

EMERGENCY PREPAREDNESS VOLUNTEER BULLETIN



Updates for Region 1 MRC volunteers



Volunteer Spotlight: Q & A with S-T-M MRC Volunteer Erin Evans

Why do you volunteer? I started volunteering after moving across the country with my family and taking a year off from work. I still wanted to use my nursing skills and I found out about the MRC at the Stratford Fire Department Open House. I thought it would be a great way to help out my community.

What's your favorite moment with the MRC? It's hard to choose one moment as my favorite. I have enjoyed all the activities from the flu clinics, to providing community education, and going through training/drills. Some of my favorite events are the training exercises. I have enjoyed collaborating with various departments and the camaraderie experienced with other MRC members.

What does being in the MRC mean to you? Helping my community through health education and during a potential health crisis. I like being able to support my community through preventative healthcare as well as provide support during times of crisis.

What's the most recent MRC event you participated in? The most recent event was flu clinics.

Do you volunteer anywhere else besides the MRC? Currently, I do not volunteer elsewhere. However, I help out on the PTA at my children's school.

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Contact us:
<https://mrcctregion1.com/>

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Get Trained at Home: Health and Disability 101 Training for Health Department Employees

The National Association of County and City Health Officials (NACCHO) is offering an online training opportunity about health, health care, and disparities. In September, Stratford Trumbull-Monroe MRC volunteers participated in this training as part of their September quarterly meeting. The training provides volunteers the opportunity to obtain knowledge about people with disabilities, the health disparities that they experience, and how to include people with disabilities in emergency and/or public health programs and services. The training is an hour in length and offers continuing education credits!

If you are interested in taking this training, please visit: <https://www.pathlms.com/naccho/courses/5037>



Are You Ready For The Winter?

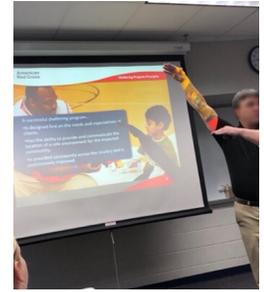
With the winter season fast approaching, it's important to prepare for cold weather emergencies! Use the checklist below to stock up on these essential items! These items are important to have at home, but also for on-the-go.

- Water (1 gallon/person/day)
- Non-perishable food items
- Can opener
- Paper plates/plastic utensils
- Paper towels, toilet paper, soap
- Battery-powered radio
- Flashlights
- Cell phone charger
- Extra batteries
- Blanket/sleeping bag/pillows
- Spare keys
- Duct tape
- Credit cards/cash
- Locate important documents
- Moist towelettes
- Wrench/plier (to turn off utilities)
- Feminine supplies/hygenic items
- Extra clothing
- Diapers/toys/games/books for kids
- First-aid kit
 - prescription medications
 - eye glasses/contacts
 - list of medical providers
 - medical supplies
- Garbage bags/cleaning supplies
- Pet supplies
 - food
 - water
 - carrier/cages
 - medications
 - leashes/collars/muzzles
 - ID tags
 - immunization records
- Whistle



Annual CERT/MRC Training Day: October 26th, 2019

MRC and CERT unit leaders and members from across the state attended the Annual MRC/CERT Training day in Windsor Locks, CT. Members from the Region 1 MRC coalition attended the training session that spanned the entire day with the days training divided into a morning and afternoon session. Training sessions were taught by experts from the American Red Cross, Medical Professionals, CT DEMHS, and other reputable entities that provided these volunteer groups with necessary information that they will be able to effectively utilize when activated during an emergency.



The morning training topics included:

- ICS Forms for CERT Deployments
- Disaster Mental Health & Responder Behavioral Health
- CERT/MRC Deployment Safety Officer
- Emergency Scene Support Functions
- Basic Sheltering.

The afternoon training topics included:

- Advanced Sheltering & Shelter Management
- Radio Communications
- Stop the Bleed
- Team/Unit Leadership
- Panel/ Roundtable Discussion

Pictures from the days event include Town of Greenwich PHEP Coordinator David Fraszka alongside members of the Greenwich MRC and a view of the participants receiving trainings.

Bridgeport MRC Offers CPR Training to Volunteers

The Bridgeport MRC held a CPR Training for volunteers on Saturday, October 19th. The room was at capacity for the 14 volunteers taking part in the day's training. Due to its success, the Bridgeport MRC will be hosting another CPR training in January, 2020. Please keep an eye out for the date and time of training. For questions, email Wideline Guerrier at Wideline.Guerrier@bridgeportct.gov



Help us spread the word! Share our regional MRC flyer with family, friends, and neighbors!



What is the Medical Reserve Corp?

The Medical Reserve Corp is a national network of volunteers, organized locally, to strengthen public health, improve emergency response capabilities and build community resiliency. In our area, CT's Region 1, there are 7 local Medical Reserve Corps Units including units in Greenwich, Stamford, Westport-Weston-Wilton, Fairfield-Easton, Bridgeport, Stratford-Trumbull-Monroe, and Sacred Heart University.

VISIT <https://mrcctregion1.com/> **TO LEARN MORE!**

What do MRC volunteers do?

Volunteers prepare for and respond to natural disasters, such as wildfires, earthquakes, blizzards, floods and other emergencies affecting public health, such as disease outbreaks. They may also participate in community activities that promote health habits.



Do I have to be a medical professional?



The MRC program seeks medical and public health professionals to assist with emergency preparedness and response efforts; however, other volunteers who have no medical or healthcare backgrounds are also needed to properly conduct emergency preparedness and response efforts.

Community members with and without medical training can assist with administrative and other essential support functions.

What are the benefits of being an MRC volunteer?

Some of the many benefits include:

- Using your skills during an emergency response to increase the capacity of the medical system
- Ongoing training opportunities and association with local medical responders
- Member of a nationally recognized response organization
- License verification background checks and official MRC badges allow the unit to respond rapidly to urgent requests for help
- Help build a more prepared and resilient community
- Gain experience and build your resume
- Opportunities to learn the importance of personal and family emergency preparedness



Visit <https://mrcctregion1.com/> **for more information**

Call Down Drills & Updating Information

The Medical Reserve Corps conducts periodic call-down drills throughout the year, which are often initiated by Connecticut Department of Public Health (CT DPH). If you receive a telephone call or email, *please* follow all prompts to confirm that you have received the message. We log responses and report on how many we get back and how quickly you respond. For questions, email your MRC unit leader.

Additionally, at any point during the year, if you move away, change your email address and/or telephone numbers, or no longer wish to be a member of the Medical Reserve Corps please email your unit leader to notify them of any changes. We try to keep our communication system as up-to-date as possible in order to best serve our MRC unit. Furthermore, if you are not receiving our messages please be sure to check spam folders for potentially misplaced emails.



Register for these exciting volunteer events/trainings!

- **CT Food Bank Mobile Food Pantry**
Second Tuesday of each month @ Holy Name of Jesus Church- 1950 Barnum Avenue, Stratford, CT(3:00 - 4:00 PM) To register, email mrc@townofstratford.com or call Kelley Meier at 203-385-4090.
- **Bridgeport Quarterly Meeting/Emergency Preparedness POD Roles Training** November 14th, 2019 @ 999 Broad Street, Bridgeport, CT Conference Room A (6:00 - 7:30 PM) To register, email Wideline Guerrier at Wideline.Guerrier@bridgeportct.gov
- **Stratford-Trumbull-Monroe Quarterly Meeting/Radio Communications Training** December 19th, 2019 @ Birdseye Municipal Complex- 468 Birdseye Street, Stratford, CT (5:30-6:30 PM) To register, email mrc@townofstratford.com or call Kelley Meier at 203-385-4090.
- **CPR Training** January 2020, Exact Time, Location, & Date TBD. For questions, email Wideline Guerrier at Wideline.Guerrier@bridgeportct.gov