



MAY-JUNE REGION 4A MRC NEWSLETTER

The Office of the Surgeon General Launches New Web Page:

“Healthy Youth for a Healthy Future” Initiative

A new Web resource to help adults improve children’s eating and physical activity habits has been launched by the Office of the Surgeon General, under the leadership of Rear Adm. Steven K. Galson, M.D., M.P.H.

The resource on the Surgeon General’s Web site highlights “Healthy Youth for a Healthy Future,” the U.S. Department of Health and Human Services’ (HHS) childhood overweight and obesity prevention initiative. The initiative addresses childhood overweight and obesity prevention by helping kids stay active, encouraging healthy eating habits, and promoting healthy choices.

The resource is at <http://www.surgeongeneral.gov/obesityprevention/>. It houses information on all of the other HHS obesity prevention programs and initiatives, providing a comprehensive listing for members of the public looking for program information, resources, and tools.

MRC volunteer of the month:

Please join us in honoring **Susan Emery** from Woburn Branch of the MRC. Susan Chairs the Woburn MRC Executive Committee. The work that she has done to promote the MRC in Woburn has been a huge success in her community. We are so grateful for her hard work, leadership and protectionism!

You can nominate a volunteer of the month from your community just send Liisa Jackson an email about why they should be nominated as the volunteer of the month. We know there are so many of you out there doing amazing work in your communities!

Training Spotlight: Incident Command 100 <http://www.region4a-mrc.org/TrainingDetail.php?recordID=343>

This class is important to be a prepared as MRC volunteer; this class describes the Incident Command system that the First Responders use in the event of a disaster. When you take this class you will have a great understanding about how a disaster is managed and your roll if you are deployed

Make a preparedness plan for you and your family:

<http://www.ready.gov> or <http://redcross.tallytown.com/tdoc.html>

MRC Flix:

Please take advantage of the library of training DVD’s for our MRC volunteers (attached)



National MRC News:

Learn more about the National MRC program that MA region 4A is part of:
<http://www.medicalreservecorps.gov/HomePage>

Ask your friends and Family to volunteer for the MRC:

If you have a friend or family member that you think would want to be a MRC volunteer have them call their local Board of Health or contact Liisa Jackson. We would love to have them as part of our team and we are always looking for more volunteers!

Thank you so much for your time and most of all thank you for volunteering for the Region 4A Medical Reserve Corps.

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