



NAUGATUCK VALLEY DANBURY ★ TORRINGTON HOUSATONIC VALLEY



The Region 5 MRC Minute - April 2022

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NATIONAL PUBLIC HEALTH WEEK

April 4th-10th is National Public Health Week!

The 2022 theme is... *"Public Health is Where You Are."*

Monday- Racism: A Public Health Crisis

Tuesday- Public Health Workforce: Essential to our Future

Wednesday- Community: Collaboration and Resilience

Thursday- World Health Day: Health is a Human Right

Friday- Accessibility: Closing the Health Equity Gap

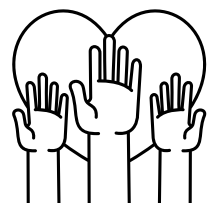
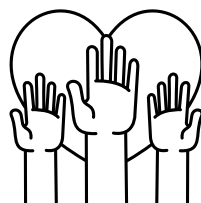
Saturday- Climate Change: Taking Action for Equity

Sunday- Mental Wellness: Redefining the Meaning of Health

NATIONAL VOLUNTEER WEEK

April 17th-23rd is National Volunteer Week!

Throughout National Volunteer Week, our MRC unit leaders are planning ways to show appreciation to the Region 5 MRC volunteers. Some units will be highlighting volunteers and their experiences, the work of their unit throughout the years, and sharing local, regional, and national history information! Unit leaders are also working to plan trainings, outreach, and recruitment events. Be on the lookout for more information from your unit!



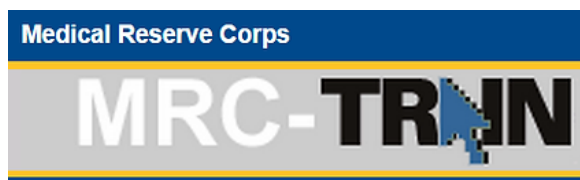
ONLINE TRAININGS

MRC TRAIN

The MRC-TRAIN website is a free service of the Public Health Foundation where MRC volunteers can:

- Quickly find and register for many courses listed on TRAIN.org and participating TRAIN affiliate sites,
- Track your learning with personal online transcripts,
- Access valuable materials, course reviews, and discussions to improve your learning experience, and
- Stay informed of the latest public health trainings for your area or expertise.
- Some courses on the MRC-TRAIN website offer Continuing Education Units (CEU). Courses with this option often require an assessment at the end. The course would then be on your transcript as a completed course.

*From mrc.train.org



ONLINE TRAINING

Volunteers are required to complete 3 (free) online training courses offered through FEMA's Emergency Management Institute Independent Study website.

****Upon completion, submit your certificate to your Unit Leader.****

- IS-100.C: Introduction to the Incident Command System, ICS-100
 - <https://bit.ly/2L4Bgg6>
- IS-700.B: Introduction to the National Incident Management System (NIMS)
 - <https://bit.ly/2N97EFb>
- IS-200.C: Basic Incident Command System for Initial Response
 - <https://bit.ly/2CuamIQ>



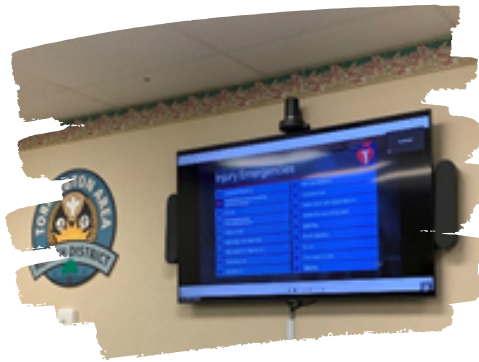
FEMA

*Emergency
Management
Institute*

ALL ABOUT REGION 5

TORRINGTON AREA MRC

AHA's Heart Saver First Aid CPR AED course was offered to MRC volunteers and provided knowledge and practical learning in the topics of First Aid, CPR, and the use of an automated external defibrillator (AED) in a safe, timely, and effective manner.



March 23, 2022_American Heart association Heart saver First Aid CPR AED course



In appreciation for the dedication and hard work in supporting the COVID-19 vaccine clinics, active volunteers who participated in the clinics received a "COVID-19 Response Team" Polo.

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DANBURY MRC

On April 27th, The City of Danbury is sponsoring a blood drive, together with American Red Cross at the Danbury Fair; Danbury MRC will be setting up an MRC booth with information and reaching out to our unit to assist with the drive.

Sulaiman, Danbury MRC Unit Leader, will be attending the Prep Summit, and can't wait to attend the MRC sessions to bring back ideas & information to the Danbury MRC unit!

NAUGATUCK VALLEY MRC

In honor of National Volunteer Week, NVMRC has created a volunteer testimonial survey and any NVMRC volunteer who participates in the survey will have their name entered into a drawing for a prize at the end of April!

For Public Health Week, NVHD has several activities planned throughout the month of April for residents and volunteers to get involved in the community! Follow us on social media for more public health week information & activities!



- **April 1st - April 30th:** NVHD is hosting a Food Drive for the Spooner House in Shelton, CT. Check out our social media for a flyer with donation box locations!
- **Saturday, April 9th from 10 AM - 1 PM:** Climate Change Nature Walk.
 - Kellogg Environmental Education Center: 500 Hawthorne Avenue, Derby, CT.
- **Friday, April 22nd from 12 PM - 5 PM:** Blood Drive sponsored by NVHD
 - Seymour Community Center: 20 Pine Street, Seymour, CT.
- **April & May:** NVHD is offering ongoing COVID-19 vaccinations clinics to our community!



TRAININGS

In April and May NVMRC will be offering, MRC Orientation Sessions, Loyalty Oath Ceremonies, and QPR (Question. Refer. Persuade) Suicide Trainings to our new and existing volunteers! Be on the lookout for more information on some of these upcoming trainings!

- **Thursday, April 28, 2022** - MRC Orientation and Loyalty Oath (Virtual)
 - 6 PM - 8 PM
- **Thursday, May 12, 2022** - QPR Training (Virtual)
 - 5 PM - 6:30 PM
- **Thursday, May 19, 2022** - MRC Orientation and Loyalty Oath (In-Person)
 - Naugatuck Valley Health District - 98 Bank Street, Seymour, CT 06483
 - 6 PM - 8 PM



AWARDS

At the end of February 2022, NVMRC applied for the MRC COVID-19 Respond, Innovate, Sustain, and Equip (RISE) Award offered by NACCHO. 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 recruit and onboard new medical and non-medical volunteers to support NVMRC response missions including but not limited to COVID-19 response activities. We also plan to utilize this award to purchase materials, supplies, and equipment to support MRC trainings and safeguard volunteers for deployment.

HOUSATONIC VALLEY MRC



We have officially changed to Housatonic Valley Health District, and will cover the towns of Southbury, Woodbury, Oxford, New Milford, and Washington! Housatonic Valley MRC is in the preliminary stages of creating a new standardized training program for volunteers as they seek to recruit new volunteers from the newly added towns. HVHD continues to utilize MRC volunteers to offer a robust schedule of blood pressure clinics across the five towns to better assist the needs of the aging vulnerable population.

HVHD has created a new mission statement to better reflect Housatonic Valley MRC:

Housatonic Valley Medical Reserve Corps aims to provide exceptionally trained volunteers to assist with the needs of the district's community. Housatonic Valley MRC serves the towns of Southbury, Woodbury, Oxford, New Milford, and Washington. The MRC works closely with local healthcare systems, emergency responders, vulnerable populations, and other nonprofit organizations to assist each other in our mission for improvement of public health in the community. With collaboration, adaptability, and equitable care, Housatonic Valley MRC seeks effective outreach today for a stronger tomorrow.

Meet Megan!



Megan McClintock is the new Public Health Preparedness and Medical Reserve Corps Coordinator at HVHD and will be reporting to the Director of Health. Megan received her bachelors in criminal justice with a minor in Sociology and a masters degree in Emergency Management from the University of New Haven. Megan brings real-world pandemic response to the team and strives to make a lasting impact in the communities HVHD serves. Highlights of her experience include creating a FEMA Independent Study 100 course in the analogy of a wedding and creating outreach models to better gain feedback from volunteers. In her free time, she enjoys traveling, spending time with her friends, family and cat along with being outdoors.

MAY EVENTS



May 1st - May 7th: National Hurricane Preparedness Week

Hurricanes are dangerous and can cause major damage. Hurricanes can happen along any U.S. coast or in any territory in the Atlantic or Pacific oceans.

- **Eastern Pacific Hurricane Season:** May 15 - November 30.
- **Atlantic Hurricane Season:** June 1 - November 30.
- **Central Pacific Hurricane Season:** June 1 - November 30.

Prepare for Hurricanes

- Know Your Hurricane Risk
- Know your Evacuation Zone
- Make an Emergency Plan
- Recognize Warnings & Alerts
- Review Important Documents
- Strengthen your Home

For more information on "Hurricanes": <https://www.ready.gov/hurricanes>



Virtual Alzheimer's Community Forum
Alzheimer's disease, dementia and memory loss

Wednesday, May 11th from 5:30 PM - 6:30 PM

The Alzheimer's Association, in partnership with the CT Region 5 Emergency Support Function # 8 Public Health and Medical Services, is offering a Virtual Alzheimer's Community Forum.

Registration is requested.

Call 800.272.3900 or visit <https://tinyurl/2p8nv2yb> to register.

For more information about the Alzheimer's Association: <https://www.alz.org/>



Friday, May 27th: Don't Fry Day

"The National Council on Skin Cancer Prevention designated the Friday before Memorial Day (5/27) as *Don't Fry Day*." The goal of *Don't Fry Day* is to promote sun safety awareness to help reduce rising rates of skin cancer from overexposure to UV rays. With the warmer weather coming our way, we want to encourage everyone to protect their skin while enjoying the outdoors!

For more information on Don't Fry Day, visit: <https://skincancerprevention.org/get-involved/dont-fry-day/>

UNIT CONTACTS

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