



TEXAS  
Nursing

# 2022 UTMRC Quarterly Newsletter

Spring Edition



What to include in your  
"Go Bag"  
(Partial list below, click the link  
for the full suggested items)

- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to shelter in place)
- Moist towelettes, garbage bags and plastic ties
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Backup battery for cell phones

Visit: <https://www.ready.gov/kit>



Sean is holding a UTMRC Go Bag: Get yours at the next training event!



*During uncertain times, it's more important than ever to prepare for the unexpected.*

## 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**:



Make a Plan



Get informed



Build a kit (see side bar for getting started!)

For more information: [www.texasready.gov](http://www.texasready.gov)

## Events and Outreach

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



Date: Saturday, May 14, 2022

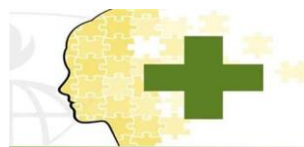
Time: 1-5pm CST

Place: UT School of Nursing, Room 1.112

Parking: Parking will be validated so bring your ticket

Register at: [vaccineclinicvolunteers@austin.utexas.edu](mailto:vaccineclinicvolunteers@austin.utexas.edu)

SAVE A LIFE



Psychological First Aid

Visit our Website!

<https://sites.utexas.edu/utmrc/>

Connect with Us!

Facebook: UT Medical Reserve Corps Twitter: @UTMedCorpsy



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medical  
reserve  
corps



## 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!**



CPR Week is  
June 1-7

**Visit our website!**

<https://sites.utexas.edu/utmrc/>

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