

## Southwest Health & Human Services Medical Reserve Corp Newsletter

December 2015

### Minnesota Responds



**Happy Holidays from the Southwest Health & Human Services Medical Reserve Corp (SWHHS MRC) Unit!**

**I would like to start off by apologizing to our volunteers for the lack of MRC time and efforts due to transitions and turnover.**

**As we approach 2016, the SWHHS MRC will be moving forward with re-strengthening our unit. Our mission statement is: SWHHS MRC/MN Responds will strive to recruit, organize, train, empower and sustain a volunteer base of medical and non-medical volunteers who will contribute their skills and expertise in response to emergencies and planned community events that provide opportunities for the group to promote healthy living, safety, and preparing for emergencies. We want to utilize our volunteers who have a true passion for this work.**

**Beginning in 2016, MRC will be removing individuals from our MN Responds website database ([www.mnresponds.org](http://www.mnresponds.org)) who are no longer interested in being a volunteer. When a test e-mail is unable to reach you, we will contact you by phone. If phone contact is unsuccessful or we do not hear back from you by a specified date, you will be removed from the MRC unit. We rely on our MN Responds website database to give our volunteers updates, send out notifications, relay important emergency messages and for communicating volunteer opportunities.**

**I want to thank all of our current volunteers as we would not be an MRC Unit without you. We hope you all continue to serve and assist with future opportunities.**

**Sincerely,**

**Anna Snyder, SWHHS MRC Unit  
Coordinator**

**Southwest Health & Human Services  
[anna.snyder@swmhhs.com](mailto:anna.snyder@swmhhs.com)  
Direct: 507-283-5066 ext. 3004**

### Holiday Safety Tips



Keep candles at least 12 inches away from anything that may burn.



A heat source too close to a decorative tree causes 1 in every 6 holiday fires. Keep at least 3 feet in between decorations and heat sources such as vents.



Replace any string of lights with worn or broken cords or loose bulb connections.



Be sure to wash your hands, pots, pans and any surfaces that may have touched raw meat.



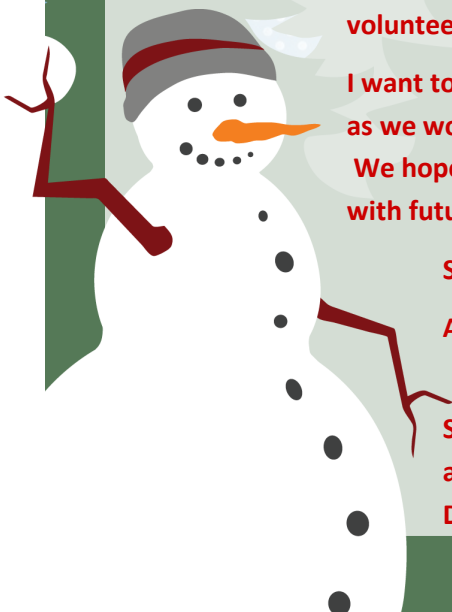
Blow out lit candles when you leave the room or go to bed.



Turn off all decorative lighting before leaving home or going to bed.



Test your fire alarms and tell guests your fire escape plan.



Winter driving safety is an important part of living in Minnesota! Are you prepared for a winter emergency on the road? A few essential items to include are:

Water

Kitty Litter or Sand

Warm clothing and a blanket

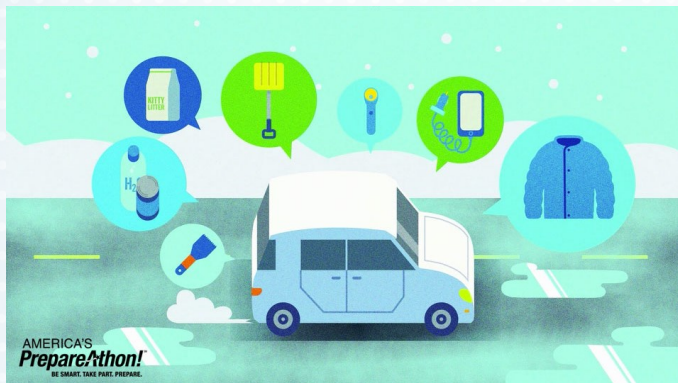
Ice Scraper

Extra Cell Phone Charger

Flashlight

Shovel

Food



Online training opportunities from  
[www.mn.train.org](http://www.mn.train.org)

MN Responds Medical Reserve Corps

Orientation Course ID: 1020535

IS 100: Introduction to the Incident Command  
System

Course ID: 1024635 or 1024627

[www.mnresponds.org](http://www.mnresponds.org)

[www.swmhhs.com](http://www.swmhhs.com)

[www.twitter.com/swmhhs](https://twitter.com/swmhhs)

[www.facebook.com/  
southwesthealthandhuman-  
services](https://www.facebook.com/southwesthealthandhuman-services)

## Volunteer Opportunities

### Salvation Army Bell Ringers:

**Lincoln:** Bev Wilson, 507-694-1665

**Lyon:** Joann Dorman, 507-537-4152

**Murray:** Nikki Cheskie,  
507-335-7758

**Pipestone:** Vicki Quest,  
507-825-3301

**Redwood:** Roald Hogan,  
507-640-0090

**Rock:** Suanna Ohme, 507-283-4914

### Marshall Kitchen Table Food Shelf:

Mondays, Wednesdays and Fridays  
12:30-4:30 p.m.

Looking for volunteers to help clients shop for their food choices. Volunteer for a few hours a month or a week! Will work with your schedule. Contact 507-537-1416 ext. 2139

### Ruby's Pantry Food Distribution:

First Thursday of every month in  
2016 4-6 p.m. Held at the Marshall  
Armory. Looking for volunteers to  
help guests get their food to their  
cars. Contact:

[rubyspantrymarshallmn@gmail.com](mailto:rubyspantrymarshallmn@gmail.com)

