio, as well as self-guided tours of the 211 acre property, which includes restored gardens, five hiking trails, lily ponds, and the Selma Steele State Nature Preserve. Volunteers serve an integral role in this Brown County treasure, assisting staff in three important areas: 1) gardening (weeding, planting annuals, mulching, pruning shrubs), 2) trail maintenance (cutting brush, picking up limbs, rerouting trail areas) and 3) special events (set up, registration, parking, clean up). Minimum age is 18. Please contact Anthony Joslin at 317-315-4702 or [ajoslin@indianamuseum.org](mailto:ajoslin@indianamuseum.org). ([www.tcsteele.org](http://www.tcsteele.org))