

UMV MRC Activities in Calendar 2024: January 1 through November 20

(Nothing else is scheduled yet through December)

For easier access and logistics, activities are listed starting from 11/20 and working backwards through January.

All activities are non-emergency and done by volunteers, unless stated otherwise.

November Veteran's BP Screening – 11/21/24 - 11/21/24

Four MRC nurses supported the November screenings of Veteran's BPs at their monthly breakfast. One member was working in her official capacity as the Chelmsford Town Nurse, overseeing the operations. Another was assigned for her first activity as a brand-new member, welcomed by two other seasoned volunteer nurses. Typically, about 20 visitors are screened; final number to be updated later.

Vols: 3 Hours: 6 Value: \$305.42

Addressed Regional Stakeholder Conference – 11/14/24 - 11/14/24

The region's 49-community HMCC -- Health and Medical Coordinating Coalition -- hosted an all-day "Multi-Hazard Mitigation Conference" on Nov. 14. Our unit's UMV MRC Coordinator was invited in September to prepare for and facilitate a breakout session at this major event, three consecutive times for small groups, on "ICS and MRC Response Coordination." Session participants included representatives from police, fire, emergency management, public health, hospitals, long-term care facilities, and affiliates. The organizers shared afterwards that the attendee feedback was highly positive and enthusiastic.

Unit Leader Activities – 11/14/24 - 11/20/24

Behind-the-scenes activities included: 1) Researching and drafting our unit's ORA 2025 grant application, 2) Taking a 'snapshot' review of our current budget and commitments as part of year-end planning, 3) Scheduling members for ad-hoc requests and monthly veteran's BPs, 4) General member / affiliate comms and 'blast' emails to all volunteers, 5) MRC workgroup activities -- including test of the pilot 2024 Profile survey and gathering unit statistics, 6) Member orientations and assignments.

[Coordinator activities]

Fifth LASA Clinic – 10/26/24 - 10/26/24

It was our honor in October 2022 to provide medical staff for the debut Love All, Serve All (LASA) clinic, intended to provide services for the underprivileged across Greater Lowell. The clinics are now held every April and October, at which our members are always invited back. For the 10/26 clinic, one of our EMTs who has served at most of these events offered to be our Team Leader. His organizational skills were impressive, collaborating with the organizers to line up assignments and confirm AED availability ahead of time. Volunteers recorded vital signs, screened for glucose and cholesterol levels, and conducted triage for medical issues. New assignments included behavioral health counseling. This clinic served 335 visitors from across the region: 230 for screening at the clinic, and 100 more for vaccinations.

Vols: 11 Hours: 67 Value: \$2,981.90

Final Flu Clinic Recap This Season! – 10/24/24 - 10/24/24

By now our members have successfully provided staffing for every flu clinic request across our region. We staffed clinics in Billerica (x2 -- 350 inoculations), Chelmsford (x3 -- 323 inoculations), Lowell (x1 -- 51 inoculations), Tewksbury (x1 -- 121 inoculations), and Westford (x4 -- 650 inoculations). Because we strive to be flexible, our members were able to accommodate changes in expected registrations, which were down this season. One clinic was canceled that morning, and others released a few members early. Throughout, the clinic managers and members of the public complimented the service of our volunteers.

Vols: 18 Hours: 74 Value: \$2,953.86

Baystate Marathon – 10/20/24 - 10/20/24

Four of our members who are also ham radio operators practiced their communications technology skills at a 'planned MCI' -- the annual Baystate Marathon in our largest community, the City of Lowell. The team leader also devoted 12 more hours for preparations -- attending the expanded planning meeting for responders and compiling the operational packages. A non-medical youth member provided service at the finish line, escorting runners to recovery areas as needed and otherwise supporting operations. (The unit's coordinator was running in the half-marathon, and thus was grateful to have our capable team members in action across the race course!) There were 2657 runners registered for the full and half marathons, plus other race categories and hundreds of spectators along the route.

Vols: 5 Hours: 42 Value: \$1,198.68

Billerica Seniors and Public Clinics – 10/16/24 - 10/21/24

One of our seven communities offered flu shots for seniors on 10/16 (225) and the general public on the 21st (125). More MRC members offered to help than were needed, as the number of registrations has been down this season, but we're pleased to accommodate changes in expected requests.

Vols: 11 Hours: 43 Value: \$1,763.86

Westford's Remaining Flu Clinics – 10/16/24 - 10/24/24

The second clinic (10/16) that followed the 'seniors kickoff' inoculated 250 residents, including pediatrics. The last two clinics this month (10/22 employees and 10/24 residents) will complete the series for our host agent this season.

Vols: 24 Hours: 139 Value: \$5,574.16

City of Lowell Public Flu Clinics – 10/11/24 - 10/15/24

Three RNs from our unit were sufficient to support the Health Department's staff at the City's first clinic, which inoculated 51 residents. Our volunteers were released the morning of the 15th for the second scheduled clinic, due to low registrations for flu shots. It helps that our members are flexible in adapting to fluctuating sign-ups.

Vols: 3 Hours: 12 Value: \$534.12

Chelmsford Seniors and Employees Flu Clinics – 10/10/24 - 10/15/24

One of our seven communities held a flu clinic for seniors on October 10 (163), and another for town employees (spread across two shifts) on the 15th (81). Each well-staffed clinic promotes the health of residents, reflecting well on both the health department and the MRC.

Vols: 22 Hours: 123 Value: \$4,794.93

Kickoff Seniors Flu Clinic for Host Agent – 10/9/24 - 10/9/24

The Town of Westford held its first of four seasonal flu clinics, with the first one targeting residents over the age of 65 and those with chronic health conditions. In addition to inoculating 142 visitors, the clinic provided free COVID test kits and pamphlets about the local organization that raises awareness and funds for those who may be at risk of domestic violence. Residents left with high praise for the clinic, with comments that included, 'That didn't hurt at all!' The clinic also raised awareness of the UMV MRC, generating several applications of residents who wanted to join the unit. Clinic activities were supported by three MRC staff members (Director, Coordinator, and Town Nurse), plus 7 non-medical MRC volunteers and 7 MRC nurses.

Vols: 14 Hours: 70 Value: \$2,748.55

UMV MRC Annual Training Day! – 10/5/24 - 10/5/24

Sixty-one members and affiliates participated in our unit's signature event of the year. We're grateful to Middlesex Community College for providing the facility and I.T. support, and another unit leader for delivering the keynote address. The featured lunchtime presentation introduced our members to the African Community Center of Lowell and explained why immigrants can have a difficult time adjusting to life in the City for cultural and other reasons. Special guests included representatives from MDPH, our ASPR Region 1 Liaison, and an MCC emeritus professor. A pair of long-term members who are RNs developed a presentation for this event on 'End of Life' issues that is now in demand across our region. A local physician expanded on her engaging talk from the MRC Summit in Chicago about on-scene heroes, prompting two attendees to ask her to present at their own special events. Other topics: The ARC/MRC Relationship, Opioids and Substance Abuse, Pet Preparedness and Sheltering, Alzheimer's, Diabetes, Hands-on Clinical Skills, and Lessons from FEMA Deployments. All but two sessions qualified for free continuing education credits for RNs and EMTs.

Vols: 61 Hours: 421 Value: \$16,159.57

Tewksbury Flu Clinic – 10/1/24 - 10/1/24

One of our communities held its flu clinic for vulnerable seniors on the first day of the month, inoculating 121 residents. Members offered follow-up messages with deep appreciation for the compassion and organizational skills of the clinic manager. The manager is also one of our members, though not counted in this report as she was functioning as a paid employee. The clinic was supported by 4 RNs and 3 admins.

Vols: 7 Hours: 18 Value: \$737.30

Quarterly Volunteer Database Administrator Support – 9/30/24 - 10/30/24

Our unit's volunteer who supports member records through MA Responds has maintained her excellent oversight of data for those who are registered with our unit through the statewide system. She tracks her hours monthly, though we don't add each month's hours as MRC Profile Updates. Her report for the quarter covers July (7.65 hrs), August (3.87 hrs), and September (4.23 hrs) -- plus October (over 10 hours so far). "People Served" would include over 300 members whose MA Responds status is 'Accepted' or 'Pending,' plus affiliates who benefit from accurate data for these volunteers.

Vols: 1 Hours: 26 Value: \$1,242.28

Public Health Museum 30th Anniversary – 9/28/24 - 9/28/24

Our unit was asked to provide volunteers to represent the local MRC and promote health initiatives at this significant anniversary. The nation's only Public Health Museum celebrated 30 years of service with a community event. One of our two nurse practitioners who volunteered there reported, "There were some really interesting presentations. We talked to a number of people -- from children, to young adults studying Public Health, to public health nurses, to elderly visitors. We educated attendees about tourniquets and epi pens, as well as vaccines and emergency preparedness. We screened 11 visitors for hypertension, and answered questions about the Medical Reserve Corps. Several visitors were specifically interested in the MRC."

Vols: 2 Hours: 9 Value: \$573.21

Basic Life Support – 9/19/24 - 9/19/24

Three UMV MRC volunteers who are also AHA CPR instructors certified 11 of our medical volunteers in Basic Life Support -- CPR/AED for medical providers. The Coordinator was also monitored to complete her last requirement to recertify as an AHA faculty member and instructor-trainer for the unit's training center. Each class taught also contributes to the four classes required for all AHA-Is to recertify every two years.

Vols: 14 Hours: 55 Value: \$2,299.10

Flu Clinics at Senior Living Facilities – 9/18/24 - 9/18/24

Every year we provide volunteers to support the town nurse from a UMV community, where flu clinics for seniors with limited mobility are held in sequence at four housing locations. The initial request from the clinic manager proved to exceed the number of volunteers needed; we released two admins and didn't need to provide as many medical volunteers as expected.

Vols: 10 Hours: 34 Value: \$1,581.16

Live for Liv Event to Raise Awareness of Domestic Violence – 9/15/24 - 9/15/24

This annual event was moved from July to September to allow better weather for the bike riders and runners who supported this fundraiser. Members staffed our exhibit to provide first aid upon request, screen BPs, oversee fitness activities for children, and staff requested general functions (registration, raffle table, other). The event raised over \$53,000, with over 220 participants and over 65 volunteers. Two volunteers were on standby in case extra help was needed for closing up our exhibit and returning bulky supplies. Two youth members returned to assist with parking. The organizers had high praise for our volunteers, whom they reinvite every year to help.

Vols: 7 Hours: 25 Value: \$1,061.09

Dracut Old Home Day – 9/7/24 - 9/7/24

Six volunteers staffed our annual exhibit at this major festival, which draws about 15,000 area residents each year. Members screened 146 visitors for hypertension, discussed public health initiatives, led activities to encourage family fitness, and raised awareness of the MRC. Several visitors inquired about joining the unit. "Farmer Dave" donated two bushels of apples, which volunteers handed out as healthy rewards for participation in a fitness activity or had their BPs screened.

Vols: 6 Hours: 30 Value: \$1,272.64

Last Veteran's BP Screening for the Summer – 8/29/24 - 8/29/24

Two medical volunteers returned to the Chelmsford Senior Center to offer free hypertension screenings for veterans who were attending the organization's monthly breakfast. About 30 were screened, with discussion about the connection between BP readings and cardiovascular health. The facility was scheduled for renovation, so the September breakfast was canceled. Our volunteers will return when the facility reopens and the breakfasts resume.

Vols: 2 Hours: 4 Value: \$216.40

Badging Support – 8/28/24 - 8/28/24

Three volunteers joined the coordinator for a 'field trip' to our unit's long-term badging vendor. The coordinator had dropped off the hardware two days earlier, so the vendor could install the latest version of the badging system on our laptops and test the printer. General repairs and maintenance were completed as well. The MRC visitors learned about and tested the system, getting a lesson on how to take and download badge pictures and print them in the appropriate color-coded category for each member: Advanced medical (doctors, nurses, paramedics), mid-level medical (LPNs, EMT-B's, med-techs), administrative, behavioral and child care volunteers. They also suggested two formatting improvements, and allowed the vendor to download the final versions onto two additional laptops as a back-up. We're now MUCH better able to print hundreds of badges this year, to replace some that are up to 20 years old and worn / out of date, plus ID at New Member Orientations. We hope to print at least 100 within the next two months.

Vols: 7 Hours: 10 Value: \$285.40

American Diabetes Assn. Event: First Aid Stations – 8/18/24 - 8/18/24

Six members volunteered to support triage and first aid stations at the American Diabetes Association awareness and fundraising 'Tour de Cure New England' cycling event. Some of the riders themselves have diabetes, so attentiveness to any injuries they may have incurred throughout the event was even more crucial. The length of the five route options ranged from 5 to 100 miles. Although it rained the day of the event, over 200 dedicated riders still participated. The organizers were grateful especially for having the MRC's trained medical support involved, plus one member who provided general assistance at his station. Members were pleased with their involvement, sharing comments such as, 'I loved it, and they've invited me back next year!'

Vols: 6 Hours: 19 Value: \$735.47

Heartsaver CPR for Members and Residents – 8/5/24 - 8/5/24

Two MRC instructors taught nine students -- six MRC members and three residents of our host community -- in AHA Heartsaver CPR/AED with choking relief. Students were certified for two years in this skill by the American Heart Association. In the process, both instructors were monitored so they could complete this mandatory step for recertifying their instructor status.

Vols: 8 Hours: 26 Value: \$693.40

Support TB Clinic at Emergency Shelter – 7/15/24 - 7/16/24 – EMERGENCY!

According to WGBH (<https://www.wgbh.org/news/local/2024-04-17/state-transferring-68-migrant-and-unhoused-families-to-lowell-shelter>), the state of MA transferred 68 migrant and unhoused families to shelter in Lowell by the end of April. On Monday July 16, our unit was asked to provide nurses to help the next day at a TB clinic for this population. Three RNs from the UMV MRC gladly rose to the challenge, reporting at 1:00 for a clinic from 2 to 6 p.m. Their role was to provide initial screening, before clients were guided to the appropriate rooms for vaccinations, blood draws, and related services. Translators were on hand for those who had limited proficiency in English. We'll find out later how many clients were served; 50 is a placeholder.

Vols: 3 Hours: 15 Value: \$667.65

June and July Veteran's Support – 6/27/24 - 7/25/24

Medical members continue to screen veterans for hypertension at the region's monthly breakfasts. For the June 27 event (close of our FY2024), two nurses screened 36 visitors. For the July 25 kickoff of FY2025 activities, A DNP and an EMT screened 25 visitors, freeing up the town nurse to mingle with the veterans and discuss health initiatives.

Vols: 3 Hours: 8 Value: \$388.70

Database Support – 6/17/24 - 7/17/24

Our two volunteer administrators for MA Responds just reported the hours they expended in Q4 of FY2024 to keep our member database up to date. We've never reported that activity before: one contributed 9.5 hours and the other 3.5. We'd count 'people served' as 50 new members whose status was verified and follow-ups provided.

Vols: 2 Hours: 13 Value: \$371.02

Hospital Dementia-Friendly Initiative – 6/13/24 - 6/13/24

Eight of the ten UMV MRC members who signed up to help with a new initiative at our region's largest hospital -- plus the spouse of a member who signed up through that affiliation -- participated in an orientation for volunteers to support the formation of a 'dementia-friendly' program. The hospital's med-surge unit requested extra help to train and assign volunteers to focus on patients in that unit who have cognitive issues. We're waiting for verification to see if this is the first such initiative of its kind across the region, and perhaps the entire state.

Vols: 9 Hours: 16 Value: \$488.58

Tewksbury Wellness Fair – 6/7/24 - 6/7/24

Six volunteers across two 3-hour shifts supported our last health fair of FY2024. This was the community's first event of its kind since the COVID-19 pandemic reached our area in March 2020. We 'pulled out all the stops' to ensure that our exhibit would have something of interest to each visitor -- from BP screenings and health information, to hands-on guidance for epi pens and CAT tourniquets, to fitness games for families.

Vols: 6 Hours: 18 Value: \$705.36

Covered Veteran's BP Event – 5/30/24 - 5/30/24

Because the town nurse who normally oversees the medical aspects of her town's monthly Veteran's Breakfasts would be away, she asked if our members could again 'take charge' of everything involving hypertension screening at the May 30 event. Three capable nurses screened 25 participants for BPs, while gently offering this service to all attendees -- both veterans and the volunteers / staff members who provided refreshments and logistics support. We try to balance 'giving all interested nurses a turn' with 'having familiar faces returning' to make the vets feel more at ease with inquiries about their heart health. Nurses answered questions about the impact of medications and lifestyle on hypertension. It was particularly encouraging to learn directly from the vets that they take this issue seriously; many check their BPs regularly.

Vols: 3 Hours: 6 Value: \$305.42

Coordinator Training – 5/17/24 - 5/24/24

The Coordinator was honored to participate in the inaugural presentation of "Tilly," the Rhode Island MRC's Training, Innovation and Leadership Institute in West Warwick. In addition to learning about the technology becoming available to volunteers, she was also among the first guests to be interviewed for the TILI remote podcast at the MRC Summit. The Coordinator co-presented on partnerships in the first sessions following the opening day plenary and absorbed essential information throughout the conference. [Coordinator activity]

Dementia-Friendly Hospital Support – 5/8/24 - 5/31/24

The large local hospital with which we're a long-term partner was in need of dementia support in their med-surge unit. They asked if our MRC could provide volunteers to be trained and ready to care for long-term patients in that unit who have cognitive issues. Five of our twelve interested members were able to participate in a one-hour Zoom call with hospital staff to learn about the program and the steps for onboarding volunteers. The call was recorded so the remaining MRC members who'd indicated interest can review and materials at their convenience. The program's coordinator said that an in-person orientation and tour of the hospital would be scheduled soon, hopefully by the end of May. The actual volunteering schedules would continue throughout 2024 and beyond, pending success of this innovative pilot program.

Vols: 4 Hours: 4 Value: \$149.31

Tyngsboro's "Swing Into Spring" Health Fair – 5/3/24 - 5/4/24

We try to accept as many invitations as possible from communities within our catchment area to serve at their health fairs. Our smallest town is Tyngsboro, which welcomed our members to set up the day before and offer services the day of their event. Preparations included a wide range of options, to be provided pending the interests of visitors. To encourage family fitness, we provided hula hoops and bag-toss games with supervision. Medical volunteers screened 25 visitors for hypertension and educated laypersons on blood pressure concepts. Each of these visitors left with data slips to share their results as appropriate with a care provider. Area residents were invited to practice using Epi-pen trainers and CAT tourniquets. We were equipped to demonstrate hands-only CPR and the use of a BVM (bag-valve mask), and to provide 'tours' of 72-hour kits for adults and pets. Our volunteers received enthusiastic feedback afterwards from the sponsoring health agency.

Vols: 6 Hours: 17.5 Value: \$641.48

Town Meeting Support – 4/27/24 - 4/27/24

Three administrative volunteers and one EMT supported a town meeting attended by over two thousand town residents. UMV MRC supporters handled tasks ranging from check-in registrations to distributing pizza, and were available in case of first aid concerns.

Vols: 4 Hours: 29 Value: \$772.94

Fast-Track Orientations – 4/23/24 - 4/25/24

The Coordinator provided 'fast-track' orientations to ensure that our newest members who were eager to serve immediately would be cleared and ready for their roles. We brought in a youthful EMT and an RN who specializes in behavioral health. Both of them provided service within a week, and the RN supported a clinic the week after.

Vols: 2 Hours: 2 Value: \$66.97

Seasonal Coordinator Activities – 4/23/24 - 5/23/24

Coordinator took minutes at the monthly R1 Disaster Med Teams meeting and joined 3 volunteers for their weekend-long field training. Led orientations, scheduled members for events, and participated in state and national workgroup calls. Responded to ListServ inquiries with advice. Joined R3-C Public Health Coalition calls and local PH webinars. Filed ongoing reports for state and national records. Attending the 5/17 opening of the RI MRC training center; speaking at the MRC Summit in Chicago. Sent strategically-timed emails to the whole membership with news and opportunities; filled all service requests to date. [Coordinator activity]

Fourth LASA Health Clinic – 4/17/24 - 4/27/24

The local chapter of the international LASA (Love All, Serve All) organization of volunteer physicians offers clinics to the medically underserved across Greater Lowell every October and April. This event continued the ongoing partnership with our unit. Ten UVM MRC medical volunteers participated in pre-event training via Zoom: two live session options with one recorded for later review. These modules helped them prepare for this season's event -- our fourth since the clinics were first offered in October 2022. Once again, the number of visitors increased steadily. Our members provided intake screenings, ophthalmology assessments, glucose checks, triage to additional stations for care, and initial mental health support. Afterwards, both the organizers and volunteers emphasized once again how very much they valued the overall clinic experience.

Vols: 10 Hours: 71 Value: \$2,986.33

Host Agent's Health Fair Support – 4/6/24 - 4/6/24

UMV MRC members from various backgrounds each contributed two hours of service at the health fair provided by the unit's host agent: the Westford Health Department. Activities included a 'teddy bear triage clinic' where children could diagnose and treat stuffed animals with bandages, as well as enjoying fitness games (hula hoops, bag toss challenges). Visitors were invited to try using a CAT tourniquet, Epi Pen Trainer, and a manikin for hands-only CPR. The event promoted family health and invited connections with the MRC. We also had two HOSA members contributing a total of 10 hours of community service towards their graduation requirements, helping with the MRC activities as well as providing overall fair support.

Vols: 8 Hours: 16 Value: \$569.72

Training for On-Site Field Disaster Exercise – 4/2/24 - 4/28/24

Three seasoned UVM MRC medical members (LPN, RN, MSN) and the coordinator signed up to accept all four spots allocated for our unit to participate in a combined exercise with Mass General Brigham and the Harvard Humanitarian Initiative. We were among 45 participants who spent three solid days camping in the woods to simulate a large-scale international disaster response, under austere conditions. The members and coordinator each completed one-hour virtual trainings in safety and security, and what to expect in a Disaster Medical Teams deployment. Our site provided the 'hospital' station, which was visited by at least three small groups of graduate students on Friday and Saturday to assess 'trauma victims' with triage and initial treatment. Our own participants rotated across several skills stations throughout the weekend; including ethics, hypo/hyper-thermia, responder safety, situational awareness, sharing locations via compass, wilderness packing and materials, and telemedicine.

Vols: 4 Hours: 74 Value: \$2,827.54

Monthly Hypertension Screenings for Veterans – 3/28/24 - 4/25/24

On the fourth Thursday of the month, when local veterans gather for breakfast at a nearby senior center, two MRC medical volunteers offer free BP checks and answer questions about cardiovascular health. We rotate staffing for this popular and rewarding assignment.

Vols: 4 Hours: 8 Value: \$432.80

Supported Local Health Dept. Activities – 3/26/24 - 3/28/24

In an activity that was postponed from the month before (due to another snowstorm), members helped with clean-out and inventory of the town's emergency storage facilities. Members also screened veterans from across the region for hypertension at their monthly breakfast gathering.

Vols: 9 Hours: 26.5 Value: \$1,116.04

Annual Volunteer Fair – 3/23/24 - 3/23/24

Our unit was invited to participate in a regional volunteer fair that had been tabled for years due to COVID. Members welcomed visitors, screened BPs, promoted public health initiatives, and raised awareness of the unit -- recruiting potential new volunteers. Because the Coordinator had been accepted on short notice into a pre-conference workshop (Prep Summit), members rose to the occasion and 'handled' the whole MRC exhibit -- from collecting the display items and overseeing staffing, to carrying out activities and packing up afterwards.

Vols: 10 Hours: 20 Value: \$735.00

Coordinator Activities – 3/23/24 - 4/1/24

Coordinator represented our unit at the annual Preparedness Summit in Cleveland. The ORA 2024 grant allocated funds with which to attend the all-day workshop on radiation emergencies, as well as the conference sessions and significant networking opportunities. Upon her return, the Coordinator caught up with ongoing responsibilities and recruited members for coming events. [Coordinator activity]

Chelmsford High School Fair – 3/6/24 - 3/6/24

Volunteers staffed the Chelmsford High School Health and Wellness Fair for students and staff. In addition to our typical offerings, we urged students to participate in a competitive push-up challenge. This activity proved to be surprisingly popular, as we were pleased to see the students' enthusiasm for testing their fitness. We also discovered an issue with several teens registering higher than normal BPs, possibly because they were partial to energy drinks.

Vols: 7 Hours: 26 Value: \$883.05

Community Heartsaver Training with Public Health – 2/8/24 - 2/8/24

Our host agent, a health department, sponsored two Heartsaver classes to honor February as National Heart Month. We combined the 2/8 class with the opportunity to help three of our unit's seasoned instructors to recertify as AHA-Is: monitoring their teaching abilities, completing the renewal checklist, and conducting the 'skills test' portion of Heartcode blended learning. Ten students were certified in CPR/AED. Another class comprised of MRC members will be teaching the 2/28 class. This report will be updated afterwards by adding data from the second class.

Vols: 2 Hours: 8 Value: \$179.68

2024 Kickoff Activities – 1/8/24 - 1/31/24

General launch of projects for calendar 2024. MRC staff (Director, Coordinator, and Town Nurse) joined a dozen town officials for a TTX on a winter storm scenario. Staff and affiliates from PD and COA compiled 100 'safe winter footing' kits, identified the first 18 eligible recipients, and delivered them to households. Coordinator participated in virtual meetings/calls with regional Public Health Coalition, MDPH, RDHRS medical responders, national and state MRC work groups; submitted ORA 2023 final evaluation. Sent communications to members: received ORA 2024 award, sign up for coming events. Two nurses staffed our first 'Veteran's Breakfast' of the year to screen 15 attendees for hypertension. One member attended a six-hour seminar on Youth Mental Health First Aid.

Vols: 3 Hours: 10 Value: \$387.64