

# WALPOLE MEDICAL RESERVE CORPS



## MRC VOLUNTEERS AT WORK

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**“Let us strive on to finish the work we are in...”**

**-Abraham Lincoln**

### Steering Committee

#### Executive Officers

Claire Wolfram, RN Chair

Joseph Dorsey, MD Vice Chair

Ann Keller, RN Secretary



Richard Rockwood



Kathy Vachon



Jane Mitchell



Kathi Garvin

### Communication Drill

The MRC held its first communication drill on July 13<sup>th</sup>. We had some great MRC volunteers that placed the calls. They were Richard Rockwood, Kathy Vachon, Jane Mitchell and Kathi Garvin. During that drill over ninety volunteers were called and of those fifty four that were actually reached all but nine said they could come immediately. What these statistics illustrate is that we have great volunteers willing to come in short notice we also found out that our data base needs updating so that we can reach more volunteers. Following the drill, surveys were sent out to all of our MRC members to help correct the situation. One hundred and twenty surveys were mailed and we received seventy back. This information will be updated in the new MRC database program so that future drills will show better results in reaching the volunteers. As we all know communication is the key to building a strong organization and with this in mind the Steering Committee has decided to hold four communication drills a year. The future drills will be unannounced. If any volunteers would like to make the next communication drill a success please call the Board of Health.

## LOCAL BOY SCOUTS AND WALPOLE HIGH SCHOOL STUDENTS BECOME JUNIOR VOLUNTEERS

**“Be Prepared”** is the scout’s motto. Two local Boy Scout Troops (**Troop 44** and **Troop 97**) will begin their fall session becoming MRC Junior Volunteers. It seems appropriate that our junior volunteers will include trustworthy, courteous, loyal and helpful young men. The troops will assist the MRC in recruitment at local events. The more volunteers we have the more **pre-prepared** we will be in an emergency.

We now have six Junior Volunteers from the Walpole High School. They are Christopher & Kaleigh Garvin, William Eicher, Jessica Allan, Kate Riddle, and Matthew Murphy. While they are off enjoying their summer the Steering Committee is already planning for their future involvement. The MRC is lucky to have such eager, thoughtful and caring teenagers that want to help our community.

## TIPS TO HELP YOU AND YOUR FAMILY PREPARE FOR AN EMERGENCY

**Preparedness tip #4** Complete a family communication/emergency plan and make copies for each member of your family. Be sure to include an out-of-town contact on your plan. It may be easier to reach someone out of town if local phone lines are out of service or overloaded. You should also have at least one traditionally wired landline phone, as cordless or cellular phones may not work in an emergency.

**Preparedness tip #5** Dogs may be a man's best friend, but due to health regulations, most emergency shelters cannot house animals. Find out in advance how to care for your pets and working animals when disaster strikes. Pets should not be left behind, but could be taken to a veterinary office, family member's home or animal shelter during an emergency. Also be sure to store extra food and water for pets. For more information visit the Animal Safety section on [www.redcross.org](http://www.redcross.org) or visit the Humane Society Web site at [www.hsus.org](http://www.hsus.org)

**Preparedness tip #6** Go through your calendar now, and put a reminder on it—every six months—to review your plan, update numbers, and check supplies to be sure nothing has expired, spoiled, or changed. Also remember to practice disaster plans.

*More preparedness tips will follow in the Spring newsletter—stay tuned....*

*The mission of the Walpole Medical Reserve Corps, a volunteer group, is to support the Town's public health infrastructure, enhance emergency preparedness, crisis response and disaster recovery.*

—Mission Statement

*"Nothing liberates our greatness like the desire to help, the desire to serve."*

—Marianne Williamson,  
Author

## THE MRC DATABASE

I'm sure after you received your call during the communication drill you said to yourself sure I can come but what will they have me do? That's where the MRC database "will shine". The Walpole MRC now has a database program that provides a way for us to store information. In an emergency the MRC has a portable data base that can be used on site. The database holds general member information, member preferences (like how you would like to help in an emergency), credential information (like if you're a doctor or a nurse what is your specialty), and inventory functions (where you can find the sup-

plies you need). Basically, the MRC will be able to draw reports from the program that will be useful in setting up a command site. The program also has the capability of making badges to help volunteers identify each other and list their credentials. As the MRC volunteers grow the steering committee hopes to have team leaders that will have their own copies of the program with them. From time to time you may be sent a form to update information that will be placed in the data base and as always sending us your updates on your credentials and training is paramount. So rest assure we will use your help wisely.

## WHAT'S HAPPENING WITH REGION 4A MRC

The regional MRC Coordinator, Liisa Jackson will be sending all our members monthly emails updating our members on new training in Walpole and in our region. We hope this will help keep everyone better informed. The regional MRC also will be planning regional meetings three times a year to share best practices and new ideas. We have volunteers from our steering committee that will participate in these meetings and bring back information to Walpole.

To get more information visit Massachusetts MRC Region 4-A online at [www.region4a-mrc.org](http://www.region4a-mrc.org)

***If anyone is interested in joining our Steering Committee please contact the Walpole Health Department at 508-660-7321.***

***We would love to have you!***

## WHAT'S HAPPENING WITH MRC IN THE USA

In the MRC\* In Focus newsletter there were two great local MRC events highlighted. The first was in Kane County Illinois. Kane County MRC and a local non-profit Biker4Biker joined forces.

Kane County's MRC Coordinator Patrick DeMoon felt that there should be a way to get supplies to areas affected by blocked or closed roads. He thought motorcycles would be a great asset in such a situation. Since this partnership formed they have more than 30 bikers that have become MRC rescue volunteers. DeMoon, states "It's a great way to attract non-traditional volunteers." These bikers now have training in CPR /AED and first aid. The second article was the local MRC in Pueblo, CO. About 150 MRC volunteers participated in a Mass Vaccination exercise. Over 5,200 residents lined up to receive flu and pneumonia vaccinations. The MRC volunteers assisted in many ways. Doctors pre-screened the residents

and nurses provided the vaccinations. The non-medical volunteers really shined they provided support in check-in, the commissary, inventory and traffic control. Non-medical volunteers are very important to local MRC programs. Their participation provides essential support. Local MRC programs need office support staff, drivers, translators, radio operators just to name a few. They also need expert advisors such as legal counsel, public relations and credentialing experts. For those of you that would like to see what is happening with the Medical Reserve Corps on a national level please check out their website [www.medicalreservecorps.gov](http://www.medicalreservecorps.gov).

MRC Program Office

Office of Surgeon General

U.S. Department of Health and Human Services

## WHAT'S HAPPENING WITH THE MRC IN WALPOLE

Walpole's MRC is really making progress and in comparison to those national and regionally Walpole is right on if not a bit ahead. Walpole's Steering Committee is very dedicated to building a strong volunteer organization that will make Walpole proud. This year the MRC has managed to increase its number of volunteers, set up a direct communication with volunteers through email, provide new training, purchase and begin programming a MRC data base, purchase and fill with medical supplies a medical trailer, held a communication drill and developed sub-committees to work diligently on important tasks such as community outreach, job descriptions and MRC Policies and Standard Operating Procedures that work for the Town of Walpole.

## TEN THINGS YOU CAN DO TO HELP US

- Spread the word:** If every member invited at least one friend to join we could double our volunteers. Please remember that each member's involvement can be as little or as much as they would like. All residents are qualified to become MRC volunteers. They do not have to have a medical background.
- Share information:** If you know of any event occurring in town in which we could have a presence, let us know. Each event we participate in provides opportunity for recruitment and experience with working together as a community.
- Stay current:** Check the Town's website [www.walpole.ma.us](http://www.walpole.ma.us) for updates and training.
- Keep in touch:** Contact the Walpole Board of Health's Medical Reserve Corps website [www.mrc@walpole-ma.gov](http://www.mrc@walpole-ma.gov).
- Keep your records updated:** Please send us copies of certifications, such as classes taken and updated CPR cards. They can be emailed or faxed.
- Learn about NIMS, ICS, and BT:** These courses can be taken online and will help all of us understand our roles in the community.
- Keep your loved ones safe:** Learn about personal and family preparedness, to protect those whom you care about in case of an emergency.
- Consider a Leadership Role:** The Walpole MRC will be looking for volunteers to become leaders. The leaders will hold important roles in an emergency.
- Share your expertise:** *If you have an idea we want you to call us. This is your community and your MRC program.*
- Attend our training:** The valuable information and training you receive can prove to be very priceless to you and your family.

*"The great success of the MRC program really belongs to you. Without your community public health, preparedness, response, and outreach activities, the program would not be nearly as visible or viable."*

—Capt Rob Tosatto, Director,  
MRC Program, Office of the  
Surgeon General

## Fall Training Courses

Please pre-register so we can make sure we can accommodate everyone

**This class is open to all our volunteers**

**Title:** EDS Training - Part I: Emergency Dispensing Site (EDS) Mechanics

**Date:** Tuesday, September 18, 2007

**Time:** 6:30pm - 8:30pm

**Location:** Community Room in the Public Safety Building, 89 South Street, Wrentham (right behind Town Hall)

**Instructors:** Ashley Barrat, MPH and Judith Chevarley, MPH

**Training Goal:** The intent of this training is to orient MRC volunteers to the function of Emergency Dispensing Site (EDS) stations and the roles required to staff those stations. This training provides trainees with an experiential learning opportunity that will enable them to:

- ◆ Describe the goal of an EDS operation.
- ◆ Describe client flow through an EDS.
- ◆ Understand the function of each EDS station, and identify basic resources necessary to stand-up and operate the station.
- ◆ Describe critical EDS staff roles, and the basic chain of command during an EDS stand-up.
- ◆ Identify roles that best match their individual experience and expertise.

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**This class is only open to Doctors, Nurses and EMTs**

**Title:** Arrhythmia Recognition Review : Advanced Cardiac Life Support

**Dates:** Thursday, September 13 , Wednesday September 19th, and Thursday September 20th (You must attend all 3 classes)

**Time:** 6:00pm-10:00pm

**Location:** Walpole Town Hall , Room 112

**Instructor:** Pam Thorley, RN (ACLS Coordinator for 18 years in the ICU at Faulkner Hospital)

**Course Description:** The review for arrhythmia recognition: Overview of anatomy and physiology of the conduction system, sinus, atrial, junctional and ventricular arrhythmias. Advanced Cardiac Life Support (ACLS): Based on the core curriculum of the American Heart Association, from respiratory arrest to ventricular fibrillation, what happens and what do you do in response.

### **Please access the following sites:**

#### Region 4A Public Health Emergency Response

<http://www.region4a-mrc.org/index.php>

This site is our home base. Region 4A has 34 communities. This site is a great source for news and updates.

#### Town of Walpole's MRC site

<http://th.walpole.ma.us/WMRC/WMRCHome.htm>

[mrc@walpole-ma.gov](mailto:mrc@walpole-ma.gov)

**Both of the above sites have listings for training in Walpole and neighboring towns. The trainings are updated regularly so please check the website at least once a month.**

**Town of Walpole Board of Health, Tel. 508-660-7321, Fax 508-660-6345**

**Robin L. Chapell, R.S., M.S. Health Director**

**Newsletter: Linda Menyo, B.S. MRC Coordinator**