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## CSMRC NEWS May 2008

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**Office Help:** We always can use volunteers to help with office tasks. Please contact Kathie Vito or Robin Priggemeier in the Salem office.

**Volunteers needed to staff information tables on the MRC at both county fairs this summer.** The Cumberland Fair is early July and the Salem fair is mid August. Please let us know if you are available.

**Our next meeting** will be on June 19<sup>th</sup>. The format will be the same as in January with a pre-session for new volunteers from 3-5 PM, dinner 5-6 PM and a program for all to follow 6-9PM. What is different is that we will be participating in a training exercise on decontamination with the CERT team and trainees in a HAZ MAT course. The meeting will be at the Salem County Office of Emergency Management (OEM) on just off of Rt. 45, south of Woodstown. OEM is located behind the Public Works Department and the County Corrections Center. Flyers are in the mail to all MRC volunteers registered. Please call us if you know of someone who would be interested in joining.

In honor of **National Women's Health Week (May 11<sup>th</sup>-17<sup>th</sup>)**, please remind the women in your life to get regular check ups and screenings such as mammograms, pap tests, diabetes and sexually transmitted diseases. Studies have shown that women are more likely to be misdiagnosed when they have symptoms of a heart attack when they go to the Emergency Room. Men complaining of the same symptoms are more likely to be closely examined and



given tests to rule out a heart attack. One blood test that has shown to be effective at indicating higher risk of a heart attack in women is something called C-reactive protein. The blood sample can be easily obtained at the same time that blood is taken for triglycerides and cholesterol levels. C-reactive protein levels are not routinely checked with so it is a good idea for women to ask for this test to be done.

**Hurricane Preparedness Week is May 25 through May 31.** The forecast for June 1-November 30<sup>th</sup> in 2008 is for 7 hurricanes along the Atlantic coast. This is a great time of the year to take stock of hurricane supplies you have at home, especially drinking water, non-perishable food, flashlights and batteries. Even when the hurricane is mild in that it doesn't do much damage or cause deaths, things like electric lines take days for repair. The last major hurricane in our area was Isabelle in September 2003. Some sections of Salem and Cumberland County were without phone and power for 72 hours because of downed lines. With so many households using private wells, many residents were without running water as well. The storm struck in our area on a Thursday evening. On Friday many schools and businesses were closed. So those home stockpiles of food and water came in handy. Just think of what it is like in the grocery stores when a winter storm is forecasted. Plan ahead so you can stay home and use the last minute time to prepare your home and secure loose objects such as grills and outdoor furniture so they do not become a projectile. For tips on safety and health in hurricane recovery response please go to [http://www.osha.gov/dts/oohn/disasterrecovery\\_shchecklist.html](http://www.osha.gov/dts/oohn/disasterrecovery_shchecklist.html)