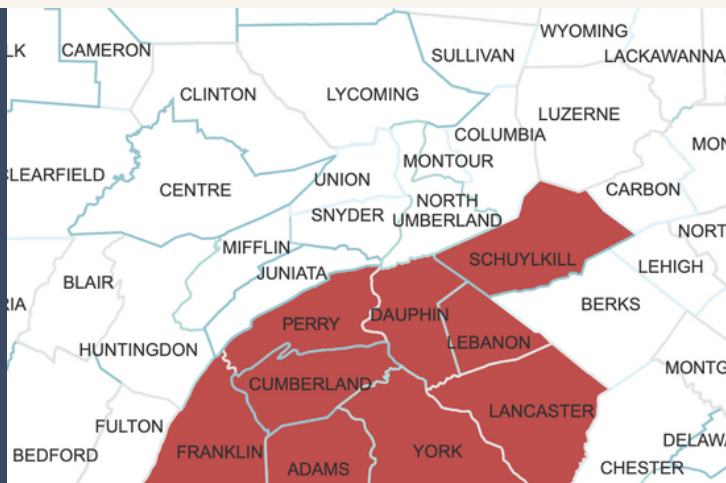


# SOUTH CENTRAL PA MRC NEWSLETTER

31 May 2023

June is PTSD Awareness Month!



## WHAT IS PTSD?

Posttraumatic stress disorder, or PTSD, is a mental health concern that some people develop after they see or experience a traumatic event.



**7 to 8%**  
of the U.S. population will have PTSD at some point in their lives.



What it's like to have PTSD may be different for everyone. There are four types of PTSD symptoms.

### Reliving or re-experiencing the event

- Nightmares
- Flashbacks
- Triggers



### Hyperarousal or being on guard

- Being jittery or overly alert
- Difficulty sleeping or concentrating
- Feeling angry or irritable



### Avoidance

- Avoiding crowds
- Avoiding certain smells, sights, or sounds
- Avoiding talking or thinking about the event



### Negative changes in beliefs and feelings

- Losing interest in things you used to enjoy
- Feeling guilty or ashamed
- Unable to trust others

### Do you have PTSD Symptoms?

- Hear Veterans share their experiences with PTSD and PTSD treatment at [AboutFace](#)
- Learn about and compare effective treatment options using the [PTSD Treatment Decision Aid](#)
- Explore the National Center for PTSD website for information, videos, and tools to help manage PTSD: [www.ptsd.va.gov](http://www.ptsd.va.gov)



Per the National Alliance on Mental Illness (NAMI), traumatic events - such as an accident, assault, military combat or natural disaster - can have lasting effects on a person's mental health.

While many people will have short term responses to life-threatening events, some will develop longer term symptoms that can lead to a diagnosis of Posttraumatic Stress Disorder (PTSD).

PTSD affects about 9 million individuals in the US. More than 1/3 of those diagnosed with PTSD are classified as having severe symptoms. Women are significantly more likely to experience PTSD than men.

Young children can also develop PTSD, and the symptoms are different from those of adults. Young children lack the ability to convey some aspects of their experience. Behavior (e.g. clinging to parents) is often a better clue than words, and developmental achievements in an impacted child might slip back (e.g. reversion to not being toilet trained in a 4-year-old).

Learn more:  
<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Posttraumatic-Stress-Disorder>

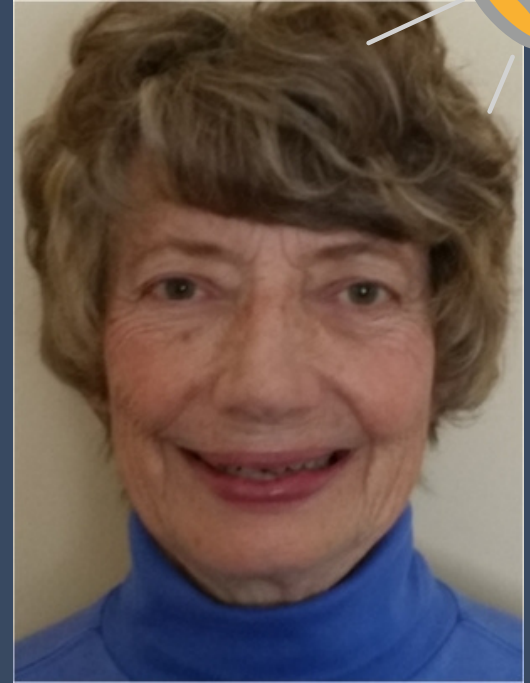
## VOLUNTEER SPOTLIGHT: FRAN KEEN

Each month we highlight one of our superstar volunteers as a way of showing appreciation from SCPA MRC leadership.

Dr. M. Frances Keen (Fran) is currently retired from nursing education. Her most recent role in the field was as an Assoc. Professor, Assist. Dean and Director of the Undergraduate Nursing Program at Villanova University College of Nursing. Prior to her appointment at Villanova, Dr. Keen held positions at the Univ. of Miami, Univ. of Maryland, and Johns Hopkins Univ. and Hospital. She also taught nursing at the Univ. of Malawi in Africa. In addition, she served as a consultant for the Pan American Health Organization in the Bahamas and Jamaica and for Project HOPE in Honduras. Her favorite role was teaching undergraduate students in clinical settings which is how she started and ended her nursing education career.

Fran started volunteering for the MRC in March 2021 as soon as she completed her primary COVID-19 vaccine series. In the early days, she routinely volunteered at Penn State's vax site in Hershey. She juggles her volunteering with picking grapes in the family vineyard and being entertained by her house (and litter trained) rabbit's silly antics.

Fran has two favorite MRC experiences. The first was giving the primary series to homebound persons in Schuylkill County for a joint project between the MRC, Morris Drug in Mahanoy City and the Office of Senior Services. She loved seeing the clients in their home settings, and they were so extremely grateful. Her other favorite experience was at Union Lutheran Church in April of this year. Many of the people she served were experiencing food and housing insecurity. "It was good to know we were assisting a vulnerable population. I have loved volunteering with the MRC team. Everyone I have worked with has been great. We have a lot of fun together!"



Fran Keen



Fran Keen, PhD (center) with Melissa Koehler, PharmD (L) and Lucinda Bringman, RN (R)  
Ready to vaccinate at the Millersville Vaccine Clinic and Education Event  
(Lancaster County)

## UPCOMING DEPLOYMENTS

Sign-up links will be provided in SERV PA messages.

Vaccination Clinics & Education

- 6/3 - Dauphin County Women's Expo
- 6/22 - Lebanon Valley Home (Lebanon County)



## THE SOUTH CENTRAL PA MRC WEBSITE HAS LAUNCHED!

The South Central PA MRC has a new website and is accessible via this link: <https://mrc.ehsf.org>. Check it out!

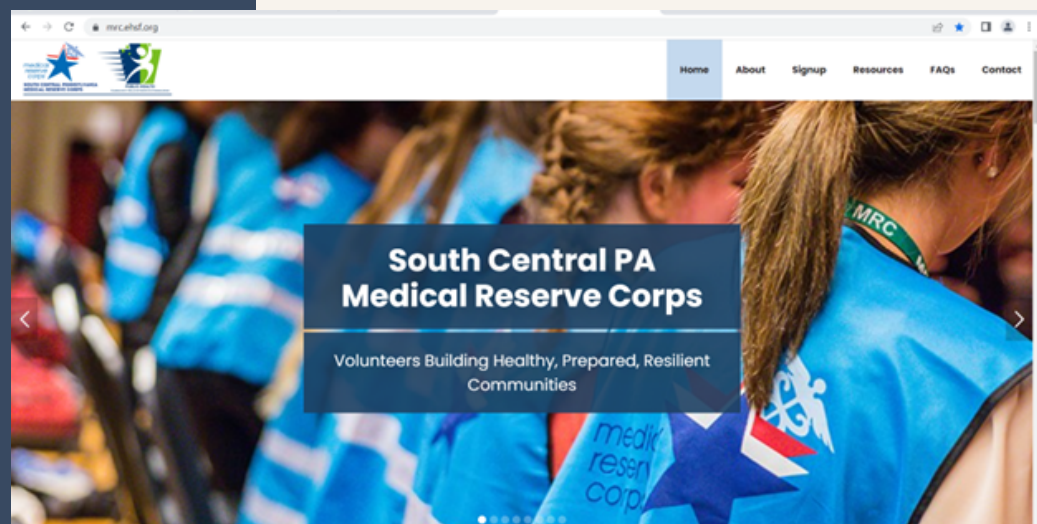
Roll-out of the public and volunteer-facing components of the website will continue through two phases. Phase 1 is now live, with Phase 2 to be available in the coming months.

Phase 1 offers content viewable by volunteers and the general public, including but not limited to:

- Intro to the MRC
- Our programs
- Recent newsletters
- Upcoming activities
- Contact info
- FAQ
- Lots of pictures!

Phase 2 will be for MRC members only and will offer access to:

- Event registration information
- The Volunteer Handbook
- Information re: preparing for deployment



## TRAINING OPPORTUNITIES

The following FEMA courses are required for all MRC volunteers:

- IS-700.B: An Introduction to the National Incident Management System:  
<https://www.train.org/pa/course/1078831/>
- IS-100.C: Introduction to the Incident Command System:  
<https://www.train.org/pa/course/1078825/>

After successful completion of these courses, please ensure the course is listed in the training section of your SERV PA profile: <https://serv.pa.gov/profile>



## COMING SOON: VOLUNTEER WEBINARS!

**Our first Quarterly Volunteer Webinar is scheduled for June 14.** Two more webinars are tentatively planned for September 6, and December 6, 2023.

Look for SERV PA message containing ZOOM meeting information for the June webinar!

## COMMUNITY WELLBEING: PHYSICAL ACTIVITY

Pennsylvania ranks as the 33rd most physically inactive state in the U.S. Roughly 25% of Pennsylvanians are physically inactive. Moving more and sitting less have tremendous benefits for everyone, regardless of age, sex, race, ethnicity, or current fitness level. It is important to get at least 30 minutes of moderate exercise every day to have the best health outcomes.

Physical activity is defined as any voluntary bodily movement produced by skeletal muscles that requires energy expenditure. It does not have to be vigorous and sweat-inducing. However, take advantage of the wonderful spring and early summer weather to get outside and move.

Click on the following link to access a resource from the U.S. Department of Health and Human Services to learn more about how to become more physically active and improve your health.  
[https://health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf)

