



NAUGATUCK VALLEY POMPERAUG ★ TORRINGTON DANBURY



The Region 5 MRC Minute - December 2021

INSIDE THIS ISSUE:

- WINTER PREPAREDNESS
- ALL ABOUT REGION 5
- UPCOMING EVENTS
- UNIT CONTACTS

ARE YOU READY FOR WINTER?

We want you and your family to be prepared and know what to do before, during, and after a winter storm. Be sure to know your risks, listen for emergency information from local officials, and pay attention to weather reports.

Winter storms such as blizzards, extreme cold, freezing rain, snow, ice, and high winds, can be very dangerous. They create a higher risk for frostbite and hypothermia. To reduce the risk of frostbite and hypothermia, learn the signs & symptoms, limit your time outside, and wear warm clothing. A winter storm can last for hours or several days, and it can cause power outages to your home causing you to lose heat and communication. Get prepared NOW!

To prepare for a winter storm in your home, be sure to install and test smoke and carbon monoxide detectors, learn how to keep pipes from freezing, and create emergency supply kits for your home, workplace, and car.



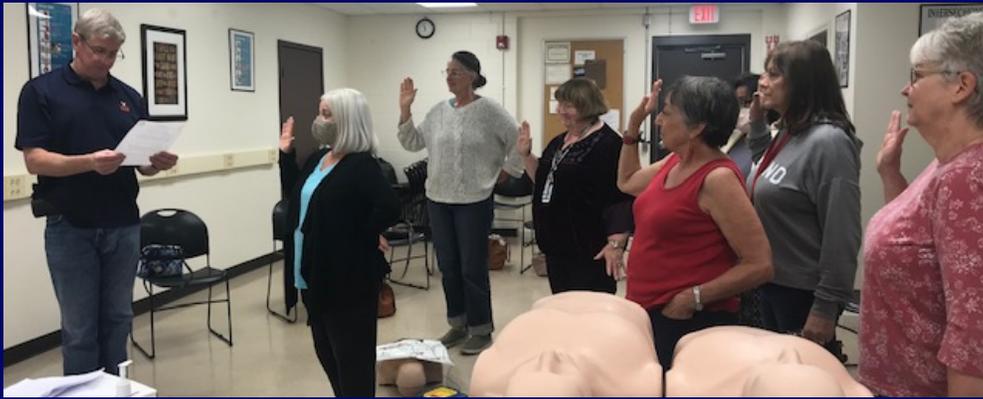
Emergency Kit Checklist

- | | | |
|-----------------------------------|------------------------------------|-----------------------------|
| • Water (1 gallon/per person/day) | • First Aid Kit | • Pet Supplies |
| • Non-perishable food items | • Prescription medication | • Food |
| • Can Opener | • Medical Supplies | • Water |
| • Battery-powered Radio | • Hand Warmers | • Carrier/ Cages |
| • Flashlights/ Lanterns | • Face Masks | • Medications |
| • Extra batteries | • Hand sanitizer | • Leashes/ Collars |
| • Cell Phone Charger | • Hygienic Items/Feminine Supplies | • ID tags/ Pictures of Pets |
| • Solar Charged Power Bank | • Moist towelettes | • Immunization Records |
| • Spare Keys | • Garbage bags | • Supplies for Children |
| • Blankets/Sleeping bags | • Cleaning supplies/ bleach | • Diapers |
| • Extra Clothes | • Paper towels & toilet paper | • Bottles |
| • Notepad and pen | • Paper Plates & utensiles | • Books/ Toys |
| • Credit cards/cash | • Whistle | • Coloring Books/ Crayons |
| • Copies of important documents | • Multitool or pocketknife | • Games/ Puzzles |
| • Pictures of family members | • Duct Tape | • Teddy Bear |

POMPERAUG DISTRICT MRC

Pomperaug MRC (PHDMRC) has been busy this fall offering trainings to MRC volunteers and utilizing medical and non-medical volunteers to staff multiple influenza and COVID-19 vaccination clinics. Our medical volunteers have also staffed our weekly blood pressure screening events held at local Senior Centers within our District: attendance has been brisk!

Pomperaug MRC also hosted a CPR Refresher training in partnership with Woodbury Ambulance. This CPR Refresher was facilitated by EMT Dan Fennessy, who is also an Emergency Management Director for the Town of Woodbury and at the CPR training Dan administered the MRC Loyalty Oath to attendees.



Dan Fennessy, EMD for the Town of Woodbury administering the MRC Loyalty Oath to attendees.



Pictures from PHDMRC CPR Refresher Training.



Pictures from PHDMRC vaccination clinics.



TORRINGTON AREA MRC

As Our Nation continues to recover from the COVID-19 Pandemic we have made it our focus and are committed to working with local providers, and community partners to support continued vaccine efforts.

TAHD MRC volunteers have and continue fully staffing vaccine Booster clinics every Wednesday with support from both medical and non-medical volunteers. Our volunteer engagement over the past year maintained strong during the initial vaccine clinics and our volunteers assisted in vaccinating over 10, 275 individuals within the Northwest region of Connecticut.

In honor of the volunteers who have actively served their community and assisted with the covid vaccination clinics within the past year were invited to an Appreciation luncheon hosted by the TAHD held on August 25th.

MRC Volunteers supported TAHD and hosted community education presentations for topics regarding; Mental Health during the COVID19 Pandemic, Opioid Crisis, recognition and response, Emergency Preparedness in the Home, STOP the BLEED, and Hands-only CPR.



Pictures of volunteers who helped run a booster vaccine clinic held by TAHD and Torrington Area MRC.



NAUGATUCK VALLEY MRC

In September, Naugatuck Valley MRC (NVMRC) and NVHD offered a combination live and virtual Psychological First Aid (PFA) training to MRC volunteers. This training was facilitated by Kathryn Dean, MSSW. Volunteers acknowledged how the instructor was very knowledgeable and the information provided to them was relevant and helpful! There was outstanding attendance from volunteers in both Region 5 and Region 2. Throughout the month of September, NVHD and NVMRC also hosted an Emergency Preparedness Art Contest. We partnered with our six school districts to promote this contest and we received art submissions from over 80 students in grades K-12th grade!

In October, NVMRC partnered with a local senior center to set up a table to promote senior preparedness and the MRC to attendees of the Health Fair. Volunteers were also activated to assist in administering flu and Pfizer vaccines at a Health Fair. Also during October, our PHEP and MRC Coordinator organized for NVHD employees to participate in a National Earthquake Drill called, "The Great ShakeOut!"

Additionally, throughout the year NVMRC has partnered with NVHD, Griffin Hospital, and local school districts to conduct COVID-19 and flu clinics. NVHD & NVMRC have hosted several school-based clinics for staff, and Pfizer vaccine clinics for students. With only a few clinics left on our schedule for the remainder of 2021, we recognize that we would not have been able to make all of these clinics possible without the help of our volunteers!



PHEP & MRC Coordinator,
Amanda at the Senior Center
Health Fair.



MRC Volunteer, Amber at a
Pediatric Pfizer Clinic hosted by
NVHD and NVMRC.

Psychological First Aid Training



Trainer:
Kathryn Dean,
MSSW



EVENTS



- National Influenza Vaccination Week (NIVW) -

National Influenza Vaccination Week (December 5-11) is a call to all Americans 6 months and older to get their annual flu vaccine if they have not already. Since COVID-19 and flu could spread simultaneously this winter, this week will serve to remind people that there is still time to get a flu vaccine to protect against flu illness and serious flu complications, such as worsening of chronic conditions or pneumonia, for example.



For more information on NIVW, visit: <https://www.cdc.gov/flu/resource-center/nivw/index.htm>
Need help finding a flu vaccine? Visit: <https://www.vaccines.gov/find-vaccines/>

Thank You!

Thank you for volunteering with the MRC! We very much appreciate your help and support of our community preparedness efforts, especially throughout the COVID-19 pandemic. We hope that your volunteer experience is rewarding in many ways.

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
robinlucas@pomperaughealthdistri.ct.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

** If you have something you want to see featured in our bi-monthly newsletter, send it to amichaud@nvhd.org! **