

SOUTHWEST HEALTH & HUMAN SERVICES MEDICAL RESERVE CORPS NEWSLETTER

June, 2016

Training & Volunteer Opportunities

Lyon County:

The Western Community Action Food Shelf utilizes volunteers to provide nutrition assistance to individuals and families. We are in need of volunteers to help our clients "shop".

We also go to Walmart at 10:20am on Monday, Wednesday & Friday in Marshall to pick up donated items. Volunteers must be able to lift around 50 pounds.

The Kitchen Table Food Shelf in Marshall and Tracy is always looking for volunteers, for a few hours a week or a few hours a month!

If you are interested in volunteering at the Food Shelf, please contact: Lori Lerohl lori.lerohl@wcainc.org or at 507-537-1416.

Murray County:

Do you know how to make butter, play instruments, shell corn, make rope or tell pioneer stories? We are always looking for volunteers to help with our school pioneer tours at the museum. If you would like to help entertain the school groups and teach them about the old days.

Continued below. . .

SHELTER FUNCTIONAL EXERCISE

Southwest Health & Human Services, the City of Marshall and Lyon County Emergency Management held a one day functional exercise on emergency sheltering. In the SWHHS area, emergency sheltering may be needed after a natural disaster has occurred (such as a tornado) when many individuals lose their homes and are in need of shelter, food, clothing and other basic necessities.

The purpose of the exercise was to provide emergency personnel, area organizations/agencies and volunteers the opportunity to practice the various components of setting up an emergency shelter. The main topics of the day included shelter registration, dormitory, pet sheltering & a session dedicated to miscellaneous topics.

We want to thank everyone for participating especially our MRC members! Many of these exercises are especially useful to those who assist in real emergencies.



Volunteer & Training Opportunities

Volunteers are also needed to file newspaper clippings into topical and family files. If you enjoy history and are good at organizing let us know!

Give us a call at 836-6533 or email us at museum@co.murray.mn.us. Thank you!

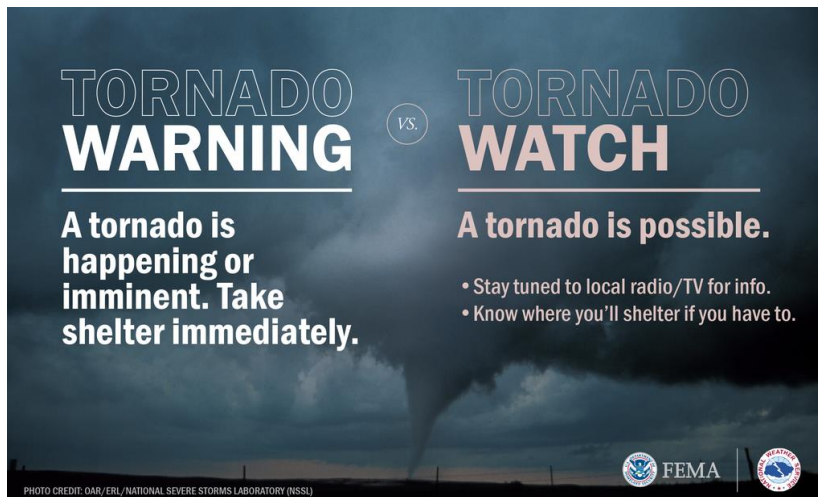
Redwood County:

The Redwood Animal Shelter is in need of volunteers to work at the front desk during open hours, socialize cats and walk dogs. The shelter is open Monday – Friday, 3 – 7 pm and Saturday 11 AM – 1 PM. We will train and appreciate you! Call the Animal Shelter at 644-3853 or the volunteer office at 627-1016 to let us know if you can help.

Sunwood Good Samaritan in Redwood Falls is in need of someone to come to their facility to paint fingernails for residents. They are also in need of people to read to people individually. If you can help, call Kari at Sunwood - 637-2320.

SEVERE WEATHER AWARENESS

As severe weather approaches, it is important to be prepared for the uncertainty our Minnesota weather brings us. Historically and statistically, the month of June has the greatest frequency for a tornado with July not far behind.



The safest place to be is in a basement or a designated storm shelter. If there is no basement, a small interior room, bathroom, closet or under a stairwell on the first floor is the next best place. Always stay away from windows.

If you are in a car, don't try to outrun the tornado. Tornadoes can travel faster than your car. If you are hit, the car will be tossed in the air and you will likely be killed. Get out of the car and seek shelter.

If you are outside, seek a sturdy shelter. If there is no substantial shelter nearby, lie in a ditch or low spot, and cover your head with your hands.

The best way to stay safe during a tornado is to be prepared with:

Batteries and a battery-operated TV or radio to listen to the latest emergency weather information, an emergency kit, a list of important information & phone numbers.

Make sure your children know what a tornado is, what tornado watches and warnings are, what county they live in, and what constitutes a location as a safe shelter, whether at home or at school.

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

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