

Bristol-Norfolk

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



WE NEED YOU! - WE WANT YOU!

The summer months are filled with glorious warm days, barbecues, visits to the beach and hopefully vacations. We get the chance to see our hibernating neighbors out in their yards, family at our annual barbecues and friends who have stopped by.

The thoughts of flu pandemics, natural disasters and terrorist threats are far from our minds and more than likely don't come up in our conversations.

However, when you're visiting with your neighbors, family and friends, take a moment to mention that your local Medical Reserve Corps is ALWAYS looking for volunteers.

MRC volunteers receive training in personal and family preparedness, incident command, pandemic planning, behavioral

health, CPR/basic first aid and other skills and may also choose to volunteer in their town only, in surrounding towns, statewide or even nationally.

Be Informed

Be Prepared

Be a Volunteer

Many different types of skills are needed both non-medical and medical. The goal is to have an organized source of volunteers that have been pre-screened and trained before an emergency occurs.

Take this opportunity to help your community, learn some skills and maybe even have a little fun!

Ps. We won't mind if you share this newsletter with a friend.

July/August 2008

Special points of interest:

- *We NEED YOU*
- *Dental Clinic uses MRC Volunteers*
- *Hurricane Season, Are you Prepared?*
- *Upcoming Trainings*

Inside this issue:

| | |
|--|-----|
| <i>Hurricane Season, Are you Prepared?</i> | 2—3 |
| <i>Volunteer Spotlight</i> | 4 |
| <i>Help Wanted</i> | 4 |
| <i>Upcoming Trainings</i> | 5 |
| <i>Regional Chapter Meeting</i> | 5 |
| <i>MRC Overview Training</i> | 5 |

MRC Volunteers Deployed for Attleboro Dental Clinic

On Saturday May 3, 2008, several Bristol Norfolk Medical Reserve Corps volunteers assisted at the First Elder Dental Screening in the greater Attleboro Area at the Larson Senior Center in Attleboro.

People aged 60 and over received a full range of diagnostic and educa-

(Continued on page 4)



Dr. Biron, oral surgeon, Elizabeth Perry, Elder Dental Coordinator and Medical Reserve Corps Volunteer, Eileen Sheehan

HURRICANE SEASON, ARE YOU PREPARED?

Hurricane season begins each year on June 1. Are you prepared for the following:

- Power Outages?
- Evacuation?
- Sheltering in Place?
- Medical Emergencies?
- MRC Deployment?

Each Medical Reserve Corps volunteer is required to have a written personal and family preparedness plan in place. Emergencies of all types and sizes can happen at anytime. Now is a good time to review your personal and family preparedness plan.

Educate your family and yourself:

- ⇒ Learn what disasters may strike in your area
- ⇒ Learn what hazards are located in your area
- ⇒ Learn where your evacuation shelters are located
- ⇒ Learn your communities evacuation routes
- ⇒ Learn your disaster plan at work
- ⇒ Learn your disaster plans at your child's school, including the plan to reunite families if a disaster strikes during school hours

Create a Family Emergency Plan:

- ⇒ Go over the family communications plan with all of your family members
- ⇒ Make sure everyone knows and understands the plan
- ⇒ Identify 2 different routes to evacuate your home
- ⇒ Identify the safe places in your home in case you must stay inside
- ⇒ Identify places for your family to meet if you are not in your home at the time of a disaster one place in your neighborhood and one place outside your neighborhood
- ⇒ Identify family contact person who family members can contact in case of separation
- ⇒ Identify contact person outside the state
- ⇒ Write these names on the family preparedness card
- ⇒ Make a plan to keep your pets safe
- ⇒ Know how to turn off electricity, gas and water in your home

Have a Family Communication Plan:

- ⇒ Set a deadline to complete it and an anniversary date on your calendar
- ⇒ Fill out a Communications plan card for each member of your family
- ⇒ Make sure Family members know important phone numbers. They include: School, after school care, child's cell phone, Family work phone, relative/friend, out of state contact, Doctor, Hospital, Insurance, Fire, Police Information (non-emergency numbers-use 911 only in a life threatening emergencies) Pharmacy, Mental Health Agency, Veterinarian, Local Red Cross, Highway Road Conditions

Make your 72 hour kit:

Plan your go pack accordingly to your family's size:



PREPARING FOR A HURRICANE

Reprinted from the CDC website www.bt.cdc.gov/hurricanes

If you are under a hurricane watch or warning, here are some basic steps to take to prepare for the storm:

- * Learn about your community's emergency plans, warning signals, evacuation routes, and locations of emergency shelters.
- * Identify potential home hazards and know how to secure or protect them before the hurricane strikes. Be prepared to turn off electrical power when there is standing water, fallen power lines, or before you evacuate. Turn off gas and water supplies before you evacuate. Secure structurally unstable building materials.
- * Buy a fire extinguisher and make sure your family knows where to find it and how to use it.
- * Locate and secure your important papers, such as insurance policies, wills, licenses, stocks, etc.
- * Post emergency phone numbers at every phone.
- * Inform local authorities about any special needs, i.e., elderly or bedridden people, or anyone with a disability.
- * Make plans to ensure your pets' safety (www.bt.cdc.gov/disasters/petprotect.asp)

EMERGENCY SUPPLIES YOU WILL NEED

You should stock your home with supplies that may be needed during the emergency period. At a minimum, these supplies should include:

- * Several clean containers for water, large enough for a 3-5 day supply of water (about five gallons for each person).
- * A 3-5 day supply of non-perishable food.
- * A first aid kit and manual.
- * A battery-powered radio, flashlights, and extra batteries.
- * Sleeping bags or extra blankets.
- * Water-purifying supplies, such as chlorine or iodine tablets or unscented, ordinary household chlorine bleach.
- * Prescription medicines and special medical needs.
- * Baby food and/or prepared formula, diapers, and other baby supplies.
- * Disposable cleaning cloths, such as "baby wipes" for the whole family to use in case bathing facilities are not available.
- * Personal hygiene supplies, such as soap, toothpaste, sanitary napkins, etc.
- * An emergency kit for your car with food, flares, booster cables, maps, tools, a first aid kit, fire extinguisher, sleeping bags, etc.

You can find more information on emergency plans and supply kits at www.ready.gov.

PREPARING TO EVACUATE

Expect the need to evacuate and prepare for it. The National Weather Service will issue a hurricane watch when there is a threat to coastal areas of hurricane conditions within 24-36 hours.

When a hurricane watch is issued, you should:

- * Fill your automobile's gas tank. If no vehicle is available, make arrangements with friends or family for transportation.
- * Fill your clean water containers.
- * Review your emergency plans and supplies, checking to see if any items are missing.
- * Tune in the radio or television for weather updates.
- * Listen for disaster sirens and warning signals.
- * Prepare an emergency kit for your car with food, flares, booster cables, maps, tools, a first aid kit, fire extinguisher, sleeping bags, etc.
- * Secure any items outside which may damage property in a storm, such as bicycles, grills, propane tanks, etc.
- * Cover windows and doors with plywood or boards or place large strips of masking tape or adhesive tape on the windows to reduce the risk of breakage and flying glass.
- * Put livestock and family pets in a safe area. Due to

food and sanitation requirements, emergency shelters cannot accept animals.

- * Place vehicles under cover, if at all possible.
- * Fill sinks and bathtubs with water as an extra supply for washing.
- * Adjust the thermostat on refrigerators and freezers to the coolest possible temperature.

IF YOU ARE ORDERED TO EVACUATE

Because of the destructive power of a hurricane, you should never ignore an evacuation order. Authorities will be most likely to direct you to leave if you are in a low-lying area, or within the greatest potential path of the storm. Be aware that most shelters and some hotels do not accept pets. If a hurricane warning is issued for your area or you are



directed by authorities to evacuate the area:

- * Take only essential items with you.
- * If you have time, turn off the gas, electricity, and water.
- * Disconnect appliances to reduce the likelihood of electrical shock when power is restored.
- * Make sure your automobile's emergency kit is ready.
- * Follow the designated evacuation routes—others may be blocked—and expect heavy traffic.

IF YOU ARE ORDERED NOT TO EVACUATE

The great majority of injuries during a hurricane are cuts caused by flying glass or other debris. Other injuries include puncture wounds resulting from exposed nails, metal, or glass, and bone fractures.

To get through the storm in the safest possible manner:

- * Monitor the radio or television for weather conditions, if possible.
- * Stay indoors until the authorities declare the storm is over.
- * Do not go outside, even if the weather appears to have calmed—the calm "eye" of the storm can pass quickly, leaving you outside when strong winds resume.
- * Stay away from all windows and exterior doors, seeking shelter in a bathroom or basement. Bathtubs can provide some shelter if you cover yourself with plywood or other materials.
- * Prepare to evacuate to a shelter or to a neighbor's home if your home is damaged, or if you are instructed to do so by emergency personnel.

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

BRISTOL-NORFOLK

Medical Reserve Corps

Volunteer Spotlight

The Volunteer Day Ceremonies sponsored by Sturdy Memorial were held on April 30, 2008. Ceremonies were first held at Attleboro City Hall followed by an appreciation luncheon at the Elks Lodge in Attleboro. This annual celebration lauds our local volunteers and the invaluable role they play at many area agencies and businesses.

Included in the honored guest list were the follow-

ing local Medical Reserve Corps Volunteers. Mr. Mel Korman from North Attleboro, Mr. Gil Bagley from Plainville, Ernie & Kathy Jaaskelainen from Attleboro and Eileen Sheehan from Attleboro.

They were selected because of their dedication and commitment for serving their communities.

Please join us in recognizing and appreciating their efforts

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.

Dental Clinic - Continued

(Continued from page 1)

tional oral health services in a relaxed, friendly setting. This effort was planned by the Elder Dental Program, a project of the Community VNA in cooperation with the Neponset Valley Community Health Coalition. Two dentists, Dr. Jim Phelan and Dr. Don Pierce, Two oral surgeons, Dr. Biron and Dr. Shenkman, two associates, dental hygienists and dental assistant students volunteered their time to provide the oral screening services. A nutritionist from Bristol Elder Services spoke with clinic participants about the role of nutrition in dental health. Attleboro Council on Aging staff/volunteers, Bristol Norfolk MRC volunteers and others provided administrative assistance under

the direction of Elizabeth Perry, Elder Dental Program Coordinator.

The clinic was the largest to date held by the Elder Dental Program-56 patients were served! Patients and volunteers alike had very positive feedback about the experience. The goal is to offer this program again in the greater Attleboro area.

Thanks to Eileen Sheehan, Denyse Tracey and her daughter Shannyn from the Attleboro Chapter of the Bristol-Norfolk Medical Reserve Corps and Jacquie O'Brien, City of Attleboro Health Nurse and MRC Chapter Coordinator for their participation in this wellness initiative.



Upcoming Trainings

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| • September 9, 2008 South Attleboro Fire Station | Quarterly Chapter Meeting "PPE" Training | 6:30 p.m.—8:30 p.m. See below for details |
| • October 7, 2008 South Attleboro Fire Station | MRC Overview Mandatory requirement | 6:00 p.m.—8:00 p.m. See below for details |
| • October 20, 2008 North Attleboro Police Station | Special Communication Needs Pre-registration required | 6:00 p.m.—9:00 p.m. (5:30—6:00 pm light supper) See below for details |
| • November 2008 | ICS-100/NIMS-700 | TBA |
| • December 2008 | CPR/First Aid | TBA |

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

Personal Protection Equipment (PPE) & Chapter Meeting

Please come to the quarterly chapter meeting to learn about PPE and other updates of the MRC units. Light refreshments will be served. Registered volunteers will receive a gift. Bring along a friend to learn more about the Medical Reserve Corps. Applications for new members will be available.

Please RSVP to AnneMarie Fleming at amfleming@north-attleboro.ma.us or call 508-699-0104 by September 8 2008 so arrangements for refreshments can be made. *As always, Walk-ins are welcome!*

Lisa Crowner, Health Educator from the Department of Public Health, will be the speaker to discuss (PPE). The purpose of Personal Protective Equipment (PPE) is to prevent blood and body fluids from reaching the workers' skin, mucous membranes, or personal clothing. It must create an effective barrier between the exposed worker and any blood or other body fluids. Learn the proper donning and disposal techniques of personal Protective Equipment such as gloves, masks, gowns, shoe covers and goggles.

MRC Overview

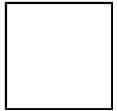
This course is mandatory for Medical Reserve Corps volunteers. If you haven't already attended a MRC Overview, please come to this training. This training is designed to educate people that MRC units are community-based units that organize and utilize volunteers to supplement existing local emergency and health resources. Both medical and non-medical professionals and community members are needed to fill vital support positions. 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 RSVP to AnneMarie Fleming at amfleming@north-attleboro.ma.us or call 508-699-0104 by October 6, 2008 so arrangements for refreshments can be made. *Walk-ins are always welcome!*

Addressing Communication Needs of Elders and others with Hearing Loss in Emergencies

Jonathan O'Dell, Director of Communication Access, Training and Technology Services with the Massachusetts Commission for the Deaf and Hard of Hearing will be the keynote speaker addressing the challenges for emergency planners and persons who need communication access during disasters. This training will provide resources, information and a platform for planning and response. Participants will be exposed to communication aides and technologies as well as considering low-tech strategies when high tech is not available. Anyone with a role in emergency or disaster planning and response is encouraged to attend.

This training will be held on Monday, October 20, 2008, 6:00 pm—9:00 pm. Light supper/snacks from 5:30 p.m.—6:00 p.m. At the North Attleboro Police Station located at 102 South Washington Street, North Attleboro.

Registration is required, but walk-ins are welcome, please contact Cheryl Bushnell by October 17, 2008 at 508-367-7519 or bcmrc.coordinator@comcast.net. Individuals needing auxiliary aids or services please contact Cheryl Bushnell at bcmrc.coordinator@comcast.net. ASL interpreters and CART have been requested for this conference. 3 Contact Hours for nurses and EMT's applied for



Local Chapter Contact Information

www.bristol-norfolkmrc.org

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