

## SNAPSHOT OF PROGRESS



When there's work to be done, there's no stopping our volunteers! So many of you were active since our September newsletter went to press, here's a recap of your involvement by the numbers: Hurricane Irene standby call-out (50), October snow storm deployment (66), flu clinic support (91), pharmaceutical events (4), 'Let's Move!' promotion at regional fairs (25), CPR/AED and First Aid courses (50), Metta Center site visit (9), Bio/Chem and

Behavioral Health courses (38). In addition, there's all the work you've done behind the scenes, contributing your efforts through committees and individual means of service.

Yet our unit's value isn't comprised of mere numbers. Rather, it's the skill and enthusiasm with which you participate, and the compassion you continue to show those in need. You strengthen local health with every person you screen for hypertension, every resident you assist at emergency shelters, and all the health education and encouragement you provide.

The rest of the year offers unlimited means of carrying out the mission of the national MRC program: *Building Strong, Healthy, and Prepared Communities*. We hope to see you on April 28 for Training Day, to celebrate your achievements and build on all that our members have done throughout our unit's eight years of service.



UMV MRC  
55 Main Street  
Westford, MA 01886

PLEASE OPEN ME ASAP:  
TRAINING DAY APRIL 28  
SIGN UP NOW!

*Civilian Volunteers Building Strong, Healthy, and Prepared Communities!*



## UPPER MERRIMACK VALLEY MEDICAL RESERVE CORPS

WWW.UMVMRC.ORG

VOLUNTEER MONTH  
APRIL 2012

## A MESSAGE FROM YOUR STAFF

It's impressive how active our members have remained in the seven months since our last newsletter. This issue salutes our members as we recognize April as National Volunteer Month.

We thank you for all your assistance throughout the year. You've served in everything from emergency shelters to flu clinics, health fairs to training programs. Community service has included 'Let's Move!' activities in support of the national initiative to combat childhood obesity, along with public education on heart health, fitness and wellness initiatives. Our communities are healthier because of your involvement!

As ambassadors for the Medical Reserve Corps, we also encourage *you* to stay healthy and active. Inside we have shared stories that promote personal fitness through a greater focus on 'Let's Move!' opportunities. This issue also shares activities we held in support of the national 'Million Hearts' campaign, launched at the local level during February as National Heart Month. Please practice and share with others the tips we've provided on page 6 to lower the risk of heart attack and stroke.

The National MRC program is about to celebrate its 10th year. Our success is only possible because of the significant contributions that YOU are making at the local level!

We thank you for your continued dedication,

*Sandy Collins, RN* – Director

*Nancy Burns, EMT* – Coordinator



UMV MRC Staff with U.S. Surgeon General Regina Benjamin and Captain Rob Tosatto, National MRC Director, the day before the "WalkBoston" event to support walking as a component of good health.

## THE MISSION OF THE UMV MRC

The mission of the Upper Merrimack Valley Medical Reserve Corps is to recruit, train, and deploy members for disaster preparedness in three areas:

- Public health emergencies
- Mass casualty events
- Community service activities

## CONTACT INFORMATION

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*UMV MRC Web Site:*

[www.umvmrc.org](http://www.umvmrc.org)

*MA MRC Web Site:*

[www.mamedicalreservecorps.org](http://www.mamedicalreservecorps.org)

*National MRC Web Site:*

[www.medicalreservecorps.gov](http://www.medicalreservecorps.gov)

*Communities Served:* Billerica,

Chelmsford, Dracut, Lowell, Tewksbury,

Tyngsboro, and Westford (host agency).

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## NATIONAL MRC PROGRAM CELEBRATES 10<sup>TH</sup> ANNIVERSARY!

It's hard to believe that a decade has gone by since the Medical Reserve Corps program was launched, in response to the events of September 11, 2001. Membership across the nation has catapulted to nearly 206,000 in 982 units. By now there are countless examples of MRC volunteers serving their communities throughout the United States. To commemorate this special milestone, the program has identified monthly themes (listed below) with which to carry out our activities during this celebratory year. Captain Tosatto applauds our volunteers this month.

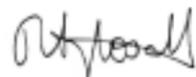
*Dear MRC Leaders, Volunteers, and Colleagues,*

*In honor of National Volunteer Week (April 15-21), our theme for April is "Volunteerism." This is an excellent opportunity to raise awareness of the impact that MRC volunteers can make in meeting our nation's most critical preparedness and public health needs.*

*Established in 1974, National Volunteer Week has expanded each year since, drawing the support and endorsement of U.S. presidents, governors, mayors, and other elected officials. It is a time to recognize the energy and power volunteers evoke on a daily basis as they lead by example – not only encouraging the people they help, but motivating others to serve as well. Volunteering not only provides the great satisfaction of helping others, but can have a significant positive effect on one's own health and wellbeing. Volunteering itself is a good public health activity!*

*MRC volunteers and leaders have demonstrated the value, strength, and success of the MRC network. The DCVMRC will continue to commemorate and celebrate the MRC's 10th anniversary and our decade of accomplishments throughout the coming year, and we welcome your help in getting the word out.*

*Thank you all for your efforts,*



*Capt. Rob Tosatto  
Director, Medical Reserve Corps.*



## MONTHLY THEMES FOR MRC'S 10<sup>TH</sup> YEAR:

- January** - Resolutions
- February** - From the Heart (Million Hearts Campaign)
- March** - Movement (Let's Move!)
- April** - Volunteerism (National Volunteer Week)
- May** - Partnership (Integrated Training Summit)
- June** - Disaster Risk Reduction (Natl. Safety Month)
- July** - Celebrate Success! (Independence Day)
- August** - Youth Engagement (Back to School)
- September** - Preparedness (Natl. Prep. Month)
- October** - Prevention
- November** - Thankfulness
- December** - Giving (Eliminating Health Disparities)

See other articles in this newsletter for ways in which our unit is supporting these special areas of emphasis.

## UMV MRC SUPPORT OF MONTHLY THEMES SO FAR:

- January** – Resolved to have our best year yet!
- February** – Provided 'Million Hearts' information at a series of CPR classes launched during National Heart Month: 2/7, 2/27, 3/6, 4/5, 4/11
- March** – Supported 'Let's Move!' at fairs on 3/10 and 3/31, a 'Jump Rope' event on 3/15, and WalkBoston with U.S. Surgeon General Regina Benjamin on 3/22.
- April** – Kicking off member events to include Training Day and other educational programs.
- May** – Interacting with response partners at Health Fairs and the Integrated Summit.

Let us know how YOU would like to get involved throughout our program's 10th year of service!

## COMING EVENTS

Please contact the Coordinator at 978-399-2549 or [Nburns@WestfordMA.gov](mailto:Nburns@WestfordMA.gov) to sign up for activities of interest. Also check the web site, [www.umvmrc.org](http://www.umvmrc.org), for updates and detailed course descriptions.

**Continuing Education** – We are proud to offer several events this season, which are FREE to members.

**Training Day**, Saturday April 28, 8 a.m. to 4 p.m. at MCC Bedford – return application (insert) by April 20!

**MA Medical Society**, Tuesday June 5, 6 to 9 p.m., *Providing Medical Care in an Emergency Shelter Setting*. MMS Headquarters, 860 Winter Street, Waltham MA 02451. Up to three continuing education credits for medical volunteers. Open to both medical and non-medical attendees. Free for MRC members. Call 800-843-6356 to register, do NOT sign up through the MRC.



**Culturally Appropriate Care**, Weds. June 13, 6 to 8 p.m., 2 OEMS/CEU hrs, Chelmsford PD Training Room, 2 Olde North Road/Rt. 4, Chelmsford (near Drum Hill Rotary). Sheila Och and Sonith Peou are repeating the session offered on 9/15/11 to discuss diversity awareness and respecting cultural differences when providing care to those from diverse backgrounds in a disaster.

**Health Fairs** – All levels of members can staff our display table to discuss the MRC and preparedness issues – including care of pets in a disaster – and offer health screenings. We will also promote 'Let's Move!' activities. Please let us know if you can fill a shift from two to four hours at any of these events:

### Tewksbury Health Fair

Weds. May 2, 3 to 7 p.m.  
Senior Center  
175 Chandler Street  
Tewksbury MA 01876

### Chelmsford Wellness Fair

Sat. May 5, 9 a.m. to noon  
Senior Center  
75 Groton Rt. / Rt. 40  
N. Chelmsford, MA 01863

### Chelmsford Country Fair

Tues. July 3, 5 to 11 p.m.  
Town Common  
Westford St. / Academy St.  
Chelmsford, MA 01824

### Dracut Old Home Day

Sat. Sept. 8, 9 a.m. to 4 p.m.  
School Complex at 1580 Lakeview Ave.  
Dracut, MA 01826

### Yankee Doodle Homecoming

Sat. Sept. 17, 11 a.m. to 5 p.m.  
Billerica Center / Town Hall Complex  
365 Boston Road, Billerica MA 01821

**MRC Drop-In Days** – All members and interested friends are welcome to visit our offices during these hours at their convenience. Stop by to watch our videos, discuss the unit, look through resources and materials, brush up on procedures, update your badge or pick up your polo shirt, and get reacquainted.

**Drop-In Days:** June 5 (Tues.) and June 7 (Thurs.), 4 to 7 p.m.

**Location:** Millennium School, 23 Depot Street (behind Abbot School), Westford 01886

## TIPS FOR BETTER HEALTH

There are two public health programs that MRC units across the United States are encouraged to promote throughout our 10th anniversary year. Here are some essentials that we're asking you to consider – and to share with your family, friends, and the community we serve. Note that good nutrition and physical activities are crucial elements of both programs.

**Let's Move!** ([www.letsmove.gov](http://www.letsmove.gov)) is a comprehensive initiative that is dedicated to solving the problem of childhood obesity in a generation, so kids born today will grow up healthier and better able to pursue their dreams. The program combines strategies for healthful eating, physical activity, and fostering environments that support healthy choices in both children and adults.



**WHY?** Childhood obesity rates in America have tripled over the past three decades. This problem can lead to diabetes, heart disease, high blood pressure, cancer, and asthma.

### What YOU can do:

- Keep fresh fruit in a bowl as a quick snack.
- Take a walk with your family after dinner. Walk up steps, rather than taking an elevator.
- Plan a menu for the week. If you have children, get them involved in planning and cooking.
- Turn off the TV during meals, and share some family time.
- Watch portion size, increase fruits and vegetables, and reduce consumption of sugary drinks.

**Million Hearts** (<http://millionhearts.hhs.gov>) strives to prevent one million heart attacks and strokes over the next five years. Regular exercise and good nutrition are as important for adults as for children.



**WHY?** Heart disease and stroke have become an epidemic in the United States. One person in three in this country has some form of heart disease. The good news is that many of the risk factors for these conditions can be prevented or controlled.

### What YOU can do:

PREVENT heart disease and stroke in your family by UNDERSTANDING the risks.

GET UP and GET ACTIVE by exercising for 30 minutes on most days of the week.

### Remember your ABCs:

- A** — Appropriate Aspirin Therapy
- B** — Blood Pressure Control
- C** — Cholesterol Management
- S** — Smoking Cessation

### Know the Stroke warning signs/ Action to take:

- F** — **Face** uneven (ask them to smile)
- A** — **Arm** drift (ask them to lift both arms)
- S** — **Speech** slurred (ask to repeat a phrase)
- T** — **Time** (every second counts-call 911)

STAY STRONG by eating a heart-healthy diet that is high in fresh fruits and vegetables and low in sodium, saturated and trans fats, and cholesterol.

TAKE CONTROL of your heart health by following your doctor's instructions for medications.

Check the web sites for both programs for more information – and Stay Healthy!

## LET'S MOVE!

One of the best ways our unit can contribute toward a resilient community is to encourage personal fitness. This includes leading healthier lifestyles ourselves – as we literally 'walk the talk' – and setting a good example. The stronger and fitter our own members become, the better we are able to serve local residents.

U.S. Surgeon General Regina Benjamin was in town for this year's annual WalkBoston event on March 22. In her address to participants afterwards, she thanked the MRC as one of the groups that supports public health.



MRC volunteers assembled before taking their assignments at WalkBoston; Dr. Benjamin spoke with children who joined the walk; UMV MRC members promoted public health initiatives at several 'Let's Move!' events.

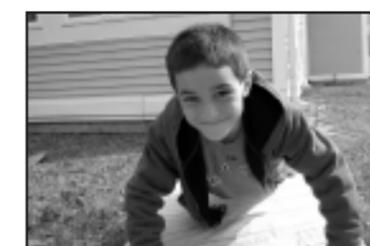
Although exercise is one of the modifiable factors to promote better health, Dr. Benjamin explained, "Behavioral changes can be harder to do, so we need to put joy back into health. Whether your goal is running a marathon or being able to play all afternoon with your grandkids, find whatever your fitness joy is" to move toward wellness.



The Health Department, together with our unit, has supported the 'Let's Move' campaign since its inception last year, through a number of venues. The goal of this national initiative is to end childhood obesity within a decade by promoting healthier lifestyles, especially by keeping kids active.



At the 'Jump Rope Jive' event, the MRC supported other partners who brought Rene Bibaud, a five-time world jump rope champion and Cirque du Soleil performer, to engage youngsters in what she calls the single best fitness tool: the jump rope. The children learned the 'pretzel' (left), double-dutch (right), and other jump techniques. MRC volunteers handed out 'Let's Move!' water bottles as prizes.



As the photos show, we encouraged kids who visited our MRC exhibits all year to be active – through hula hoops, push-up and sit-up challenges, bag-toss games, and other ways to help them find joy in exercise. See page 6 for tips on how *you* can benefit from the health and fitness campaigns we promote.

## UMV MRC Annual Training Day - 4/28/12

*In Partnership With  
Middlesex Community College Program On Homeland Security*

### Schedule & Courses

**8:00 A.M. – Registration opens; coffee and networking**

**8:30 to 9:00: Opening Remarks – Featuring:**

**Jennifer Frenette, EMT-I, MRC Regional Coordinator, USDHHS Region I (New England)**

*Sessions: Please sign up for ONE class in the morning and ONE class in the afternoon.  
2 CEUs (nurses) and 2 OEMS hours (EMTs) pending.*

**9:00 to 11:30 – Morning sessions: Henderson Hall**

#### **The People You Will Care For – Tom Lawrence, NREMT-P**

We're all in the preparedness business. But the reality of your plans of today may be much different from the reality of that day when you get the call. Your experiences after a few calls to service will make you better prepared for the each successive call. You'll find that the victims of disasters are seeking simple care and comfort, and will in fact *help* you care for them and others. During this presentation, the speaker will describe his experiences and the patients his team cared for during a number of major disaster deployments which include the World Trade Center, multiple responses to Gulf Coast Hurricanes including the Superdome in New Orleans for Hurricane Katrina, and the Red River floods in North Dakota.

#### **Caring for Vulnerable Populations in Shelters – Peter Laitinen, RN, BSN, NREMT-P**

As said in the beginning of a popular TV show, "You never know WHAT is going to come through that door" when an emergency shelter opens. Learn to recognize possible health conditions and care of vulnerable residents who are displaced from their homes in a disaster. Because pediatrics, geriatrics, and those with underlying medical issues are further stressed in emergencies, MRC volunteers can be more successful in serving such clients when they are prepared to know what to look for and how best to assist.

#### **PFA 101: MA Foundations of Psychological First Aid – Lisa C. Kaufman, ATR-BC, LADC1**

The primary objectives of Psychological First Aid are to promote safety, create calm, connect to others, and promote short and long-term adaptive functioning and coping. PFA is recognized by disaster mental health experts in the field as the 'acute intervention of choice' when responding to the psychological, psychosocial and psychospiritual needs of individuals impacted by disaster. This program takes a modular approach that can be used during the immediate response phase of any critical incident or disaster.

#### **Toxic Chemical Emergencies: Responder Awareness and Precautions – Dr. Jennifer Jenner**

Toxic industrial chemicals and materials are produced in large quantities and transported daily, through densely populated areas in the U.S. An accidental or intentional release of these materials is a very real possibility. Therefore, it is important for those providing medical care in such an event to have at least an awareness-level knowledge of common toxic chemicals that may be present in the community. This course discusses the chemicals that are most common and most toxic, their effects on humans, and appropriate personal protective equipment. Actual examples of both accidental and intentional releases of toxic chemicals will be explained, to illustrate the potential for devastating effects on unprepared communities, and how basic awareness can alleviate the impact.

**11:30 to 1:30 – LUNCHEON: Campus Center Building - Café East and West**

Enjoy your meal and mingle with fellow members, during informal presentations.

*MRC announcements:*

- Sandy Collins, RN – Director
- Nancy Burns, EMT-B – Coordinator

*Welcome from Middlesex Community College*

- Terry Downes, Esq., Executive Director, MCC Program on Homeland Security

Raffle tickets will be available in the lobby until noon for \$1 each, 6/\$5 or 12/\$10.

Pick up an MRC go-kit, and accept our appreciation for your service. To order an *optional* 72-hour emergency kit, enclose a check for \$45 to the **Town of Westford**, 55 Main Street, Westford MA, 01886.

**1:30 to 4:00 -- Afternoon sessions:**

#### **The People You Will Care For – Tom Lawrence, NREMT-P (Repeat of morning session.)**

We're all in the preparedness business. But the reality of your plans of today may be much different from the reality of that day when you get the call. Your experiences after a few calls to service will make you better prepared for the each successive call. You'll find that the victims of disasters are seeking simple care and comfort, and will in fact *help* you care for them and others. During this presentation, the speaker will describe his experiences and the patients his team cared for during a number of major disaster deployments which include the World Trade Center, multiple responses to Gulf Coast Hurricanes including the Superdome in New Orleans for Hurricane Katrina, and the Red River floods in North Dakota.

#### **Triage, SMART Tags, and Mass-Casualty Incidents – Peter Laitinen, RN, BSN, NREMT-P**

When large numbers of people are affected by disaster, how are they checked quickly for potential injuries and forwarded to appropriate care? And why do MRC volunteers need to know how these people are evaluated, in what settings? Learn how field assessments of patients at a disaster scene are conducted, how to provide this type of triage, and how patient care in emergency shelters and when providing hospital backfill depends on triage and ongoing reassessment.

#### **MA MRCs in Tornado Deployment: Lessons Learned – Kathleen Conley Norbut, M.Ed., LMHC, Region 1 MRC Coordinator**

On June 1 last year, EF-3 tornadoes ripped a 39-mile swath of destruction across Hampden and portions of Worcester County. The speaker will describe this unique MRC deployment as it looked from the front lines – with special focus on planning, response and recovery. This session takes a 'systems' approach in reviewing interagency response, communications, shelter operations, and what MRCs can learn from hands-on experiences in disasters.

#### **Infectious Disease: What's it all about? – Lisa Crowner**

When you walk in the door of an emergency shelter, flu clinic, or other MRC response, how concerned do you need to be about catching some kind of disease? Learn about the Commonwealth's communicable disease surveillance system and how several of these reportable diseases could impact your emergency response efforts. The presenter will discuss disease transmission, basic precautions, personal protective equipment and disease control methods. Resources and technical assistance references will be presented. Join us for a fun-filled game of Jeopardy to summarize your learning experience.

**Directions to Middlesex Community College – BEDFORD Campus. The facility is just over 7 miles from the intersection of Routes 495 and 3. Detailed directions are available from [www.UVMRC.org](http://www.UVMRC.org). Directions from Rt. 495 (set trip odometer):**

- Take Exit 35 onto Rt. 3 South (0.0).
- Take Exit 27 onto Concord Road (5.2).
- At lights at end of ramp, bear left (5.4).
- Take a left at the yellow blinking light (6.1) at Tech Park Drive, continue to end. (Will pass Avaya, Raytheon, G.E.)

- Take a right at end of drive onto Orchard Road (6.6).
- Take a left at entrance to MCC campus (6.8).
- Stay to the right and pass the Enrollment Center.
- Take a left and park at Campus Center in Lot D (7.3).