





- Welcome! The following slides are to
- Provide an introduction to the Medical Reserve Corps (MRC)
- Provide an introduction to the role and benefit of an MRC for the local community.
- Provide a pictorial of the activities that volunteers of the MRC have participated in.



# MRC Concept

- To establish groups of volunteers with an interest in strengthening local public health system and providing help in emergencies.
- Organize/utilize locally
- Integrate with existing programs and resources
- Identify, credential, train and prepare in advance
- Include medical and public health professionals, and others



# Why MRC is needed..

- The need for the MRC became apparent after the September 11, 2001, terrorist attacks, when medical and public health professionals, eager to volunteer in support of emergency relief activities, found that there was no organized approach to channel their efforts. As a result, the MRC was established to provide a way to recruit, train, and activate medical and public health professionals and other volunteers to respond to community health needs during disasters and other public health emergencies.



# *Grab and Go Backpacks*

**Home  
Preparedness**





# Family and Pet Preparedness

Gardner, Ma



Orange, Ma





# Mission of the Medical Reserve Corps

**National:** The mission of the Medical Reserve Corps is to improve the health and safety of communities across the country by organizing public health, medical and other volunteers.

**Local:** Wachusett Medical Reserve Corps (WMRC) is a local network of public health, medical, safety and other ancillary volunteers organized to improve the health and safety of their communities. (2020)



# MRC Vision

**National:** A nationwide network of organized volunteers strengthening the health and safety of their communities.

**Local:** Our communities, with the help of skilled volunteers, will be well informed, prepared, healthy and safe. (2020)



# Incident Command System Training

Barry teaches about using the command structure during a public health emergency





# Vaccine Clinics



COVID-19 Clinics

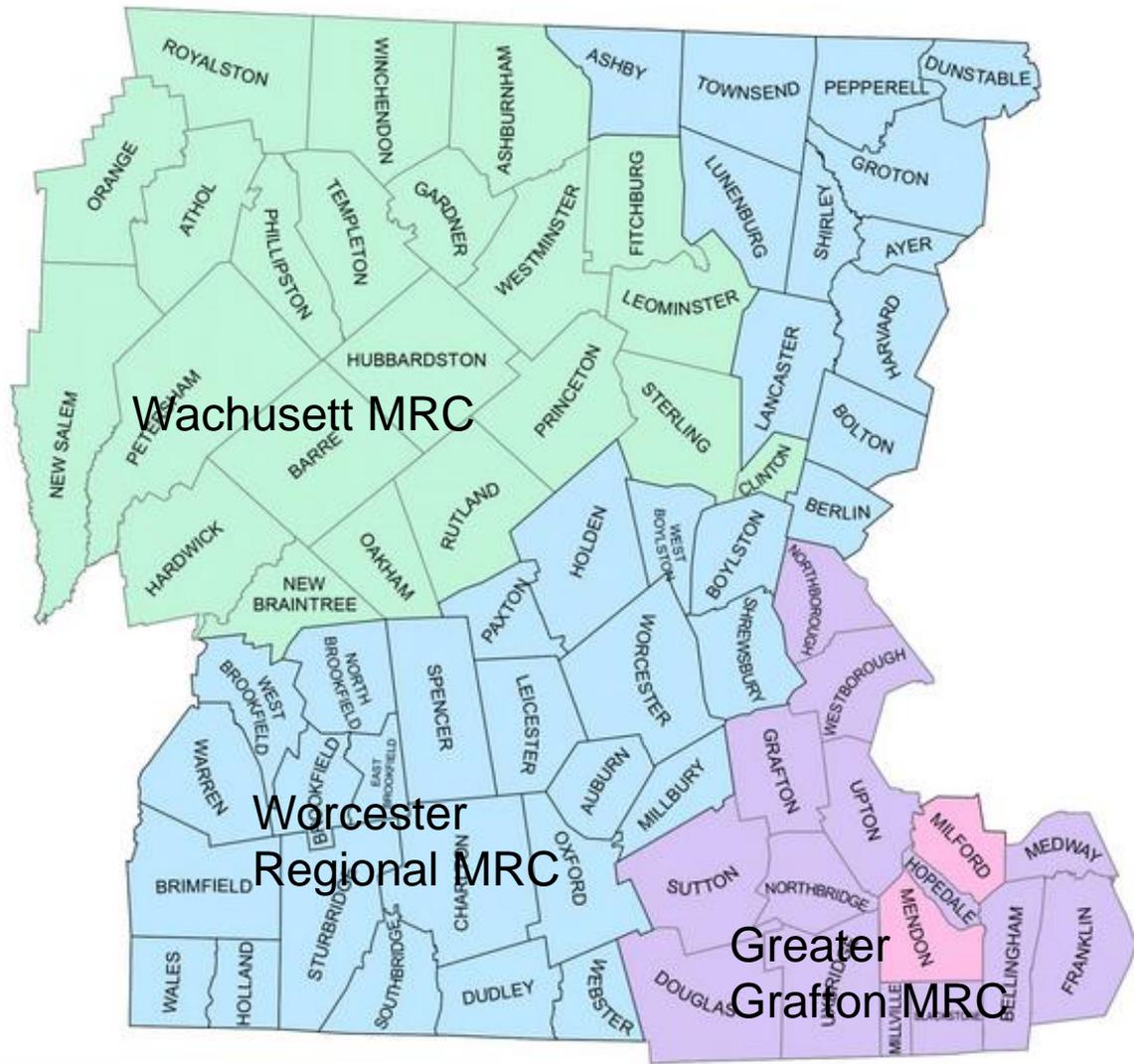


# Status - Current Local Units





# Local MRC Units- Worcester County



Legend	
	Greater Grafton MRC
	Wachusett MRC
	Worcester Regional MRC
	Worcester Regional MRC Currently





# Pet First Aid Training



Deb

Providing helpful tips for working with anxious animals



Jennifer





# What if....



**Preparedness- Thinking Through Scenarios**



# Preparedness Summit





# MRC Models

- No “typical” MRC
- All MRC units:
  - Provide an organizational structure for utilizing members
  - Screen members, including CORI/SORI and verification of professional licensure/certification
  - Train/prepare members
- Units vary by:
  - Types/#s of volunteers
  - Sponsor organizations
  - Partner organizations
  - Mission/focus



# MRC Unit Organization

- Each MRC unit determines its organizational structure that best fits their needs. Some determinants are
  - Population
  - Geography
  - Community government structure
  - Health needs
  - Other unique community factors
- Differing laws and local government structure
  - one “size” does not fit all



# Celebrating Nurse's Week

Rita is our oldest volunteer and has been with us since day 1. She brings wisdom from her 60+ years in Public Health





# Children's Night Out- **EAT BY COLORS**





# Special Events- Girl Scout Program



Building Resilient Communities  
**Emergency Preparedness**  
Helping One Another





# Healthy Homes



Grant supported program teaching about using natural cleaning products to offset asthma triggers in the home.



# Tickborne Diseases



Done in response to several requests from local Boards of Health - A Tickborne Disease information display coupled with the distribution of 1400 tick removal kits.



# Volunteers

- Types/# of Volunteers - local decision based on local needs
- May include those in training, in active practice, or retired
- Medical and public health professionals
- Persons with no health experience who can help with communications, administration, logistics, and other essential functions



# Response Roles

MRC members can have a profound impact on the health and safety of their community during an event requiring MRC assistance.

## Examples:

- Serve as MRC team leaders
- Provide medical care, administer vaccines and dispense medications
- Provide health education as part of a local public health initiative
- Provide counseling for victims, families and responders
- Promote preparedness
- Provide administrative, logistical and communications support



# Learning About The Deaf Community



Special Guest Jonathan O'Dell  
MA office for the Deaf



# Addiction from a Parent's View



Heather  
Michelle and  
Susan share



# Vaping, Addiction Recovery Discussion and Narcan Training



Tina  
UMass



Michelle  
Alyssa's Place



Keith  
AIDS Project –Narcan Training





# MRC Volunteers Support:

- Emergency preparedness and response trainings and exercises
- Emergency shelter operations and medical care
- Disaster medical and behavioral health support
- Medical facility surge support
- Mass dispensing efforts (e.g., medication, water, other supplies)
- Disease testing and surveillance
- Community vaccination clinics
- Veterinary care
- Support services to disaster call centers, family assistance centers, and reception/evacuation centers
- Emergency operations center and communications support
- Patient movement support
- Search and rescue operations
- Disaster clean-up and recovery support
- First aid and medical support during large public gatherings
- Community education and outreach
- Emergency preparedness and response planning, logistical, and administrative support
- And more...



# Learning about Autism Real Time-from a Parent





# Psychological First Aid Training



PJ - VP of the Wachusett MRC –  
Mental Health Counselor- Certified  
Interpreter- Jack of all trades



# Who We Are

- The Wachusett Medical Reserve Corps (WMRC) was federally approved on March 11, 2006 and is based in Hubbardston, Ma.
- The Wachusett MRC is a 501(c)3 non profit organization with a team approach of government.
- It is a 'member run' unit that values each member's contribution as valid. We keep lines of communication open through emails, frequent website updates, and training meetings.



# What We Can Do

- The role of the healthcare community in disaster preparation is
  - to identify resources applicable to physical, social and psychological effects of a disaster,
  - to identify population groups that are at the greatest risk during a disaster,
  - to provide disaster education in advance of the event, and
  - to take responsibility for the health of the community following a disaster.



# Public Health

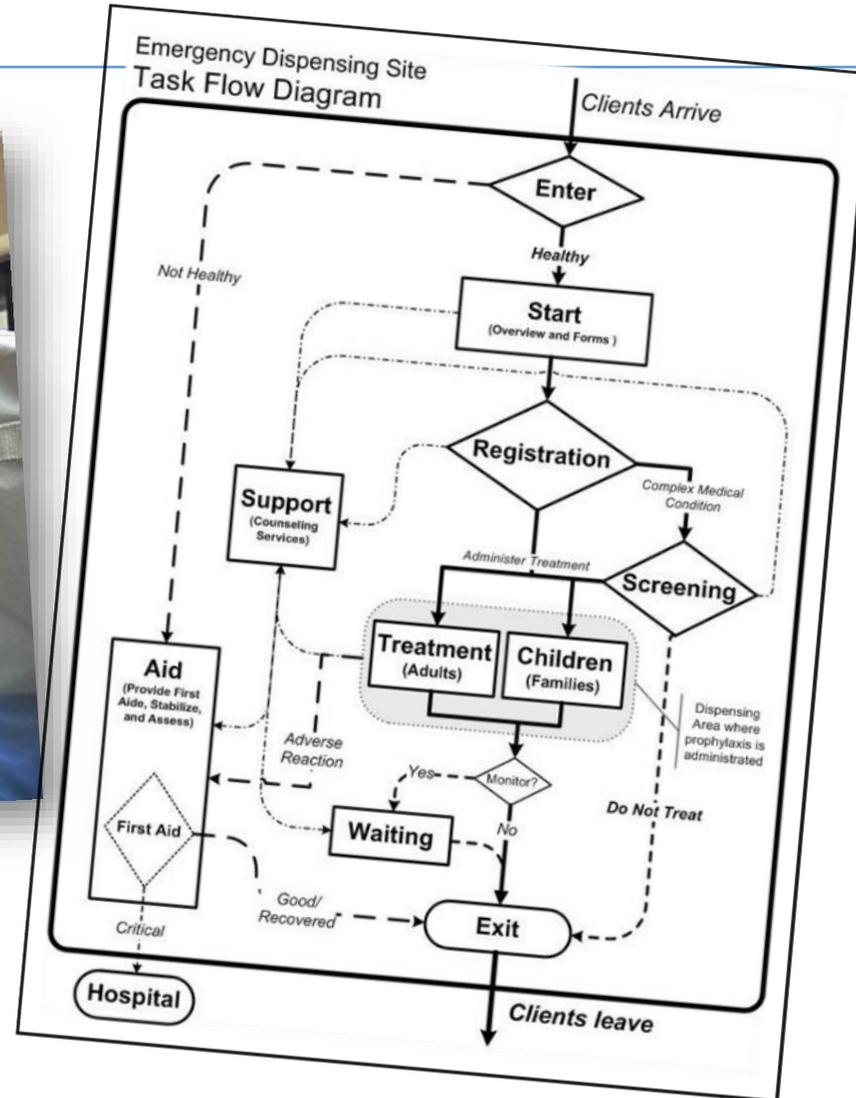
- MRC volunteers serve a vital role by assisting their communities with ongoing public health needs. This can be accomplished through
  - community health profiles that identify needs,
  - developing educational programs,
  - providing screening clinics and
  - working with the local health officials as a resource for public health initiatives.



# Participating in Public Health Drills



Kathy and Barry





# Triage Training





# How Can an MRC Benefit Your Community?

- Resiliency – not as reliant on state and national resources
- Meet identified health needs/gaps
- Bolster public health and emergency response infrastructures
- Give community members an opportunity to help make their communities healthier and safer
- Provide mechanisms for information sharing and coordination between partner organizations
- Allow for national recognition of local public health and emergency response efforts



# What role might I play?

- The role you play in a response depends upon your training and skills. Possible emergency response roles are:
- Assisting in delivery of medical care within your level of expertise as an RN, LPN, CNA, MD, EMT, medical secretary, or other credentialed volunteer.
- Providing mental health/spiritual support.
- Providing medical interpreting and translation services.
- Assisting with set up and flow of clinics.
- Lending the community your special skills during an emergency event.



# Stop the Bleed Training



Community presentations available for You are the Help and Stop the Bleed.



# CERT/MRC Training



Community Emergency Response Teams train and work together with Medical Reserve Corps Units in a disaster



# WHACK the Flu

“Victor the Virus”  
A puppet talks  
about the 5 rules  
of good health.



Protect Your Health  
**WHACK the Flu!**



**W**ash your hands often.  
**H**ome is where you stay when you are sick.  
**A**void touching your eyes, nose, and mouth.  
**C**over your coughs and sneezes.  
**K**ee your distance from people who are coughing or sneezing.



**Get your flu shot every year!**

Wachusett Medical Reserve Corps  
PO Box 335 Hubbardston, MA 01452  
978-928-3834 website: wachusc.org



# Learning Games



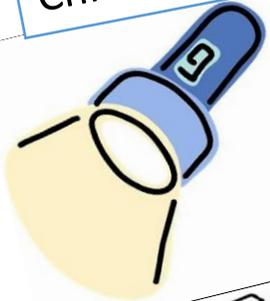
## Using Bingo to Encourage Individual and Family Emergency Preparedness

Teaching community emergency preparedness almost always gets a sigh or an eye roll for many different reasons. But what if we could make it fun and even better, have a few simple prizes to win? And what if the activity was able to encompass school ages to senior ages?

The game of Bingo adapts easily to teaching about having supplies set aside for emergencies for many different kinds of groups and groups big or small. Supplies needed are inexpensive and simple: ping pong balls, Bingo chips and the game sheets. Costs are dependent mostly on the prizes that are chosen. Prizes can range from a flashlight to a first aid kit to a NOAA radio.

The best source for emergency bingo cards is Edubakery.com or follow this link: <http://edubakery.com/Super-Bingo-Cards-Maker/About-Super-Bingo-Cards-Maker> and/or <http://edubakery.com/Bingo-Cards/Emergency-v1-Bingo-Cards>. Create a free account so that you can save your product. The website claims it will be there forever, if you remember your password. Create your bingo list and when you print, it will generate for you any number of different cards. A recommendation would be to laminate the cards for longevity if you can. Note: the website updates/changes their lists periodically and it is recommended that once you have a list and generated your cards, that you do take the time to save your work for future use.

## Children's Matching Game



Make sure you have a flashlight with fresh batteries...Check your batteries at least twice a year...January 1 and July 4.

First aid kit available for bleeding cuts and other minor injuries.



### Disaster Kit (3)

## Trivia Games

- What should a Family Communications Plan include? A. Information about how we would get in touch with each other during an emergency B. Where we would meet C. How we would remain in contact D. All of the above
  - D. All of the Above
- How often should you practice your family emergency plan?
  - Every three months
- You need to have a plan for your pets during emergencies.
  - True: Most shelters will not accept pets. Plan ahead of time what you will do with your pets if you have to leave your home unexpectedly.
- Which of the following should not be in an emergency supply kit? Non-perishable foods, manual can opener, candles, first aid kit?
  - Candle: Flashlights or electric lanterns are much safer
- Name three items to keep in your disaster kit.
- How many gallons of water do you need per person per day in your disaster kit?
  - 1 gallon per person
- How many days should your disaster kit last you?
  - Three Days
- What percentage of Americans lack emergency supplies?
  - 48%

Batteries	ID	First Aid Kit
Pet Leash/Carrier	Extra Set of Keys	Important Papers
Food/ Water For Pets	Non Perishable Food	Manual Can Opener
Contact List	Blankets/Sleeping Bags	Toilet Paper
Whistle	Medication (List)	Special Equipment
Candles	Matches	Emergency Plan

## Preparedness Bingo



# COVID19 PSA DoorHangers



Vongmany  
20,000 doorhangers distributed  
throughout Worcester County



# Anniversary of 911 50 years



What to say in an emergency.



*Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has.*  
— Margaret Mead





# How to Contact Us

- Would you like to become a member of the Wachusett Medical Reserve Corps?
- Please get in touch!
- Our telephone number is 978-928-3834.
- Our email is: [wachusettmrc@gmail.com](mailto:wachusettmrc@gmail.com)
- Our website is: [www.wachusettmrc.org](http://www.wachusettmrc.org)
- Our mailing address is: Wachusett MRC PO Box 555  
Hubbardston, MA 01452