

Southwest Health & Human Services Medical Reserve Corps

Quarterly Newsletter

June 2017

Volunteer Opportunities

Lyon County:

United Community Action Partnership is looking for volunteers for the Food Shelf.

Time can range from an hour to 4 hours and you can decide if you want to come once a week or multiple times a week. The Food Shelf is open Monday, Wednesday & Friday 12:30 pm–4:30 pm. If you are interested, please contact Lori Lerohl at loril@unitedcapmn.org or 507-537-1416 ext. 2139

Murray County:

Hospice of Murray County-

They are looking for volunteers to spend quality time with the patients, write letters, assist with light housekeeping, listen to the patients, and share a prayer or scripture.

If you are interested, please contact: Mary Baune, Volunteer Coordinator-
mary.baune@hospiceofmurraycounty.com or 507-836-8114.

Severe Weather Awareness

Now that we are in June, the summer months are here and that means increased chances of Severe Weather. The weather is overall going to be beautiful with the sun shining and the warm weather, but we do need to be aware of the bad weather that could develop during this time.

In order to be prepared during Severe Weather, have everyone living in your home get together to create an emergency plan. Emergency plans are to help your family know what they should do during Severe Weather or any other emergency. Make your emergency plan understandable to anyone and everyone because you can never be sure when bad weather is going to hit. Also place your emergency plan somewhere every family member will remember.



The month of June in MN has historically been known as the month with the most Tornadoes during the year so make sure to have yourself and your family prepared when bad weather does hit.

Summer can also tend to become very hot. If extreme heat happens in your area, try to stay inside as much as you can. Drink plenty of water, even if you aren't thirsty! Wear a lot of sunscreen. Do not leave unattended children, disabled adults, or pets in your vehicle and make sure to visit older adults often to watch for signs of heat exhaustion or heat stroke.

With that being said, stay cautious during the summer months, but remember to have fun with your family and friends! Enjoy the nice weather and make sure you are ready if severe weather does happen.

Volunteer Opportunities

Cont.

Redwood County:

The Redwood Falls Home Delivered Meal program- in need of volunteers to deliver meals June 19-30. There are two routes and we need one or two people for each route. There are 8 – 10 deliveries on each route. Pick up is at 10:30 at the Hockey window at the Redwood Area Community Center. A.C.E. of SW MN will be doing the scheduling of volunteers for the HDM program. Please call our office at 627-1016 between 8 - 4:30 to volunteer or e-mail us at ace.redwood@co.redwood.mn.us

Good Morning” Telephone Reassurance caller is needed in the Redwood Falls area. Calls are made from your own home on Saturdays between 8 AM & 10 AM. Calls are to senior citizens who enjoy a friendly visit and to check that everything is okay. Volunteers enjoy visiting with participants as much as those receiving the call enjoy them. Training is provided. Call ACE office at 627-1016 to volunteer.

June is National Pet Preparedness Month!

Our pets are our family too! Make sure that your emergency Go-Kit has items in it for your pet. Below is a list of what you may need for your pet in an emergency:



- 7 days worth of food and bottled water (rotate this regularly so it doesn't get old)
- Medication for your pets (rotate this regularly)
- Food/water bowls
- Leash, extra collar, and harness
- Clean up supplies in case your pet has an accident (pet cleaning solution and paper towels)
- Plastic bags (can fit for garbage bags as well as poop bags)
- Toys
- Blanket
- Pet Carrier
- Contact information for your vet and out-of-town family members who would be willing to take your pets
- Copies of your pet's medical records

If there is anything else you may need that is specific to your pet, make sure that is in your pet's emergency Go-Kit.

You should also have your pet involved in your Family Emergency Plan. Practice to make sure that every family member will know what to do in an emergency.

ALICE Training

Back in March, a couple of employees from Southwest Health & Human Services took part in ALICE (Alert, Lockdown, Inform, Counter, Evacuate) training in Willmar, MN. This training was designed to empower community members to know that they can do more than lockdown when there is an active shooter. The training was two days long and it was classroom style learning as well as simulation. During the simulation, everyone was split up into 2 large groups and the groups would practice how to protect themselves during 3 different active shooter scenarios. As the scenarios went on, each step the participants would get to protect themselves more. The ALICE training was a great experience for Southwest Health & Human Services. If you would like more information on ALICE, visit www.alicetraining.com.

Minnesota Responds



Southwest Health & Human Services— Serving Lincoln, Lyon, Murray, Pipestone, Redwood, and Rock Counties

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