



New York City Medical Reserve Corps



April/ May 2010



NYC Department of Health's New Home

The NYC Department of Health and Mental Hygiene headquarters have relocated to Long Island City, Queens. Our brand new, state of the art building will allow DOHMH staff to interact more closely. The address is 42-09 28th Street Queens, New York 11101-4132.

ServNY Record Update

Thank you to those of you who have already updated your record. This is very important because you cannot be deployed unless your record is up to date. **If you no longer wish to be a member of MRC**, please send an email to: healthmrc@health.nyc.gov In the subject line please write: DELETE and your first and last name.

Congratulations to Carmen Alvarado – winner of the April raffle for updating her record in ServNY. Update your record for a chance to win!

Thank You!

April was Volunteer Appreciation month, and in keeping with this, we had our **Volunteer Recognition Celebration** on April 21st at Baruch College. We had good food, wonderful music by John Bauers, and our volunteers were praised by NYC Health Commissioner Thomas Farley and by Kristen Lepore, the Region 2 Coordinator for MRC. The Commissioner's message was clear when it comes to emergency preparedness and response, we can't



do it without you.

The best part of this event was the opportunity to network with all the volunteers. To quote one volunteer, "singing God Bless America, it brought tears to my eyes at the camaraderie felt in the room as representative of joining forces for the common good. It was also great to go table knocking, as I say, and meet so many wonderful committed people". Thanks so much for volunteering to help keep New York City safe.



POD Training

There's still time to sign up for the MRC POD training scheduled for:
Tuesday, May 10th from 3:30 – 8:30 pm at
St. Paul the Apostle Church,
corner of Columbus Ave & W 60th St, Manhattan.

Even if you've taken POD training before, you should attend this important training. The POD protocols have been completely overhauled, and the POD set up has radically changed. The training is now much more interactive. To enroll in this training, please send an email to healthmrc@health.nyc.gov and write "POD Training" in the subject line.

I look forward to seeing you at this important training.



Be a Star! Participate in our POD Video Shoot

Save the Date! Because of all the changes in the POD training, we need to film some new segments. Show your MRC pride! Join us on Friday, May 13th at CINEMA WORLD STUDIOS 220 DUPONT STREET, BROOKLYN, NY. Please send an email to healthmrc@health.nyc.gov and write "Video Shoot" in the subject line if you are able to participate.

Healthier MRC Challenge

Rob Tosatto, director of the National MRC office, is calling upon all of you to join our Healthier MRC Challenge and to get others to join as well. Please encourage your friends, family members and colleagues to sign up. By participating in this activity, you can serve as good role models for health in your communities.

We have partnered with Let's Move! and the President's Council on Fitness, Sports & Nutrition to support the goals for better nutrition and increased physical activity opportunities. To be a part of the Healthier MRC Challenge, you will need to register on the President's Challenge web site and select the Healthier MRC Challenge group. To meet the challenge, you need to complete – and report – daily physical activity (60 minutes for youth, 30 minutes for adults) at least five days a week for six weeks. Detailed instructions are below.

How to register for the "Healthier MRC" challenge:

1. Log onto site: <http://www.presidentschallenge.org/healthiermrc>
2. Click on "Create an account"
3. On the "Create an account" page enter:
 - User Name
 - Password/Confirm Password
 - Security Question
 - Personal Information (name, birth date, gender, City, State)
4. Click on "Register"
5. On the "Make sure we've got it right" page, click on "Continue"
6. On the "Choose a Program" page, select "Active Lifestyle Program" then click on "Continue"
7. On the "Terms & Conditions" page, click on "I Accept"
8. On the "Congratulations!" page, click on "Continue"
9. On the "My Favorites" page, select your favorite physical activities on the list then click on "Continue to my activity log"
10. On the Activity Log home page, select the "Your Groups" tab
11. Enter the Group ID # **67853** and Group Name **Healthier MRC**



NOTE: If you already have an account on the President's Challenge website, you do not have to re-register. However, you will need to **add the "Healthier MRC"** as your group. Enter the account settings, select the "Groups" tab, enter the Group ID # 67853, then click on the "Join this Group" button. You should also enter the account settings and select "Change Challenge" to **restart PALA**. This will place you on the current 2011 challenge cycle.

How to track/record daily activities:

1. Log onto site: <http://www.presidentschallenge.org/healthiermrc>
2. Enter your User Name and Password, then click on “Log-In”
3. Select the “Activities” tab
4. Enter the date of the activity
5. Select your activity from “activity list” (drop down box)
6. Select the Activity level of intensity (drop down box)
7. Enter the amount of time spent doing the activity (use drop down boxes for hours and minutes)
8. Click on “Log Activity”



NOTE: You can enter more than one activity for a given day. You can also log activities that you have completed within the past 14 days.

GOOD LUCK!!!!