

Bristol -Norfolk

Serving the Communities of
Attleboro, Foxboro North Attleboro, Mansfield,
Norton, Plainville, Rehoboth, Seekonk



Area MRC Units Step up Recruitment

Well this past winter was full of excitement for the Medical Reserve Units in Massachusetts. And what we learned was that we need to step up our recruitment efforts and let people know that the Medical Reserve Corps is looking for more volunteers with all types of skills. Medical is in the name, and medically skilled volunteers are needed, but for every one medical volunteer,

Be Informed
Be Prepared
Be a Volunteer

at least ten non-medical volunteers are needed. For all volunteers in our team, their first obligation is their families which means that not all of our volunteers will be available when needed. As we learned with the deployment to the Worcester/Gardner area this past winter, when the ice

storms took out electrical power for over a week, the number of fresh volunteers dwindled as the week went on. Having a large pool of talented, trained and fully credentialed volunteers is our goal in 2009.

We have been working hard setting up various types of trainings that our volunteers may be interested in. Some trainings are mandatory so that volunteers are confident to assist either behind the scenes locally or in the field when the need may arise, other trainings are for those who would like to increase their skills and deployment opportunities.

Whatever our volunteers' interests are, talents, skills and just plain support are needed.

To our readers, please encourage your friends and family to join the Medical Reserve Corps, even if they have only a few hours to spare.

MRC Volunteers Deployed to Worcester Region to Help Ice Storm Victims

Mutual Aid from Bristol County MRC Units provided to December Worcester Regional MRC Ice Storm Deployment.

A great big thank you goes to the 21 volunteers from our region who responded to the call for help in December. Thank you also goes to the local MRC coordinators making the deployment possible. A savings of over \$9,000 in Bristol County MRC volunteer resources was realized by our contribution to this event. At the onset of the ice storm, the Worcester Regional MRC called out to their volunteers and only about 9 out of over



Winter 2009

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To join or find out more about your local MRC please contact your local chapter coordinator on page 6

To receive copies or submit articles please contact:

Debbie Revelle at
bnmrc@hotmail.com

1,400 volunteers were able to respond with availability. This demonstrated the urgent need for mutual aid from other MRC's in the state. We know that if our region has need, the Worcester Regional MRC will be willing to help us in our time of need.

Bristol County MRC Collaborative was formed in 2007 to provide regional links with the four Bristol County MRC Units and because we have a formal relationship and deployment process in place, we were able to readily assist Worcester County with volunteers. The four Bris-

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BRISTOL-NORFOLK

Medical Reserve Corps

Volunteer Spotlight

What more can we say? The volunteer spotlight in this issue features the many volunteers that assisted in the Worcester Ice Storm Deployment. Pictured here are just a few who made the trip. Not pictured are the many behind the scenes volunteers who worked phone banks, waited on stand-by and helped out with paper work.

From left to right, Kathy & Ernie Jaaskelainen from Attleboro, Don Bates, North Attleboro Board of Health Chairman and Mr. Gil Bagley from Plainville.



Volunteer Help Wanted

Training Committee Members: Members are needed to form a training committee to help coordinate dates, sites, and suggestions for trainings. The committee would possibly meet quarterly and would coordinate with the steering committee.

Publicity Committee Members: Members are needed to form a publicity committee to help with the newsletter, press releases, display/information tables, etc. The committee would possibly meet quarterly and would coordinate with the steering committee.

Newsletter Coordinator: Person to prepare newsletter and distribute. Work from your home computer updating this newsletter. Knowledge of

Publisher 2003 required and e-mail.

Volunteer Coordinator: Person to assist with mailings to our volunteers and coordinate contact with them.

Chapter Coordinators: Volunteers are needed to serve as the chapter coordinators in Foxboro and Mansfield. This person would meet with the other chapter coordinators on a monthly basis to discuss volunteer recruitment, training opportunities and other related duties. The chapter coordinator also collects and processes the volunteer applications and assures that each member is properly credentialed and has received the appropriate training.

Volunteers Deployed - Continued

(Continued from page 1)

tol County MRC units were part of the deployment process and three out of four units sent volunteers.

Many lessons were learned by the coordinators and the volunteers. We learned that we need MORE training for the volunteers on the details of deployment. We also learned that we DO NOT have enough volunteers. We need MANY more volunteers from all walks of life to sign up with the MRC. Do you have any friends, neighbors, relatives, co-workers, fellow club or religious organization contacts? We need YOU to help us recruit new volunteers.

The new deployment training for volunteers is scheduled for March 24, 2009 in the Attleboro

area. Please contact your local MRC coordinator or BNMRC@hotmail.com to register for this training and to confirm the location. Stay tuned for information about more training and exercises. Always let us know your current contact information.

To receive a copy of the Bristol County MRC deployment report from the December Ice storm, you can contact me at 508-367-7519 or email me at Cheryl.bushnell@comcast.net.

Remember Emergency preparedness is everyone's responsibility. Be Informed. Be Prepared. Be a Volunteer.

*This article provided by Cheryl Bushnell, RN, MS
Bristol County Collaborative Coordinator*

What We've Been Up To

From the Director's Desk:

Bristol-Norfolk MRC has been very busy these last few months. We have had a scheduled training every month and continue to welcome any suggested trainings from volunteers. These trainings have included: "Personal Protective Equipment"; "Communication with the Deaf and Hard of Hearing"; CPR and First Aid; and "ICS/NIMS". We also have many new programs set up over the next few months, that I hope you will consider attending.

The Unit was involved in an exercise of North Attleboro's Emergency Dispensing Site plan in November 2008, where over 500 adults and children were given the Flu vaccine in only one hour. Our volunteers were invaluable in leadership positions and keeping things moving. December saw Bristol-Norfolk sending 6 of our local volunteers to the

Worcester and Fitchburg areas in a real deployment to staff shelters as a result of the crippling ice storm. A lot of lessons learned and new trainings to set up from that experience. This January, the Unit held an "Open House" for our current volunteers where information was updated and assorted vaccinations given. We hope to hold these on a regular basis throughout the year.

Your Steering Committee has been meeting regularly to set up opportunities for the MRC and authorize equipment such as the new vests that volunteers will be wearing when volunteering for exercises or deployments. We are always looking for volunteers to staff committees such as publicity, training, and refreshments to help us as we move ahead this new year of 2009. Keep an eye on the training calendar and be sure to join us!!

Respectfully submitted by AnneMarie Fleming RN

Deployment From the Eye's of a Volunteer

December was a month of new experiences for several MRC members from Attleboro, North Attleboro and Plainville. We were able to put our skills to work at shelters in several cities and towns in the Worcester area. It was certainly a new experience for all!

The first deployment was to Worcester where we were assigned to two high schools. We all rode in a van which started in New Bedford and pick up MRC members along the way. It was great to leave the driving to someone else! My husband Ernie and I went to a shelter which housed mainly elderly clients and residents of a group home. Luckily the group home sent aides who worked with the people, so we didn't really interact much with them. We basically saw to the people's needs, got drinks and snacks for them, helped serve meals, etc. I set up a craft area and some of my "ladies" and I made Christmas decorations to help liven up the place. There were MRC members from the Boston area who were quite jealous of our vests and fanny packs! They also were impressed by how we just all started to help with little guidance and worked well with the Red Cross personnel who were responsible for overseeing the shelter. The Red Cross was impressed with our deployment orders and how we were so willing to help.

A few days later Ernie and I were deployed to the middle school in Gardner. We were surprised at how much more damage there was in the area. We drove passed miles of trees without tops, broken off by the weight of the ice. There were repair crews everywhere, cutting up trees which had fallen on the highway and cleaning out debris on the side of the road. When we turned off the highway we had to drive around power poles which had snapped in two and were on the road. It was certainly a different experience. This shelter

***"It was an experience
I will never forget."***

was being run by the town of Gardner and was very different from the shelter in Worcester. The hospital in the town did not have electricity so they were discharging patients, many of whom ended up at the shelter. There was really no medical staff there, so we ended up helping to care for the clients who had medical needs. We helped with transporting them to the bathroom (4 of whom were on oxygen 24/7) and making sure they had their medication. We also helped take meals to those who had trouble ambulating. I also set up puzzles and craft tables for the kids. I helped watch the children of

a woman who was there with 5 children, one was an infant. I entertained them while the mother took a well deserved nap with the baby.

The third shelter we helped with was in Fitchburg. There were mostly families here. Many were staying in the shelter because of lack of heat due to broken pipes. It was just before Christmas and a local group had taken the children and parents to another location for a Christmas party and visit from Santa. Here we helped serve dinner and Ernie was on "kitchen duty". He washed all of the dirty dishes! We again basically helped with peoples needs and listened to their stories. I also helped man the phone, taking messages for clients and attempting to find them.

Our MRC members went to three shelters and at each we were faced with different situations. What the clients at the shelters were very appreciative of was our listening. They really needed someone different to talk to and interact with. It was very tiring, both emotionally and physically but it was an experience I will never forget.

Special Thanks to Kathy & Ernie Jaaskelainen of the Attleboro Chapter for sharing their experiences.

UPCOMING TRAINING DESCRIPTIONS

Please see page 5 for training dates, times and locations

MRC Overview 101 (For interested people and mandatory for existing volunteers)

This training is mandatory for Medical Reserve Corps volunteers and is designed to educate people that Medical Reserve Units are community-based units that organize and utilize volunteers to supplement existing local emergency and health resources. Both medical and non-medical professionals and community members are needed to fill vital support positions. If you haven't already attended a MRC Overview, please come to this training. Anyone interested in becoming a volunteer or just want to learn more is invited to attend. Applications for new members will be available and registered volunteers will receive a gift. Please join us on March 12, 2009 at the Plainville Senior Center.

ICS & NIMS (Incident Command & National Incident Management– mandatory)

This course is mandatory for Medical Reserve Corps volunteers. Presented by Cheryl Bushnell RN, MS Bristol County Coordinator. In these classes you will learn about *Incident Command System and National Incident Management System*. Join us at The Literacy Center, 80 North Main St. Attleboro 02703

ICS –Learn the chain of command and the system of managing multi-agency personnel in responding to an emergency. Monday, March 30, 2009, 6 pm—9 pm.*
 NIMS – the consistent nationwide system that enables all government, non-government and private sector entities to work together during a domestic incident regardless of size and complexity. Monday, March 23, 2009, 6 pm—9 pm. * Limited class size, **MUST PRE-REGISTER**
 *Due to the length of information, we will be starting the program at 6pm.

Please RSVP By phone: Jacquie O'Brien, R.N. at 508-223-2222 x3244 or By email: bnmrc@hotmail.com

MRC Open House - (For existing volunteers; not the same as MRC Overview 101)

This open house is to credential new and existing members and offer an immunization clinic to members seeking to protect themselves against disease. Free immunizations to be offered to MRC members. If you need to complete any additional paperwork (conduct form, CORI form, revised application), have your picture taken for badging or provide a copy of your driver's or medical license. please join us on March 26, 2009 at the Seekonk Town Hall, 100 Peck Street, Seekonk, MA at 6:00 p.m.—8:00 p.m. RSVP to Beth Hallal at 508-336-2950 or bnmrc@hotmail.com

Personal and Family Preparedness

Cheryl Bushnell RN, MS, Bristol County Coordinator will discuss what it takes to have a personal preparedness plan for MRC volunteers and their families. This training is required for Medical Reserve Corps volunteers. Each individual should have a personal/family preparedness plan in place.

This includes having food, clothing and shelter supplies for a minimum of 3 days. It also includes having emergency telephone numbers posted and other important paperwork. Volunteers should have a personal travel bag ready in case of deployment. Please come to this training and bring a friend, this training is for all MRC volunteers and other interested people.

**FOR ADDITIONAL INFORMATION
PLEASE VISIT THE FOLLOWING WEBSITES**

www.redcross.org/preparedness

www.cdc.gov/flu

www.emergency.cdc.gov

www.ready.gov

www.bristolcountymrc.org

Heart Saver CPR & Basic First Aid Training

 This training is for all Bristol County Medical Reserve Corps volunteers. Cost for both CPR & Basic First Aid for registered MRC Members is \$25.00. Cost for the General Public is \$35.00. Limited class size, **MUST PRE-REGISTER**



Small Pox Vaccination Training

 This training is for all Bristol County Medical Reserve Corps volunteers. The Department of Public Health Educator will provide an overview of the Category A Bioterrorism agent Small pox. Training will be provided on smallpox administration and a certificate will be given to those participants who complete the training. Continuing educations credits will apply.
 This training is free for all clinically licensed MRC Volunteers.



Upcoming Trainings

See page 4 for detailed description of trainings.

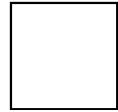
You may attend any trainings that are being offered regardless of jurisdiction, please visit the Bristol County website training directory for additional trainings in the area at www.bristolcountymrc.org

Please RSVP to the contact persons listed so that we may plan for refreshments.

• March 12, 2009 Plainville Senior Center RSVP Debbie Revelle	MRC Overview 101 9 School Street, Plainville 508-695-3142, ext 16	or	6:00 p.m.—8:00 p.m. Mandatory requirement bnmrc@hotmail.com
• March 23, 2009 The Literacy Center RSVP Jacquie O'Brien, RN Limited seating	NIMS-700 80 North Main St. Attleboro 508-223-222, ext 3244	or	6:00 p.m.—9:00 p.m. Mandatory requirement bnmrc@hotmail.com
	MUST PRE-REGISTER		
• March 24, 2009 South Attleboro Fire Station RSVP Jacquie O'Brien, RN	MRC Deployment 1475 West Street, South Attleboro 508-223-222, ext 3244	or	6:00 p.m. - 8:00 p.m. bnmrc@hotmail.com
• March 26, 2009 Seekonk Town Hall RSVP Beth Hallal	MRC Open House 100 Peck St, Seekonk, MA 508-336-2950	or	6:00 p.m. - 8:00 p.m. bnmrc@hotmail.com
• March 30, 2009 The Literacy Center RSVP Jacquie O'Brien, RN Limited seating	ICS-100 80 North Main St. Attleboro 508-223-222, ext 3244	or	6:00 p.m. - 9:00 p.m. Mandatory requirement bnmrc@hotmail.com
	MUST PRE-REGISTER		
• May 12, 2009 Location to be announced	Personal & Family Preparedness		6:00 p.m. - 8:00 p.m.
• June 2009 Norton Public Library RSVP Donna Palmer R.N. Limited seating	CPR/AED 68 East Main Street, Norton, MA 508-285-0263	or	4:00 p.m. - 8:00 p.m. Fee: \$35.00/\$25.00 bnmrc@hotmail.com
	MUST PRE-REGISTER		
• July 1, 2009 Location to be announced	Small Pox Certification Training		6:00 p.m. - 8:00 p.m.

FOR ADDITIONAL INFORMATION
PLEASE VISIT THE FOLLOWING WEBSITES

www.bristol-norfolkkmrc.org
www.bristolcountymrc.org
www.mamedicalreservecorps.org
www.medicalreservecorps.org



Local Chapter Contact Information

www.bristol-norfolkmrc.org

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healthnurse@cityofattleboro.us
508-223-2222, ext 3244

Foxboro Chapter - TBA
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amfleming@north-attleboro.ma.us
508-699-0104

Mansfield Chapter - TBA
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North Attleboro, MA 02760
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508-699-0104

Norton Chapter - Donna Palmer
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Seekonk Chapter - Beth M. Hallal
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508-336-2950