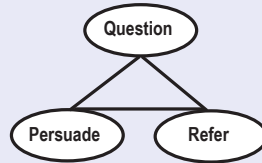




UMV MRC AWARDED \$15,000 FOR CAMPAIGNS AGAINST VIOLENCE

Our unit was recently awarded grant funding from NACCHO – the National Association of County and City Health Officials – to carry out two initiatives for mental health support and injury prevention: QPR and Cut It Out.



QPR – Question, Persuade, Refer – is a proven means of training lay people to recognize warning signs of a pending suicide, respond appropriately, and safely refer those at risk. According to statistics from the MA Dept. of Public Health, over 550 MA residents die by suicide each year. Therefore, UMV MRC members will be offered QPR training to learn techniques that will hopefully save lives. In addition, a subset will undergo a ‘train-the-trainer’ course. The goal is for MRC volunteers to provide QPR training to stakeholder groups across the region; including coaches, the staff at schools and senior centers, long-term care providers, faith-based community leaders, and municipal employees.

Cut It Out is a national program of the ProBeauty Association that builds awareness of domestic violence. Because of the intimate and nurturing nature of their relationship with clients, salon professionals can often spot signs of physical abuse, as well as changes in the client’s behavior. Our MRC unit will coordinate with the county District Attorney’s Office and local coalitions on domestic violence to conduct two Cut It Out presentations at hair salons in each of the seven UMV communities. Trained staff can then proactively discuss and refer concerns with their clients and colleagues, leading to positive outcomes for abuse victims.



UMV MRC
55 Main Street
Westford, MA 01886



Civilian Volunteers Building Strong, Healthy, and Prepared Communities



UPPER MERRIMACK VALLEY MEDICAL RESERVE CORPS

WWW.UMVMRC.ORG

FALL ISSUE
OCTOBER 2015

A MESSAGE FROM YOUR STAFF

One of the most gratifying features of our roles as Director and Coordinator is to look back on the past year and share the fine work of our volunteers. We continue to be impressed and humbled by your dedication. Page 2 offers a note of appreciation from the national office, plus a diagram showing MRC locations across the globe. Page 3 quantifies the value of your efforts in all seven UMV communities. To express your impact beyond mere ‘number crunching,’ the photo spread across pages 4 and 5 makes your efforts all the more vivid. Most astonishing, these pictures reveal only a fraction of your capabilities throughout the year.

One noteworthy development is our involvement in large-scale events that were conducted as ‘planned Mass-Casualty Incidents.’ See page 6 for two MCIs that we supported for the first time. The more experience we gain in MCI response, the better our unit can serve any community in a disaster. Also note that we’ve won another national award! Page 7 provides options to build additional skills over the coming months.

Grants awarded to our unit are making other ‘firsts’ possible. This winter we provided CPR classes to area residents at no cost. Other funding will empower us to address depression and domestic violence – possibly saving lives. See page 8 for an introduction to these initiatives.

Our unit’s ‘data’ from the past year speaks for itself: numbers and types of volunteers, providing hundreds of hours of service; the extensive activities that our unit supports, the dollar equivalent of savings to each community, and numerous opportunities on the horizon. But how well did we carry out our mission? And how are we poised to top those results? We hope this newsletter answer both questions – loud and clear.

Let’s celebrate another banner year of your success! Very best wishes,

Sandy Collins, RN, Director

Nancy Burns, EMT, Coordinator



Once again we invited all members who had been active in the unit over the past year to a special appreciation dinner. This event has become a highlight of acknowledging September as Preparedness Month. We were glad to see everyone who was able to attend in 2014, and look forward to thanking this year’s volunteers!

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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55 Main Street, Westford, MA 01886

UMV MRC Web Site:

www.umvmrc.org

MA MRC Web Site:

www.mamedicalreservecorps.org

National MRC Web Site:

www.medicalreservecorps.gov

Communities Served: Billerica, Chelmsford, Dracut, Lowell, Tewksbury, Tyngsboro, and Westford (host agency).

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NOTE FROM THE NATIONAL OFFICE



Dear Members of the Upper Merrimack Valley Medical Reserve Corps,

Thank you for remaining committed to your mission, and for all your work in making your community healthier and more resilient. With each passing year, you and your MRC colleagues across the country continue to challenge yourselves to do more in service to your communities, states and the nation. You inspire us, and we remain committed to supporting your efforts – as well as those of the entire MRC network.

Earlier this year, we saw change in the MRC Program Office with an organizational move from the Office of the Surgeon General (OSG) to the Office of the Assistant Secretary of Preparedness and Response (ASPR). While my staff and I adjusted to new commutes and a different work environment, we found that the MRC Program was admired and welcomed very warmly within ASPR. We navigated a very smooth transition, and immediately began working closely with our new ASPR colleagues to identify ways to continue – and improve – our support to you. We are constantly looking for new and efficient ways to strengthen the MRC network and provide additional resources. With the transition, we did not abandon our roots with the OSG. Instead, the relationship has evolved into a strong partnership, and we are still working to incorporate the Surgeon General's goals and priorities into the information and resources we share. I certainly hope MRC units will continue with their efforts to amplify locally the importance of strong public health.

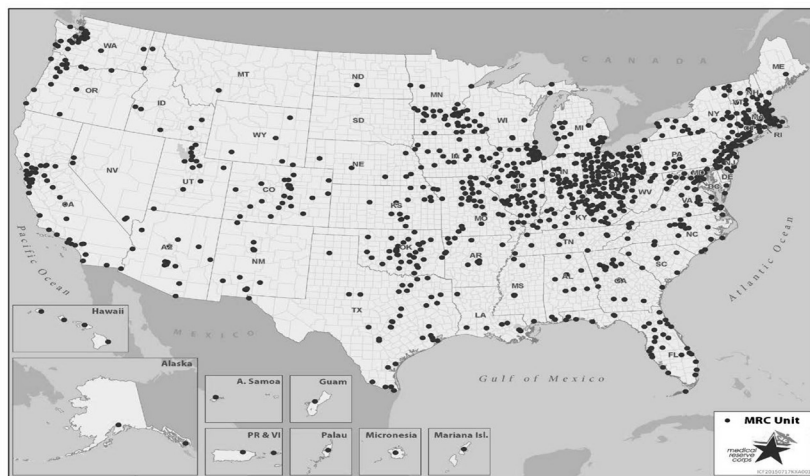
Though change is often met with skepticism, the MRC continues to look it in the eye and charge ahead. The UVM MRC is no exception. You remain steadfast in your service, volunteering to better your community in countless ways. I enjoy reading the reports of your activities, which included providing immediate care to injured and overheated guests at an annual three-day multicultural event with more than 150,000 people in attendance. This effort was a great exercise of your local partnerships, helped to strengthen your team, and provided a way to practice your triage and critical care work for a possible future disaster response.

Additionally, you provided free hypertension screenings for adults and *Let's Move!* activities with certificates and prizes for children, at the *National Night Out For Safety* event and a number of community fairs. Your involvement in these initiatives reached entire families, introduced them to the MRC, strengthened public health, and provided the opportunity to recruit more volunteers for your unit. And not to be forgotten is your work assisting with flu clinics and training 53 strike team members for emergency shelters. In doing so, you are saving financial resources and showing the important and impactful role that the MRC plays in improving the health of your community in valuable, measureable ways. You definitely make the most out of each initiative!

Congratulations on another great year. You keep me excited about the MRC and what lies ahead for this great network of units and volunteers. The MRC remains strong, engaged, and active, while working to improve the health, preparedness and resilience of communities throughout the country. And though things will continue to change, I find great joy in knowing the MRC is always up for the challenge to not just roll with the punches, but to excel! Thank you for the part you play in advancing the mission of the MRC.

Kind regards,

CAPT Rob Tosatto
Director, Medical Reserve Corps



Location of National MRC Units

COMING EVENTS

Please contact the Coordinator at 978-399-2549 or NBurns@WestfordMA.gov to sign up for activities of interest. Each course provides 'core training' that is recommended for all MRC members nationwide. Also check the web site, www.UMVMRC.org, for updates. These courses are offered free of charge and are open to all members, though pre-registration is encouraged.

American Heart Association Training – These classes result in two-year certification from the AHA. Sign up early; maximum class size is 18. The CPR/AED classes teach CPR and use of an AED for adults, children, and infants; and relief of choking. The fee to cover certification cards for all classes is \$10 (at-cost through our training center, payable at the start of each class).

Heartsaver CPR/AED (for non-medical members) – L. Kamenides and B. Daniels

Day/Date: Thurs. Oct. 8
Time: 6 p.m. to 9:30 p.m.

Location: Millennium School / Conf. Room B
Address: 23 Depot Street, Westford

Healthcare Providers CPR/AED (for medical members) – J. Mulloy, D. Brown, P. Womersley

Day/Date: Weds. Oct. 21
Time: 6 p.m. to 9:30 p.m.

Location: North Billerica Baptist Church
Address: 17 Colson St, North Billerica 01862

First Aid (for all members) – D. Brown and P. Womersley

Day/Date: Thurs. Nov. 5
Time: 6 p.m. to 9 p.m.

Location: Chelmsford PD Training Room
Address: 2 Olde North Road / Rt. 4, Chelmsford

Psychological First Aid – All members are strongly encouraged to learn PFA for their general preparedness, as well as providing MRC service in disasters. Two CEUs and two OEMS hours are expected for medical attendees. The speaker is Lisa Crowner from MDPH.

Day/Date: Tues. Dec. 1
Time: 7 p.m. to 9 p.m.

Location: Town Hall Auditorium
Address: 55 Main St, Westford

ICS for Health Care Providers – Knowledge of the Incident Command System is a fundamental skill. This version is of particular interest to medical volunteers. The speaker, Joe Guarnera, EMT-B and M.Ed., is also a FEMA-authorized instructor. The course provides 3 CEUs and 3 OEMS hours for medical attendees. (Snow date Tues. Feb. 9, same time and location.)

Day/Date: Thurs, Feb. 4
Time: 6 p.m. to 9 p.m.

Location: Council on Aging / Senior Center
Address: 75 Groton Road, North Chelmsford

Diabetics in Disaster – Although disasters can pose health challenges for anyone, those who have chronic conditions such as diabetes are at increased risk. Sue Rosa, RN and Betsy O'Keefe, RNP will discuss the prevalence and types of diabetes, and how all levels of volunteers can provide support to diabetics in an emergency. Two CEUs and two OEMS hours are expected for medical attendees.

Day/Date: Tues. March 15
Time: 7 p.m. to 9 p.m.

Location: Millennium School / Conf. Room B
Address: 23 Depot St, Westford

Hazardous Materials Awareness and Safety – Joe Guarnera, EMT and M.Ed, will discuss basic hazards that can exist in a number of common scenarios. Improve your awareness of scene safety, potential toxins, blood borne pathogens, PPE, and decon procedures. Two CEUs and two OEMS hours are expected for medical attendees.

Day/Date: Weds. Mar. 30
Time: 7 p.m. to 9 p.m.

Location: Town Hall Auditorium
Address: 55 Main St, Westford

Training Day – Mark your calendars for this signature event!

Day/Date: Sat. April 9
Time: 8 a.m. to 4 p.m.

Location: Middlesex Community College
Address: 591 Springs Road, Bedford, MA

MCI EVENTS — Over the past year, we supported two major Mass-Casualty Incidents for the first time. Our largest and most urban community, the City of Lowell, coordinates its annual Baystate Marathon (October) and Lowell Folk Festival (July) across multiple agencies, as planned MCIs that activate a Unified Command Center.

Baystate Marathon: Our volunteers staffed two medical stations at this event, providing as a resource for about 8000 runners and roughly 25,000 spectators.



'Team Tsongas' was ready to provide advanced medical care for injured runners at the hospital's emergency tent near the finish line. Those who were seriously ill were either transported to the Tsongas station for triage, or directly to a hospital by ambulance.



Injured runners either walked into the 'Team Rourke' tent on their own, or were picked up by a van that patrolled the course to assist those who were unable to finish the race.



A few runners with minor injuries chose preventative bandaging that allowed them to complete those last few miles. Most were treated and brought to the finish area.

Folk Festival: We also provided first aid throughout the three-day music fest – the second-largest of its kind in the nation! The event drew an estimated 150,000 visitors from across the country and beyond.



Two UMV MRC volunteers at a time staffed the first aid bus at the Lowell Folk Festival, interacting with the city's fire fighters and Emergency Management personnel. Our members staffing the bus were joined at peak times by their counterparts from other agencies.



UMV MRC WINS NATIONAL AWARD

We did it again! For the second time, our unit submitted a photo that was selected for the *MRC Picture of the Year Award*. This year's winners were announced in April 2015, during the monthly 'wellness' conference call for all MRC unit leaders. The plaque we received was among the first to be sent on behalf of ASPR: our new national host organization.

The picture shows two Westford residents, learning how to use an AED (Automated Electronic Defibrillator). The MRC member on the right was one of four instructors teaching Heartsaver CPR/AED to a class of 20 students. Through grant funding, our unit was able to offer this training to the public at no cost. Students learned adult, child, and infant CPR/AED and relief of choking, earning certifications that are valid for two years.



SUPPORT OF OUR MISSION

September 2015 marks the 10th anniversary of the devastation wrought by Hurricane Katrina. Our own volunteers were among those being deployed to help from across the U.S. Such actions illustrate our primary mission – providing surge capacity for disaster response – which is normally restricted to our coverage area in the Upper Merrimack Valley. When our members continue to provide service through the MRC in their own town, throughout the region, or even across MA and beyond over the years, we are able to keep our response skills sharp between disasters. This page illustrates our service since the last newsletter went to press in early September 2014.

Offered 10 AHA classes:

- Heartsaver (x2) for non-medical members
- Heartsaver (x2) for local residents (grant funded)
- Heartsaver for municipal employees (our largest!)
- Healthcare Providers (x2) for medical members
- First Aid for medical and non-medical members
- Chokesaver (x2) for local food service staff

Also supported CPR Awareness Week (June 2015) through cable TV bulletins and an AHA Hands-Only CPR video posted on the station's web site.

Supported Fairs In All 7 UMV Communities:

- Billerica: YDHW (9/2014 and 2015), Health and Wellness Fair
- Chelmsford: Volunteer Fair
- Dracut: Old Home Day (9/2014 and 2015)
- Lowell: PetFest
- Tewksbury: Health and Wellness Fair
- Tyngsboro: Health and Wellness Fair
- Westford – Annual two-day Summerfest in 2015:
 - Blues 'n Brews 8/22, Pig 'n Pepper 8/23
 - Health and Wellness Fair

Promoted 4 Community Causes:

- Public Forum on Substance Use
- Bike Safety Rodeo
- Live for Liv (initiative per domestic violence)
- Night Out for Safety

Provided Innovative Education

- Training Day at MCC
- Ebola and Enterovirus
- Emerging Infections (open to public)
- EDS Functional Needs Workshop
- Bacteria vs. Virus
- Shelter Exercise

Staffed 2 MCI events:

- Baystate Marathon
- Lowell Folk Festival (3 days)

Administrative Activities:

- Held 3 New Member Orientations
- Hosted Member Appreciation Dinner
- Attended 3 Advisory Council mtgs, plus 3 MA MRC and 1 MA Med. Society mtgs.
- Participated in monthly MRC con-calls
- Presented MRC to Chelmsford Selectmen
- Staffed Natl. exhibit at PERRC Conf.

Drills and Call-Outs:

- Standby call-out for blizzard
- MA MRC call-down drill and AAR

Supported 15 clinics:

- Flu, pneumonia, and shingles

ECONOMIC VALUE OF SERVICE

The table at the right quantifies the value of our service in our host community. We were asked to compile the variety of events staffed by MRC volunteers, the hours they contributed, and the financial equivalent of their service over the 12 months in FY 2015. Similar calculations could be made for each UMV community!



UMV MRC IN WESTFORD: FY 2015		
Event	# Hours	*Value
Inoculation clinics	319	\$8,433.77
CPR/AED/CS Edu.	42	\$887.19
Live for Liv Event	44	\$1,139.65
QPR Training	26	\$816.75
S'Fest Aug. 2014	55	\$1,462.71
Wfd. Health Fair	38	\$1,115.37
Blizzard Call-Out	57	\$1,613.45
EDS/FNSS Training	50	\$1,724.34
Bacteria/Virus	38	\$1,348.28
Shelter Ex. 5/2015	167	\$5,798.88
TOTALS:	836	\$24,340.39

**Values from the 2014 Economic Impact of Volunteers Calculator created by the Points of Light Institute.*

A Tremendous Launch To Our Second Decade

We supported worthy causes – including a bike safety rodeo, a forum on substance use, a regional event to address domestic violence, and the National Night Out for Safety.



Not only did we train our own members and municipal employees in CPR, grant funding also allowed us to train local residents in this life-saving skill.



We staffed clinics to protect against diseases – including flu, pneumonia, and shingles.



Our volunteers offered public service at fairs across all seven of our communities.



Members attended a disaster forum at the MA Medical Society, and promoted the MRC on TV. Staff supported the DCMVRC exhibit during a national preparedness conference.



Ongoing education is crucial. Thanks to all of our members for keeping their skills sharp!

