



TEXAS
Nursing

2022 UTMRC Quarterly Newsletter



Winter Edition

Tips for self-care:

During times of extreme stress, keep in mind the body may hold it in specific common areas ie; neck and shoulders, lower back, face and forehead.



Take time during the day for awareness where you notice what part of the body is holding stress. A timer or watch alarm can help you remember to move your attention to those parts of the body that may be hurting.



Once you pinpoint those areas, breathe deeply into them while contracting and relaxing the muscles for 15-20 seconds. Increased blood flow helps ease muscle tension and creates a relaxed wave for muscles to recovery.



HAPPY NEW YEAR

Welcome to each and everyone of the UTMRC family!! We hope all are staying well and productive during these challenging times.

Our newsletter for 2022 will be sent out to all active members on a quarterly basis. The purpose is twofold. One, to maintain connection with our volunteer base and two, to update everyone with information around upcoming events and training opportunities. We welcome your ideas and your input on future issues!

Events and Outreach

Preparing for natural disasters can be very stressful, even more so during the COVID-19 pandemic. The UT Austin School of Nursing initiated a Tabletop Orientation Exercise on disaster management to better help emergency responders prepare for and respond to unexpected disasters. A total of 12 panel participants from UT Medical Reserve Corp (MRC) were educated about the available resources and tools on disaster management. The level of disaster preparedness among panel participants was significantly improved after our Disaster Tabletop Exercise, which indicated that the activity was effective in helping a target population better utilize available resources and understand the concepts on disaster management.



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Lauriyann and Dr. Marilyn Pattillo
UTMRC Leadership Members

Newsletter input and editor request

If anyone has additional free time and would like to help with communications for the unit, please contact Lauriyann Aldon at laldon@austin.rr.com and let her know of your availability and interest. We would love your input, talent, and creativity on the newsletter committee!

Highlight Corner Steve Janda



As a volunteer with the UT Medical Reserve Corps, I began partnering with Shalonda Horton and Courtney Kaleta last July, and continued with Whitney Thurman this past October, in the delivery of vaccines to the unhoused population of Austin. This was accomplished through UT Austin's Vaccine Administration Mobile Operations (VAMOS) program.

We work in tandem with community health workers from the UT Dell Medical School (e.g., Richard Johnson, Jr.) and Austin homeless advocates (e.g., Danielle Reichman) who serve as liaisons and frequently are acquainted with the homeless folks through their work on the streets of Austin. They act as intermediaries for us so that people like me--although I wear a burnt orange UTMRC T-shirt and have a UT ID--don't have to "cold-call" the homeless who are understandably leery of strangers in their midst. These liaisons also offer practical information about support programs that help the homeless folks get food, phones, shelter with a roof and specialized medical care. [For the full story – click here!](#)

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