

## UMV MRC Statistics: September and October 2023

### Presented to Seniors on Preparedness – 9/8/23

Per invitation from the Council on Aging / Senior Center in our host community, the Coordinator presented to about 40 local seniors and affiliates. Purpose was to introduce the MRC, which most had never heard of, and explain how the local unit has supported the region since 2004. Topics included 72-hour kits for humans and their pets, the town's Special Needs Emergency Registry, Narcan and Covid test kits available from the health department, and regular collaborations between the MRC and municipal services. Explained how September is National Preparedness Month, with a focus this year on seniors. Brought a 72-hour kit as a raffle prize. [Coordinator Activity; hours and economic activity N/A]

### Six Annual Festivals and Health Fairs – 9/9 to 9/30/23

Our busiest month (September for Preparedness) includes a series of health fairs where we host an exhibit for public health outreach, MRC awareness, hypertension screening, and family fitness initiatives. 'Dracut Old Home Day' on 9/9 draws about 15,000 regional attendees. On 9/17 we supported both the 'Live for Liv' domestic violence awareness sporting event and the 'Tewksbury Safety Day.' 'Westfest' on 9/24 raised funds for schools in our host agent's community. The last two events on 9/30 were the 'Tyngsboro Health Fair' and the 'Chelmsford Fall Festival.' **36** volunteers served **127** hours at an economic value of **\$4,706.62**

### MRC Well-Check Call Speaker – 9/12/23

One of our original volunteers from 2004 was invited to give a presentation at the 9/12/23 Well-Check Call for Preparedness Month, which focused on disaster responses from across the MRC network. This volunteer described being on-scene near the finish line of the Boston Marathon in 2013 when the bombs exploded. Though officially she was signed up as a BAA medical volunteer, she was also a long-term UMV MRC member. She emphasized how the training she'd received in our unit -- including incident command -- was helpful in providing patient care in a coordinated manner with other responders from multiple agencies. **1** volunteer, **2** hours, economic value of **\$127.38**

### Debut PFA-101 Course – 9/13/23

The Coordinator and Town Nurse for our host community welcomed oversight from one of the original (2011) course developers, to teach an MA DMH-approved introductory class for the first time on Psychological First Aid for UMV MRC volunteers. Seventeen UMV MRC members participated; most ratings were top (5) with a few 4's. **17** volunteers, **34** hours, economic value **\$1,424.62**

### **Member Appreciation Dinner – 9/20/23**

Fifty-six participants (primarily MRC volunteers, with 1 coordinator and 5 special guests) gathered one evening during Preparedness Month to celebrate their ongoing service at our Member Appreciation Event. They got better acquainted and renewed friendships over dinner, while a slide show displayed their many activities since the last appreciation event (May 10, 2022). Our guest speaker gave a riveting presentation on the 'galactic value of service.' Three volunteers delivered a panel segment on skills they'd brought from their outside training to support MRC responses. Members said they felt valued, and they enjoyed a group photo. **50** volunteers, **200** hours, economic value **\$8000.24**

### **September and October Service at Flu Clinics – 9/21/23 to 10/26/23**

Seventy individual volunteers supported twelve flu clinics across five UMV communities in a five-week span. At least 1600 residents from across the region were inoculated against influenza. **70** volunteers, serving **568.5** hours, economic value **\$21,824.60**

### **Coordinator Activities – 9/26/23 - 11/7/23**

The UMV MRC Coordinator participates in cross-agency programming, which included monthly virtual meetings with RDHRS, the Region I (New England) Disaster Health Response System, on 9/26 and 10/24. She also met with the MRC/NACCHO Working Group on those dates and attended the monthly MRC well-check calls (9/12, 10/3, and upcoming 11/7). Recent webinars included the quarterly HMCC seminar on 'Diversity and Equity,' and the NonProfit Net program on 'Addressing the Leadership Gap.' She collaborated with two work group colleagues to submit an abstract for the annual Preparedness Summit, in Ohio March 25 to 28. She writes grants for the unit, with the ORA 2024 grant application in progress. [Coordinator Activity; hours and economic activity N/A]

### **Continuation of Veteran's BP Screening – 9/28/23 and 10/26/23**

Nurses continued to provide hypertension screenings at the monthly breakfast gatherings of local veterans at the Senior Center in one of our UMV communities. **4** volunteers, serving **8** hours, economic value **\$361.14**

### **Fire Fighters and Fish Fry – 9/29/23**

Our collaboration with the host agent's Council on Aging and Fire Department throughout September as Preparedness Month was capped off by a 'Fire Fighters and Fish Fry' luncheon for about 50 of the town's seniors. The Deputy Chief and the Safety Officer gave a brief presentation and then circulated across tables for small-group check-ins with participants. Our MRC supported the event by presenting 72-hour kits for humans and felines ("always bring your pet WITH you") and first aid kits. We offered MRC literature and screened 10 seniors for hypertension. The MRC Coordinator gave a brief talk and a non-medical member supported our exhibit. Coordinator plus 1 volunteer, **2** hours served, economic value **\$57.08**

### **BLS Recertification Class – 10/4/23**

Four MRC instructors recertified eleven members in Basic Life Support: CPR for Healthcare Providers. **15** volunteers, serving **59.5** hours, economic value **\$3,084.99**

### **Baystate Marathon Triage and Communications – 10/15/23**

Though most of the medical positions this time were held by hospital and EMS staff, one of our nurses covered the triage tent from 7 a.m. to 1 p.m. Four members served 'dual duty' as MRC and Ham Radio returning volunteers, as 'planned MCI' communications. **5** volunteers, serving **30** hours, economic value **\$952.02**

### **LASA Health Clinic – 10/21/23**

Ten medical volunteers provided care at our third collaboration with LASA: Love All Serve All. These local physicians donate their time for events in April and October to provide free medical screenings to the under-served, linking them to local resources for follow-up care. Two EMTs recorded vital signs; an RNP and RN provided glucose and cholesterol screenings; four nurses reviewed visitor stats and referred them to clinical stations; and two nurses supported the vision exams. The cholesterol screening identified a dangerously high number in one visitor, prompting physicians to intervene immediately. After the clinic, the organizers asked if one of our participants would be willing to follow up with forty visitors – of 270 processed! – whose screening results generated concern. One of the EMTs agreed to help. **10** volunteers served **70** hours, economic value **\$3,075.52**

### **Corporate Health Fair – 10/26/23**

Two MRC volunteers supported the information tables at a corporate health fair in our unit's host community. One staff member from the health department, and the MRC Coordinator, set up and oversaw collaborative displays. An RN and an LPN screened visitors for hypertension and answered questions to raise awareness about the national MRC program. **2** volunteers served **3** hours, economic value **\$100.23**

## **GRAND TOTALS**

Categories of activities posted: **13**

Volunteer 'shifts' filled (same members filled shifts on multiple days): **211**

Hours served: **1104**

Economic value: **\$43,714.44**