

# WALPOLE MEDICAL RESERVE CORPS

Walpole Health Department Fall Newsletter



## MRC/CERT COLLABORATION



The Walpole Medical Reserve Corps (MRC) is a group of dedicated volunteers from the community who assist in preparing for and responding to public health emergencies. The Community Emergency Response Team (CERT) program educates people about disaster preparedness and members are trained in a variety of disaster response skills. Throughout the last few years our MRC and CERT volunteers have been helping us through this unprecedented COVID-19 public health emergency. We are extremely grateful for all of the support and help from our volunteers.

This past year, our MRC and CERT volunteers have been able to assist at several different events and attend trainings to increase their preparedness skills. Several of our MRC and CERT volunteers assisted the Health Department at our annual Household Hazardous Waste Day. This event provides Walpole residents with a safe way to dispose of their hazardous waste. Just this past month, our MRC and CERT volunteers assisted our Public Health Nurse, Trish Fisher, in providing the flu vaccine to Walpole Town Hall and School employees. With the help of our volunteers, we were able to administer 96 vaccines to Town employees. Last June, several MRC/CERT volunteers were able to attend a CPR certification course hosted by Kathi Garvin. This course provided life saving skills that will help our volunteers be prepared in the event of an emergency!

We want to say **thank you** all of our Walpole MRC and CERT volunteers for everything you have helped us accomplish this year! The Walpole Health Department could not do what we do for our community without the consistent support and encouragement of our volunteers.

For anyone interested in signing up to become a MRC member, you can visit [maresponds.org](https://maresponds.org). All volunteers must undergo a CORI check. You do not need to have a medical background to volunteer!

Visit:

<https://www.walpole-ma.gov/emergency-preparedness>

<https://maresponds.org>

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*“Volunteers do not necessarily have the time; they just have the heart.”*

*– Elizabeth Andrew*

#### MRC Executive Officers:

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# Creating an Emergency Plan

In New England, we are currently in the middle of hurricane season. Hurricane season brings the potential for a variety of different threats such as storm surges, high winds, heavy rainfall, inland flooding, tornadoes, and rip currents. Creating an emergency plan that is catered to the needs of your family is one of the best ways to stay prepared in the event of a disaster! Follow this guide and create a family emergency plan:

- 1) **Choose two family meeting locations** (one close to home and one further away) where your family can reunite after a disaster.
- 2) **Develop an Emergency Contact Plan**
  - Ask an out-of-state friend or relative to serve as your family's emergency contact. Inform your emergency contact of any family member's special needs or medical issues.
  - Identify alternate communication methods such as social media.
- 3) **Know How to Stay Informed and Receive Alerts**
  - Make sure all family members are aware of the Emergency Alert System (EAS).
  - Call 2-1-1 for Massachusetts's information hotline for the location of open shelters, disaster assistance, or other services your family may need.
- 4) **Plan How to Evacuate**
  - Identify and practice how you will exit your home. Establish possible evacuation routes. Identify available modes of transportation.
- 5) **Plan How to Shelter in Place**
  - Designate a safe room within your home with as few windows and doors as possible.
  - Make sure you have necessary supplies and can access your emergency kit. Have access to television, radio, and telephones.
- 6) **Customize the Plan to your Family**
  - Plan for everyone in your household, including individuals with medical needs, access and functional needs, seniors, children, and pets.
- 7) **Practice**
  - Practice your emergency plan at least 2-3 times a year with all members of your family. To practice your plan, test your emergency communications plan, assemble at your meeting locations and practice your evacuation routes.



## Bivalent COVID-19 Vaccine

Like any virus, the COVID-19 virus will keep changing over time. In order to adapt to the changing virus, the bivalent COVID-19 vaccine was developed. The bivalent COVID-19 vaccine includes components of the original virus strain and the Omicron variant. This updated vaccine is designed to provide protection against the most prevalent Omicron strain. Getting the up to date COVID-19 vaccine booster is a great way to protect yourself against severe illness and hospitalization from COVID-19. The FDA authorized bivalent formulations of the Moderna and Pfizer-BioNTech COVID-19 vaccines for use as a single booster dose at least two months after completing primary or booster vaccination. Public Health Nurse Trish Fisher will be offering the bivalent COVID-19 vaccine at her Tuesday/Thursday clinics held at Old Town Hall. Information to register is below.

### Questions?

Please contact:  
Trish Fisher, Public Health Nurse  
pfisher@walpole-ma.gov  
(508) 660-7300 x133

### Registration:

<https://home.color.com/vaccine/register/walpole>  
or use the QR code to register!



# Meet and Greet Event

This fall we will be hosting a meet and greet event for all MRC members. This is a great opportunity to meet other MRC members and celebrate all the work the MRC has accomplished this past year.

## Save the Date

**November 15, 2022 at 6:00pm**

**located at the Walpole Council on Aging**

**60 South Street Walpole, MA**

**Be on the lookout for a RSVP Eventbrite sent to your email!**



**Guest Speaker:** We are very excited to have Gregory M. Shore as our guest speaker this year for the Meet and Greet event! Gregory M. Shore served as a Patrol Officer for the Norwood Police Department for 18 years and is a Veteran of the U.S. Air Force. He is a nationally certified Mental Health First-Aid instructor and has trained over 3,000 Law Enforcement Officers, Emergency 911 Dispatchers, Firefighters, public employees, and schools in this subject matter. Additionally, Greg instructs individuals in trauma, suicide prevention, and substance use disorders. Greg was a guest speaker at the Massachusetts National Chiefs Convention about mental health in law enforcement. He led the Crisis Intervention Team at the Norwood Police Department, which trains officers in de-escalation techniques and the redirection of individuals with mental health and substance use issues from the legal system. In addition, he was a member of the Norwood Community Crisis Intervention Team, which serves to assist individual Norwood residents that are in crisis. Greg has received various awards in his field including the NAMI-Excellence In Criminal Justice Award; Riverside Community Care Award; HESSCO- Community Commitment Award; and the Norfolk County Commendation for Excellence in CIT.

# Hurricane Safety Quiz

## Test Your Knowledge on Hurricane Safety!

1. A storm is considered a hurricane when the maximum sustained winds reach:
  - a. 39 mph
  - b. 74 mph
  - c. 100 mph
  - d. 46 mph
2. When is the Atlantic hurricane season?
  - a. June 1st-November 30th
  - b. July 1st- October 31st
  - c. May 1st- November 1st
  - d. May 15th-November 15th
3. When hurricane conditions are possible within the next 48 hours. The proper alert would be:
  - a. Hurricane warning
  - b. Tropical storm watch
  - c. Hurricane watch
  - d. Tropical storm warning
4. True or False. Massachusetts has three different hurricane evacuation zones (zone A, B, & C).
5. Your family's emergency kit should include:
  - a. Bottled water and at least a three-day supply of non-perishable foods
  - b. Battery-powered radio, flashlight, wrench, and other basic tools
  - c. First-aid kit and emergency whistle
  - d. All of the above
6. In Massachusetts, the most active time for hurricanes is:
  - a. Late July through September
  - b. June through late August
  - c. July through October
  - d. Late August through September
7. True or False. The Saffir-Simpson Hurricane Wind Scale categorizes hurricanes with a 1 to 5 rating, based on a hurricane's maximum sustained winds.
8. The effects of a hurricane can result in:
  - a. Flooding
  - b. Power outages
  - c. Tornadoes
  - d. All of the above



\*\*\*Answers on the back!\*\*\*

## MRC Member Spotlight: Trish Fisher- Public Health Nurse

For our MRC member spotlight, we want to highlight all the work Trish Fisher, Walpole public Health Nurse, has done for our community! Back in February, Trish started holding clinics over at Old Town Hall every Tuesday and Thursday. With these standing clinics, Trish has been able to vaccinate hundreds of Walpole residents. Along with her Tuesday/Thursday vaccine clinics at Old Town Hall, Trish has a blood pressure clinic every Wednesday at the COA. Trish recently hosted a very successful flu clinic for Walpole Town Hall and School employees. In addition to the employee clinic, Trish is coordinating a public flu clinic for all Walpole residents and a clinic for Walpole residents aged 60 years or older (see information below).

Along with holding several vaccine clinics, Trish has been busy getting several certifications and attending important trainings. This past summer, Trish attended a CPR instructor training course. Trish passed with flying colors and will now be able to teach life-saving CPR courses. In addition to the CPR instructor course, Trish participated in a three-day Mental Health First Aid Instructor training course alongside Walpole Schools Lead Nurse, Linda Anderson. The goal of Mental Health First Aid is to teach participants how to help an individual who may be exhibiting a mental health problem. Trish and Linda successfully completed this course! We are so appreciative of everything Trish does to keep the residents of Walpole safe and healthy!



Trish drawing up vaccines at a previous COVID-19 vaccine clinic!

Quiz Answer key: 1. b 2. a 3. c 4. True 5. d 6. d 7. True 8. d

## FALL FLU CLINIC BREAKDOWN

The Walpole Health Department would like to give a big THANK YOU to all of our MRC and CERT volunteers who helped out at our clinics over the past few weeks.



### Saturday October 1st clinic:

With the help of 14 amazing CERT/MRC members, we were able to vaccinate 104 people including 32 kids, under the age of 18.



### Monday October 3rd 65+ clinic & Health Fair:

With the help of 16 amazing CERT/MRC members, we were able to vaccinate another 145 people!

**To date, the Walpole Health Department has vaccinated 356 people with the flu vaccine this season!**