

RELIEF + RECOVERY

*Then I heard the voice of the Lord saying,
"Whom shall I send? And who will go for us?"
And I said, "Here am I. Send me!"*
Isaiah 6:8



About

The Wesley UMC Relief & Recovery Ministry serves God by helping His people overcome worldly challenges, both in the CSRA and in nearby states. Typical R&R projects include home restoration and repairing/replacing damaged roofs.

Upcoming Projects / Trips

Late Fall 2017: Save the date, Nov 29th-Dec 3rd, 2017, for the next out-of-state Wesley R&R trip, destination eastern North Carolina to repair damage from Hurricane Matthew. To reserve a spot or get more info, the trip leader for Wesley is Dan Armstrong at armstrongdw@gmail.com

Tips for R&R Team Members

Be sure to add our email address, rr@wesleyumc.net, to your 'contacts' or 'safe senders' list. Doing so will make sure that R&R Ministry emailed announcements get to your email inbox and not get dropped as false spam messages.

Resources

R&R Packing Checklist (see [page 2](#))

R&R Medical Info & Consent Form (see [page 3](#))

R&R Cleaning (aka Flood) Bucket Materials List (see [page 4](#))

Memories

Coming soon: links to photos from past projects

Contacts

For more info about R&R Ministry or to be added to R&R Announcements email distribution list, drop us a note at rr@wesleyumc.net

Wesley United Methodist Church Relief and Recovery Team

What do I bring on a disaster relief work trip? Each trip is different but this is a good checklist to start with.

1. Work clothes - Plan for both 20 degrees warmer and colder than the forecast, dress in layers. Don't bring anything that will break your heart if it gets paint or tar on it. No matter what they tell you you'll be doing be prepared to work inside or out.
2. Good work shoes for during the day and a change of footwear for evenings to give your feet a break.
3. A hat - either for sun or cold depending on conditions.
4. Bandanas – they have a million uses – a hand towel in a pinch, a lunch tablecloth, to cover a sunburned neck, a fashion accessory, etc. etc.
5. Bed roll – sleeping bag or sheets and blankets, depends on climate, don't forget your pillow.
6. Make sure to ask whether you will need to bring a sleeping mattress or cot. Finding out you are sleeping on a concrete floor after you get there is Ugh!
7. Shaving Kit / Toiletries - Don't forget soap. I suggest liquid body wash type soap to avoid dealing with a slimy bar of soap. Add a few band-aids for blisters.
8. Towel - An old worn out towel is best, it dries much faster.
9. A small roll of toilet paper - in a water proof container, because you just never know.
10. Soft foam earplugs - If you've never slept with 2 dozen exhausted mission workers you'll learn, if you have then you already know.
11. Bible or devotional, pen and pencil, something to read or listen to on the trip?
12. A small flashlight - So you can find your underwear or whatever while your roommates try to sleep.
13. A watch - One that lights up is helpful at night.
14. Any special medications you require and your favorite pain medication – for those muscles that haven't been used in a while.
15. Personal insect repellent and sunscreen. Make sure the tops seal well.
16. Write down any special medical info or medications and give a copy to the team leader.
17. Bring a day pack or bag with essentials that you can (1) bring with you on the trip, your other gear will likely not be accessible in transit (remember a pillow), and (2) take with you to your worksite each day – with whatever you might need (change of shirt, medications, wet wipes, towel or bandana, drink bottle, sweatshirt, toilet paper, etc.). Put your name on/in it!

Optional

1. Personal tools - Label everything you bring.
2. Cell phone and charger
3. Camera
4. If you don't have a tool belt or toolbox a 5 gallon bucket with a handle can be handy. Put your name on it. Your team leader will tell what to borrow from the trailer; gloves, hammer, dust mask, screwdrivers, scrapers, rags, etc. and this gives you something to carry them in.

Courtesy of Dan Armstrong
Wesley United Methodist Church
Evans, Georgia

**WESLEY UNITED METHODIST CHURCH
EVANS, GEORGIA
RELIEF AND RECOVERY MISSION TEAM**

MEDICAL INFORMATION FOR INDIVIDUAL VOLUNTEERS

Please complete the following and give to mission leader.

Volunteer's Name _____ Dates of mission trip _____

1. Name of emergency contact _____
- a. Street Address _____
- b. City _____ State _____ Zip _____
- c. Phone (work) _____ (Home) _____
- (Cell phone) _____ (Other) _____
- d. Relationship to volunteer _____

2. Blood type _____ 3. I have a current Tetanus shot? Yes _____ No _____

4. Allergies _____

5. Prescriptions I use and dosage:

6. Personal Physician / Town or Hospital _____ / _____

7. Health insurance company / Policy Number _____ / _____

8. I have a medical alert card or jewelry? Yes ___ No ___ 9. I am diabetic? Yes ___ No ___

10. I have a history of seizures? Yes ___ No ___ 11. I wear contact lenses? Yes ___ No ___

12. I consider myself healthy enough to fulfill my responsibilities on the mission team. Yes ___ No ___

13. Please provide any other helpful health information:

CONSENT

In the event my emergency contact cannot be reached, I, _____ (volunteer), authorize _____ (team leader) to consent to any necessary medical examination, anesthetic, medical diagnosis, surgery, or treatment and/or hospital care rendered under the general supervision and on the advice of any physician or surgeon licensed to practice medicine by the state in which they practice, during the duration of the trip identified above and further authorize the release of medical information from my personal medical records for the purpose of providing medical care. I do not give permission for any other use or re-disclosure of this information.

Volunteer's Signature

Date

Cleaning (aka Flood) Bucket Materials List

Source: <https://www.umcor.org/UMCOR/Relief-Supplies/Relief-Supply-Kits/Cleaning>, retrieved 2015 OCT 05

- **5-gallon bucket with resealable lid**
 - Buckets from fast-food restaurants or bakeries can be used if washed and cleaned;
 - Do not use buckets that have stored chemicals such as paint or pool cleaner;
 - Advertisements on the outside are acceptable.
- **Liquid laundry detergent**
 - One 50-oz. or two 25-oz. bottle(s) only.
- **Liquid household cleaner**
 - 12-16 oz. liquid cleaner that can be mixed with water;
 - No spray cleaners.
- **Dish soap**
 - 16-28 oz. bottle any brand.
- **1 can air freshener**
 - Aerosol or pump.
- **1 insect repellent spray**
 - 6-14 oz. aerosol or spray pump with protective cover.
- **1 scrub brush**
 - Plastic or wooden handle.
- **18 cleaning wipes**
 - Handi Wipes or reusable wipes;
 - No terry cleaning towels;
 - Remove from packaging.
- **7 sponges**
 - No cellulose sponges due to mold issues;
 - Remove from wrapper.
- **5 scouring pads**
 - Remove from wrapper;
 - No stainless steel, Brillo pads, or SOS pads (nothing with soap built in).
- **50 clothespins**
- **Clothesline**
 - One 100-ft. or two 50-ft. lines;
 - Cotton or plastic.
- **24-roll heavy-duty trash bags**
 - 33- to 45-gallon sizes;
 - Remove from the box.
- **5 dust masks**
- **2 pairs kitchen dishwashing gloves**
 - Should be durable enough for multiple uses;
 - Remove from packaging.
- **1 pair work gloves**
 - Cotton with leather palm or all leather.

Assembly Directions Place all liquid items in the bucket first. Place remaining items in the bucket, fitting them around and between the liquid items. Sponges, scouring pads, clothespins, and trash bags can be separated in order to fit all of the items in the bucket. Ensure the lid is closed securely.