



NAUGATUCK VALLEY POMPERAUG ★ TORRINGTON DANBURY



The Region 5 MRC Minute - February 2022

INSIDE THIS ISSUE:

- AMERICAN HEART MONTH
- WINTER SAFETY
- ALL ABOUT REGION 5
- MARCH EVENTS
- UNIT CONTACTS



FEBRUARY IS "AMERICAN HEART MONTH"

American Heart Month is a month to raise awareness about heart disease and prevention. Did you know heart disease is the leading cause of death in the U.S.? You can help prevent heart disease by making healthy choices and managing any health conditions you may have. National Wear Red Day, is the First Friday in February (2/04/2022). By wearing red you are honoring those lost to heart disease and raising awareness of the actions we can take to prevent it. Send any "red day" pictures to amichaud@nvhd.org.

We challenge YOU to share with us how you care for your heart...

Send a short message about how you care for your heart to amichaud@nvhd.org, for your message to be featured on social media!

For more information on "Heart Disease": <https://www.cdc.gov/heartdisease>

WINTER SAFETY

Make sure you and your family are prepared and know what to do before, during, and after a winter storm. Put together a family emergency kit, know your risks, listen for emergency information from local officials, and pay attention to weather reports!

ALL ABOUT REGION 5 MRC

REMINDERS TO ALL EXSISTING MRC VOLUNTEERS...

1. Log into your CT Responds! account and make sure all of the information on your profile is up to date! For those who have volunteered with the MRC but have not created an account on CT Responds, please be sure to do so! To create an account visit: CTresponds.ct.gov
2. Remember you are required to complete three free online training courses (ICS-100, 200, 700) offered through FEMA's Emergency Management Institute Independent Study website. Once you complete a training be sure to submit a copy of the training certificates to your unit leader via email or upload a PDF of the certificate on your CT Responds! profile.

.....

WE ARE LOOKING FOR VOLUNTEERS!

Region 5 MRC unit's are actively recruiting and training new volunteers in the community with varied skills and interests to respond to emergency situations and help promote public health activities that will make our community healthier and safer!

WHO CAN JOIN THE MRC?

Anyone 18+! We seek volunteers with both medical and non-medical backgrounds and we provide volunteers with all the tools and resources that may be required!

MEDICAL AND NON-MEDICAL VOLUNTEERS TRAIN AND ACTIVATE TO SUPPORT:

- Vaccination & Mass Dispensing Clinics
- Disease testing and surveillance
- Psychological First Aid/ Mental Health First Aid
- Until Help Arrives/ Stop the Bleed
- First Aid/ CPR/ AED
- Community Event Support
- And more...



WANT TO KNOW MORE?

Learn about what we do: <https://aspr.hhs.gov/MRC/Pages/About-the-MRC.aspx>

Sign up to volunteer at: CTresponds.ct.gov

NAUGATUCK VALLEY MRC

Naugatuck Valley MRC partnered with NVHD to host several influenza and COVID-19 vaccination clinics throughout 2021. On January 14, 2022, it was our 1-year anniversary of hosting COVID-19 vaccination clinics. We are proud to announce that 9,087 COVID-19 vaccines were administered from 1/14/21 - 1/14/22! This accomplishment would not have been possible without the help of ALL our volunteers! Be sure to follow our social media page for updates on our 2022 vaccine schedule!



AWARDS

Throughout the pandemic NVMRC has had a large number of new volunteers sign up on CT Responds! to donate their time but we have not been able to properly train, organize and place them. At the end of last year, NVMRC applied for the 2022 MRC Operational Readiness Award offered by NACCHO, to help us streamline the process. We are excited to inform our NVMRC unit that we have officially been awarded a Tier 2 award! Looking ahead into 2022, we plan to utilize this award to establish an official framework and build sustainability of our unit by having created a larger pool of properly trained volunteers and an educated behavioral health workforce.

NVMRC also applied for and received a full travel award from NACCHO for it's Unit Leader to attend the MRC Leadership Summit and Preparedness Summit in Atlanta, GA in April 2022. The intention of this award is to provide MRC unit leaders the access to connect with MRC and preparedness colleagues, learn about new volunteer management tools, and how to implement model practices that enhance capabilities to prepare, respond to, and recover from disasters and emergencies.

FEBRUARY EVENTS

We have many activities planned for American Heart Month to raise awareness about heart disease and prevention! NVHD Staff and NVMRC volunteers are encouraged to support AHM by participating in "National Wear Red Day" on 2/4/22! If you are interested in learning more about AHM follow our NVHD and NVMRC social media pages for AHM content, activities, and free events throughout February! ♥♥♥♥♥♥♥♥♥♥



POMPERAUG DISTRICT MRC

Pomperaug MRC (PDDH MRC) has been offering a robust schedule of blood pressure clinics, staffed by (2) of their fabulous volunteers: Peg Sierakowski and Elaine Griffin. These clinics are held on; Tuesdays at the Woodbury Senior Center; Wednesdays in Hertiage Village, and Grace Meadows in Southbury; and Thursdays at the Oxford Senior Center. Peg and Elaine are Rock Stars at these clinics!



PEG SIERAKOWSKI



ELAINE GRIFFIN

Pomperaug MRC Unit Leader trained several volunteers to facilitate Matter of Balance falls prevention workshops. Volunteers who attended these trainings include: Doreen Frey and Jeltje DeJong. The dates and locations are TBD, when we are able to host in-person sessions. Doreen Frey also assists with Pomperaug's Global Local Health Exchange Initiative (funded by Robert Wood Johnson) to deliver "Post Covid" mental health workshops to districts residents in need.



DOREEN FREY



JELTJE DEJONG

AWARDS

Pomperaug MRC volunteers were instrumental in delivering the 2021 MRC Operational Readiness Award. PDDH MRC submitted a 2022 application for continuation of the award, entitled Volunteer Immunization Partnership for Emergency Response (VIPER). They are proud to announce they have been awarded the MRC ORA for VIPER! PHDMRC also applied for and received a full travel scholarship for their MRC Unit Leader to attend the MRC Leadership Summit and Preparedness Summit in Atlanta, GA that will be held in April 2022.



TORRINGTON AREA MRC

On behalf of the Torrington Area Health District, we would like to thank our dedicated and talented Torrington Area MRC volunteers who found time and committed to the COVID-19 vaccine initiative at the TAHD health center. During *booster clinics* our volunteers staffed the clinic in all roles and conveniently and in a safe manner dispensed over 350 booster shots. In August of 2021, TA MRC hosted a volunteer appreciation luncheon and distributed awards to their volunteers to show them how important they have been to their MRC program and throughout the COVID-19 pandemic response.



ON-SITE EXERCISE OPPORTUNITY

The Torrington Area Health District is activating the Medical Reserve Corps for a preparedness drill on February 22, 2022, from 08:00 – 09:00 in preparation of a mass pill (antibiotic) dispensing clinic in response to an anthrax attack, as experienced in 2001. The drill will be focused on communications, notification, activation, and setting up of the point of dispensing site. The local health department operates the dispensing site and will distribute pills to the public.

There will be a drill overview, and just-in-time training via ZOOM, before the drill on **02/22/2022**.

Point of Dispensing: POD or dispensing points are community locations where state and local agencies dispense medicines during a public health emergency.

DANBURY MRC

Danbury MRC has been activating medical and non-medical volunteers for pediatric vaccination clinics. Danbury MRC has also been working to deliver COVID-19 at-home test kits to those in the community, and over-all just working to better develop their newly established MRC.

Danbury MRC will be hosting a CERT training in 2022! Be on the lookout for this training!



MARCH EVENTS



"IT'S NOT LUCK"

Throughout the month of March, in association with St. Patrick's Day, we need to spread the word that no one should rely on luck when it comes to being prepared for disasters and emergencies. Let your go kit be your lucky charm. Make a go bag today. <http://www.ready.gov/kit>

For more information on the "Its' Not Luck" campaign: <https://www.ready.gov/its-not-luck>



" WHAT YOU SHOULD KNOW ABOUT FLOOD SAFETY"

- Make a family emergency communication plan and include pets.
- Have emergency supplies in place at home, at work, and in the car.
- Check on your neighbors.
- Know what to do before, during, and after a flood.
- Flood insurance takes 30 days to take effect, so purchase now!
- Listen to local officials by radio, TV, or social media.
- Evacuate when advised by authorities.
- For more information on "Flood Safety": <https://www.ready.gov/floods>

UNIT CONTACTS

- **Naugatuck Valley MRC-**
Amanda Michaud, BS
PHEP and MRC Coordinator
98 Bank Street
Seymour, CT 06483
203-881-3255 Ext. 117
amichaud@nvhd.org

- **Pomperaug District MRC -**
Robin Lucas
77 Main St. North, Suite 205
Southbury, CT 06488
203-264-9616 Ext. 4
robin.lucas@pddh.org

- **Torrington Area MRC -**
Justin Rompre, R.S.
350 Main Street, Suite A
Torrington, CT 06790
860-489-0436 Ext. 316
jrompre@tahd.org

- **Danbury MRC -**
Sulaiman Shaikh
155 Deer Hill Avenue
Danbury, CT 06810
203-797-4625
s.shaikh@danbury-ct.gov