



MEDICAL RESERVE CORPS OF MONROE COUNTY



May 2017

Complete the Online Application and Consents

If you have not done so already, please complete the online application and consents to be an official MRC volunteer here: <https://goo.gl/forms/ML8r4XD6nlhubrLv2>

Even if you have filled out the previous hard copy paperwork, we need everyone to complete this updated, online version. We will only be using this updated version to keep our paperwork and volunteer information consistent.

May 3rd: Madi Taylor's Last Day as MRC Assistant

"I will be graduating from IU this month and working towards future goals in health and wellness education and programming. Unfortunately due to this, I will no longer be working as the MRC Assistant. I would like to thank you all for your dedication and involvement to the MRC and our community. It has been wonderful working with and getting to know you all, and I look forward to continuing as a MRC volunteer."

Do1Thing for May: Work, School, and Community

Goal: Make sure the people who count on you are prepared for a disaster.

1. Ensure emergency procedures are in place for your workplace or school.
2. Give emergency kits to people who count on you (college students, elderly parents, etc.)
3. Know how others in your community will respond in a disaster.



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

119 W. 7th Street
Bloomington, IN 47404
monroemrc@co.monroe.in.us
(812) 349-2150

facebook.com/monroemrc

WWW.MONROEMRC.COM

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

MoCOAD Annual Meeting

Monday, May 8th from 4:30-6:30pm

Location: Monroe County Library - Lower Level Classroom

Event: Join the Monroe County Community Organization's Active in Disaster for their annual meeting! The topic is "Communications During a Disaster" and there will be a panel of guest speakers.

Youth Mental Health First Aid Training

Monday, May 15th OR Friday, May 26th from 8:00am-4:30pm (free & lunch provided)

Location: May 15th at the Indiana Memorial Union OR May 26th at The Warehouse

Event: Learn how to react and respond to mental health issues and crisis in 11-25 year olds. Parents, teachers, community members, and anyone in contact with this age group strongly encouraged to attend.

Register: <http://www.drugs.indiana.edu/training/training.php>

Active Living Coalition Health Fair

Saturday, May 20th from 9am-12pm

Location: 401 N. Morton Street in the Showers Plaza next to City Hall

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

Volunteers who cannot attend the entire time are still welcome.

National Disaster Training Program

Saturday, May 20th from 8am-12:30pm

Location: The Salvation Army Bloomington Corps - 111 N. Rogers Street

Training Offered: Introduction to Salvation Army Emergency Disaster Services

Registration: Online at www.disaster.salvationarmyusa.org

Select "Train," click on the "Select Location" box and select "Indiana". Scroll down to class listed for "Bloomington Corps". Click "Register".

MAY IS PHYSICAL FITNESS & SPORTS MONTH



How much physical activity do you need?

It is recommended that adults ages 18-64 do at least:
150 minutes of moderate intensity aerobic activity a week
OR 75 minutes of vigorous intensity aerobic activity a week

Why is physical activity important? It can help:

Control your weight and increase your chances of living longer
Reduce risks of heart disease, type 2 diabetes, and some cancers
Strengthen bones and muscles, help prevent falls
Improve your mental health, mood, and sleep

If you currently do not have a routine or physical activity hobby that you enjoy, try something new - for free!

Anytime Fitness, Bloomington Body Bar, and the YMCA both offer a free week pass for new users to try out their facility and classes.

Anytime Fitness - 889 S College Mall Rd - (812)334-7979

Bloomington Body Bar - 1543 S Piazza Dr - (812)339-2090

Southeast YMCA - 2125 S Highland Ave - (812)332-5555

Northeast YMCA - 1375 N Wellness Way - (812)331-5556

The Bloomington Walking Club meets every Thursday evening to walk on the paved trails around Olcott Park. All levels and abilities are welcome. Email Alison Miller at milleal@bloomington.in.gov for more information.

Twin Lakes Recreation Center offers free programs for those over the age of 50.

Steady Steppers is on Mon, Wed, Fri from 9am-10am

Tai Chi Qigong is on Wednesdays at 11:45am

1700 W Bloomfield Rd - (812)349-3720

VOLUNTEER NETWORK

FEATURED OPPORTUNITIES

Heavy Lifters - One Wednesday per Month

Pantry 279, a food pantry based in Ellettsville, is seeking individuals to ride with a volunteer who drives a truck to Plainfield at 9 a.m. every other Wednesday to load boxes of food. They usually arrive back in Bloomington about 1 p.m. Assisting with unloading is great, but not necessary. Volunteers need to be able to lift up to 40 pounds and are asked to commit to just one Wednesday a month. Minimum age is 16. Please contact Cindy Chavez at 812-606-1524 or pantry279@yahoo.com. (www.pantry279.org)

Food Bank Garden Program

The Hoosier Hills Food Bank garden at Will Detmer Park provides locally grown, fresh fruits and vegetables for free distribution to those in need. The more people volunteer, the more fresh food they can grow! No gardening experience is necessary. You may join them anytime, April through October, on their regular volunteer days. Garden days are from 9-11 a.m. on Mondays and Thursdays and 5:30-7:30 p.m. on Wednesdays. Teen Nights are from 4-6 p.m. on the first Tuesday of the month. To check for weather cancellations or special volunteer events, including teen gardening, visit their garden and gleaning calendar. There is no minimum age. Please contact Ryan Jochim at 812-334-8374 or volunteer@hhfoodbank.org. Schools, churches and other community groups should schedule with Sara Swan at 812-334-8374 or garden@hhfoodbank.org. (www.hhfoodbank.org)

Bryan Park Creek Maintenance Days - May 3, June 7, July 5

Bloomington Parks and Recreation has earned Community Wildlife Habitat certification from the National Wildlife Federation. Maintenance days are held from 5:30-7 p.m. on the first Wed. of each month, from May through Oct. (May 3, June 7, July 5, Aug. 2, Sept. 6, Oct. 4). Volunteers cut back overgrown brush, remove invasive plants, and collect native plant seeds. Minimum age is 13; younger children must be accompanied by an adult. To sign up, please go to: goo.gl/XI38Eq or contact Nikki McEachern at 812-349-3739 or parksvol@bloomington.in.gov. (www.bloomington.in.gov/parksVOL)

Garlic Mustard Pulling Party at Latimer Woods City Park - May 20

The group 'Monroe County - Identify and Reduce Invasive Species' (MC-IRIS) is seeking volunteers to pull an extremely invasive plant - garlic mustard - from Latimer Woods City Park. Volunteers do not need to register in advance. Parking is available in the visitor parking area of The Stratum at Indiana apartment complex. The entrance to the woods is just north and west of the visitor parking area. Please wear gloves and bring water to drink. The pulling party will be from 1-3 p.m. on Saturday, May 20. This is a great opportunity to learn more about invasive species, to learn to identify garlic mustard, or to simply work to preserve our natural heritage. Please contact Ellen Jacquart at 812-876-9645 or mciris2010@gmail.com. (<http://mc-iris.org>)