Welcome to the Spring Newsletter!

Our focus for this time of year is to create awareness on being prepared in an emergency. The following 3 steps are necessary to ensure you and your family are READY:

1. Make a Plan
2. Get informed
3. Build a kit (see side bar for getting started!)

For more information: www.texasready.gov

Events and Outreach

UTMRC Disaster Preparedness Training:
Stop the Bleed and Psychological First Aid

Date: Saturday, May 14, 2022
Time: 1-5pm CST
Place: UT School of Nursing, Room 1.112
Parking: Parking will be validated so bring your ticket
Register at: vaccineclinicvolunteers@austin.utexas.edu

Visit our Website!
https://sites.utexas.edu/utmrc/

Connect with Us!
Facebook: UT Medical Reserve Corps Twitter: @UTMedCorpsy
Tips for self-care:

With the challenges we are facing daily, and concern for the future, many times just the thought of these events can cause the mind to feel overwhelmed. Here are two simple exercises that you can do to quiet the busy mind any time you feel stressed or worried:

1. **Counting forms:** Take a walk and count forms until thinking diminishes or ceases entirely and the world appears brighter. Example: look at a car, one; look at a leaf, two; look at a building, three; etc.

2. **Viewpoints:** Take a thirty-minute walk. On your walk, periodically notice something small; notice something big. Notice something far away; notice something close. The objective is to free your attention. The expected results are increased calmness and broadened perspective.

These exercises and many more can be found in “Resurfacing*: Techniques for Exploring Consciousness*, by Harry Palmer

Enjoy!!!

ReSurfacing* is a registered trademark of Star’s Edge, Inc.

---

Spotlight on Volunteers

**Christine McIver**

Many of our UTMRC members are very talented and gifted with hearts that give to others. They inspire and lead with skill and competence.

Such is our feature for this quarterly: **Christine McIver, RN, BSN.** A member of UTMRC since 2017, she has augmented her work as a critical care nurse with public health service and disaster preparedness and response.

She was instrumental in mobilizing a myriad of volunteers (UTMRC among them) to vaccinate thousands of people at Circuit of the Americas and Travis County Exposition Center as Operation Section Chief within an Incident Command System.

She was responsible for Just-in-Time training for volunteers and strike teams sent to provide vaccinations at mobile medical clinics and other sites, often supporting community events such as SXSW, ACL and Austin FC soccer.

For her work, she was recognized as Ascension Seton Nurse of the Year, 2020 and 2021 and UTMRC Top Tier Volunteer for 2021.

For the full article, click here!