



NMservices Times

www.nmserves.org

January 2011

Volume 2 Issue 1

Inside this issue:

- Physiological First Aid** 2
- Volunteer Spot Light** 3
- Just For Fun** 3



www.nmhealth.org

Do you have an idea or special event that you would like to add to our newsletter? We would like to know.

Please contact your NMservices Member Services Coordinator :

Bobbie MacKenzie

bobbie.mackenzie@state.nm.us

505.476.8302



New Mexico's Mission of Mercy a Huge Success!

Two thousand, two hundred people have more to smile about today after being treated at no cost at the first annual New Mexico Mission of Mercy (NM MOM), a free dental clinic held on October 15-16, 2010 at Expo New Mexico.

Dentists, dental hygienists, dental assistants and people throughout the community came together to create a workforce of 1,700 volunteers.

Over the course of two 12-hour shifts, 8,724 dental procedures were performed and dentists donated 1.3 million dollars in dental care.

The New Mexico Dental Foundation, the charitable arm of the New Mexico Dental Association, worked for more than a year to bring this dental clinic to needy New Mexicans.

A big thank you goes to Delta Dental for their generous financial contributions which helped make the NM MOM a success. Many other community partners provided funding and in kind donations as well.

On behalf of NMservices and the Medical Reserve Corps we would like to thank our devoted volunteers who contributed over 300 volunteers hours towards this event.

Join us at the next NM MOM March 2 -3, 2012 in Las Cruces, NM.



Psychological First AID

Contact & Engagement



Your first contact with a survivor of a mass casualty is important. If managed in a respectful and compassionate way, you can establish an effective helping relationship and increase the person's receptiveness to further help.

First priority: Respond to survivors who seek you out. If a number of people approach you simultaneously, make contact with as many individuals as you can. Even a brief look of interest and calm concern can be grounding and helpful to people who are feeling overwhelmed or confused.

Timing: Some survivors may not seek your help, but may benefit from assistance. When you identify such persons, timing is important.

- ◇ Do not interrupt conversations.
- ◇ Do not assume that people will respond to your outreach with immediate positive reactions. It may take time for some survivors or bereaved persons to feel some degree of safety, confidence and trust.
- ◇ If an individual declines your offer of help, respect his/her decision and indicate when and where to locate a provider later on.

Cultural alert: The type of physical or personal contact considered appropriate may vary from person to person and across cultures and social groups, e.g., how close to stand to someone, how much eye contact to make or whether or not to touch someone, especially someone of the opposite sex.

Do not approach too closely, make prolonged eye contact or (unless you are familiar with the culture of the survivor).

- ◇ Do look for clues to a survivor's need or "personal space", and seek guidance about cultural norms from community cultural leaders who best understand local customs.
- ◇ When working with family members, find out who is the spokesperson for the family and initially address that person.

Introduce Yourself & Ask About Immediate Needs

- ◇ Introduce yourself with your name and title, and describe your role.
- ◇ Ask for permission to talk to him/her, and explain that you are there to see if you can be of help.
- ◇ Unless given permission to do otherwise, address adult survivors using last names.
- ◇ Invite the person to sit, try to ensure some level of privacy for the conversation and give the person your full attention.
- ◇ Refrain from looking around or being distracted.
- ◇ Find out whether there is any pressing problem that needs immediate attention. Immediate medical concerns have the utmost priority.

It is good practice to first make a connection with a parent or accompanying adult to explain your role and seek permission. If you speak with a child in distress when no adult is present, find a parent or caregiver as soon as possible to let him/her know about your conversation.

-Border RAC Regional Advisory Council-

"Volunteering is so pervasive it's invisible. We take for granted all the things that have been pioneered by concerned, active volunteers."

*-Susan Ellis-
Energize Inc.*

Volunteer Spotlight

MRC Corner

The Medical Reserve Corps (MRC) proudly awards Luke Esquibel as MRC Coordinator of the quarter for his outstanding work and dedication as the Unit Coordinator for the UNM/Albuquerque unit. Luke stepped up to the plate as the Interim State MRC Coordinator for the state of New Mexico and has worked tirelessly sacrificing his own needs for the good of the program. Luke helped mentor new MRC units throughout the state, to insure that the program thrived in providing the best of service to New Mexico communities. Luke was born and raised in the South Valley area of Albuquerque, NM. As a young man he joined the Army Reserves in 1986. Luke has continued his dedication in service to his country not only through his work with the MRC but in his "day job" as well. Luke currently works for UNM Hospital as a Patient Simulation Coordinator. In this position he works with existing staff to



provide them the necessary skills needed to provide top quality patient care. These skills have come in very handy in his work with up and coming EMS personnel and those in the nursing pipeline program as a combined effort with the MRC. He is furthering his knowledge, education and skills as a student with the University of Phoenix where he is working on his Bachelors in Business Administration.

At home you will find his true pride and joy, his two son's Chris and Andrew who are often recruited in Luke's philanthropic adventures.

It is our privilege to present this award to a leader such as Luke. He is a shining example of what one person can do in the world to help make their community a better and safer place to live.

-Wendy Luck-
State MRC Coordinator

"It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself."

Ralph
Waldo Emerson



Happy New Year

Word list hidden in the diagram of letters. Seek them by reading forward, backward, up, down, and diagonally, always in a straight line.

F A B A L L D R O P P L D H
 A A L O K C W S A X G E N F
 T Q M K R O Y W E N R W I R
 H B M I L P O I U A Y R T K
 E N V C L X Z Q U W E E R R
 R L C P O Y I Q U W Y A T N
 T Z O X C V S B O N L M P W
 I H N N B E C R X C Z M L O
 M Y F W M A K S K J R B V D
 E L E I T S S C R T E L Z T
 O M T U H L I C O P E Y E N
 W E T D R D A E A I H U I U
 N O I T A R B E L E C P O O
 P O S A Q E N G A P M A H C

- Ball Drop
- Celebration
- Champagne
- Cheer
- Confetti
- Count Down
- Dick Clark
- Family
- Father Time
- Fire Works
- New York
- Time Square



Department of Health
 Bureau of Health
 Emergency
 Management
 1301 Siler Rd. Bldg. F
 Santa Fe, NM 87507
www.nmserves.org