GREATER SULLIVAN COUNTY PUBLIC HEALTH NETWORK & MEDICAL RESERVE CORPS

PULSE of the Region

ISSUE I VOLUME III 01/20/2010

PULSE is a publication of the Greater Sullivan County Public Health Network, serving 15 municipalities in Merrimack and Sullivan counties. View us on the web at www.sullivancounty.gov/publichealth

HIGHLIGHTS:

HINI: PUBLIC HEALTH REGION HAS VACCINATED 3000 PEOPLE !

- **Many residents came to the 26+ clinics that were held this flu season, to receive their HINI vaccinations.**

WELCOME TWO NEW POSITIONS

- **Jennifer Goodell, Administrative Assistant to PHN**
- **Shawna Carpenter, Volunteer Services Coordinator**

MARK YOUR CALENDAR

- **Next RCC MEETING will be held on the 3rd Thursday in February, 2/18/2010 from 9—11 am at the Commissioner's Conference Room, Newport.**

H1N1 Public Health Region has vaccinated over 3,000 people !

Article by Jessica McAuliff & Shawna Carpenter

HINI: The Greater Sullivan County Public Health Network region has organized and hosted over 26 HINI flu vaccination clinics at public sites and in school settings this season. We have vaccinated over 3000 people in the 14 town region! Currently the HINI virus seems to be slowing down in the State, but we expect a wave of illness to come again in the spring. With vaccinations, residents and their children will be prepared for a healthy Spring season. HINI has caused serious health outcomes for some ordinarily healthy people.

Influenza vaccines do not protect against other viruses that cause respiratory illnesses. Even after you are vaccinated, it is still important to wash your hands well and often, to cover your cough and sneezes, and to stay home if you are sick (for at least 24 hours after all fever is gone).

If you haven't already done so,

GET YOUR SHOT!

Dial **2-1-1** in New Hampshire or visit **WWW.NH.GOV** to find a clinic near you.

EAGLE

THURSDAY, JANUARY 14, 2010

Really, it doesn't hurt a bit

ANGEL ROY PHOTO

Cameryn Kneeland, 7, receives her HINI vaccine from Mary Schissel of Connecticut Valley Home Care at a vaccination clinic held at Claremont Middle School Wednesday. The nursing staff for the clinic, run by the Greater Sullivan County Public Health Network, was provided by CVHC, and the Medical Reserve Corps of Greater Sullivan County provided medical screening and registration for the 146 people vaccinated.

CALLING ALL VOLUNTEERS

Article by Jessica McAuliff

Medical Reserve Corps is going strong! Despite snow and ice people came for shots and volunteers were steadfast. Sending a sincere Thank You to our dedicated volunteers who have made the HINI clinics happen, as well as all of our regional partners and community members who put in hours of their time to help. We would especially like to recognize: Mary Holmes, Rose Marie Batts, Nancy Houghton, Happy Calloway and Bill Ross for their generous contributions of time and skills, to the HINI clinics this winter. . The MRC will continue to staff clinics and promote wellness this winter season; but we can't do it alone! We have several ways to get involved.

Are you on TWITTER? Follow us at TWITTER.COM/GSCMRC.

JOIN MRC TODAY ! Be a part of a rewarding volunteer experiience offering many unique opportunities to serve your community. Call Shawna Carpenter at **(603) 398-2045** or email for more information. **mrc@sullivancountynh.gov**

MRC Joins Disney Incentive Program

Article by Jessica McAuliff

The Greater Sullivan County Medical Reserve Corps (MRC) is now a part of the *Give a Day, Get a Disney Day* volunteer program. This means that you can go to www.disneyparks.com and sin up to complete a local volunteer opportunity with the Greater Sullivan County Medical Reserve Corps, and you will be eligible to receive a FREE ADMISSION PASS to any Walt Disney World *or Land* Park!

The MRC is looking for a strong group of volunteers to assist with any health related event, including H1N1 clinics.

Our mission is to recruit, train, deploy, and retain volunteer health professionals and others who will contribute their skills and expertise in response to health threats, public health emergencies, and other community needs. The Greater Sullivan County area covers 14 towns in Sullivan and Merrimack Counties, from Charlestown to Wilmot, New Hampshire. MRC Volunteers will receive free trainings, plus are covered under Federal liability insurance while volunteering.

The MRC is proud to support the initiative by Disney Parks' and the Hands On Network to encourage Americans to volunteer for their community. Local volunteer opportunities with the MRC will appear in the Disney Parks' search results on http://www.disneyparks.com on January 1, 2010.

Please view information about the Greater Sullivan County MRC at www.sullivancountynh.gov/publichealth and click on MRC at top right. To join MRC, please call (603) 398-2222 or email us at: mrc@sullivancountynh.gov. You can also follow the Unit's activities on Twitter at

TWITTER.COM/GSCMRC

GIVE A DAY, GET A DISNEY DAY with the GSCMRC !!

WE NEED YOUR CONTRIBUTIONS

Your Contributions, Please

We need your public health news!

Submit your contribution to our new newsletter, "PULSE of The Region"!

We can't keep this up without your input.

Feedback, Feedback!

How do you like the newsletter? Please let us know.

phn@sullivancountynh.gov

Corrections?

If an error appears we will gladly make a correction.

phn@sullivancountynh.gov

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Don't forget to check the website for CALENDAR of upcoming events and meetings !

www.sullivancountynh.gov/publichealth

MARK YOUR CALENDARS!

JAN. 21 5-7 pm KICK OFF AND RECOGNITION DINNER !

The Common Man Restaurant

FEBRUARY. 18, 9 –11 am. REGIONAL COORDINATION COMMITTEE MEETING 14 Main Street Newport

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