



Your latest news from the Vermont Medical Reserve Corps (MRC)

'SPRING'ING INTO ACTION

Heather Rigney, MRC State Coordinator

Spring has sprung at a busy pace for Vermont's MRC. From fielding a statewide request for emergency congregate sheltering staffing, to units receiving request for help with eclipse support, our nine MRC units ushered in the season with a roar. Not to mention all of the additional work you do with Stop the Bleed, Be Bright at Night, outreach and other avenues of community support.

OUTREACH CARE TEAM

Several agencies came together in October of 2023 to bring services to people living on the street or housed in the hotel/motel program.

The Rutland County Free Clinic, Rutland County Mental Health, Turning Point Center of Rutland, and our unit, Rutland/Addison Medical Reserve Corps (RAMRC), partnered with Project Vision and the Rutland City Police Department to build relationships and reach out to people in need. Their ultimate goal focuses on transitioning people towards stable housing and primary care. Thus, the Outreach Care Team (OCT) was born.

The OCT goes out weekly to the streets and bi-weekly to the Methodist Church's Companions in Wholeness program in downtown Rutland. RAMRC volunteers assist with health screenings, wound care, visual health assessments, and recommendations for further care at the Free Clinic or Rutland Regional Medical Center as needed. There have been some success stories from the OCT program leading a number of people towards stable housing, getting dental care, and/or receiving advanced care at Rutland Regional Medical Center. The RAMRC volunteers made a lasting impact on the lives of people in the community. Please contact us at eric.pulver@vermont.gov or beate.ankjaer-jensen@vermont.gov if you are an RAMRC volunteer or volunteer in a nearby unit and are interested in joining the OCT.

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"Companions in wholeness shares meals and provides a safe space, assistance and accompaniment for people who are experiencing homelessness, food insecurity, or living in poverty."

MRC STTRONG UPDATE

Number of Stop the Bleed Classes offered this quarter: 22

Types of venues offered: Schools, public events, In-house for volunteers

Kits given away: 235

Number of Be Bright events offered this quarter: 46

Audiences: Children's events/WIC, schools, senior programming, healthcare events, outdoor clubs

Reflectors given away: 2,325

Check
out
our stats!



NWMRC Stop the Bleed instructor Helen Short demonstrates bleeding control



NEKMRC Unit Coordinator Becky Petelle teaches Be Bright at Night to WIC families at Barton Library.

Where's the MRC?



Members from NWMRC and CCMRC pose for a photo after first aid/CPR.



The Medical Reserve Corps of SW Vermont was honored to attend the 2024 National Preparedness Summit in Cleveland, Ohio. We presented at the conference on our MRC Pediatric Oral Health Popup Clinics, which were executed after receiving a NACCHO Operational Readiness and Response (ORA) Grant in 2023 for \$10,000. Martha Cornwell, SWMRC Coordinator and Dee Myrvang, SWMRC Director, attended the conference for four days in March, with co-workers Jacquie Kelley (NWMRC) and Liam Knight (DEPRIP.)

Our MRC presentation was titled, “ Medical Reserve Corps to the Rescue! Workforce development in times of healthcare gaps.” The National MRC Program Director and his staff attended our presentation and told us how excited they are to see this type of work happening and this being the type of innovative gap-filling work they want to fund. We will be presenting again at the National MRC Summit in Chicago in May, 2024.

We enjoyed all the networking opportunities at the National Preparedness Summit, where we met fellow public health, healthcare and MRC members. The sessions, workshops and posters had excellent topics to choose from.



Left to right: Jacquie Kelley, Dee Myrvang, Martha Cornwell and Liam Knight.

UNIT ACTIVITIES AROUND THE STATE

SOUTHEASTERN MRC

The Southeastern VT MRC has had a busy winter! We conducted 4 STB trainings for the staff of a regional rural hospital. Our Be Bright initiative included targeting community organizations that reach the vulnerable and homeless with reflectors. The SEVT MRC's COVID actions included test kit distribution at a food distribution site on a frigid February morning, and helping throughout the season at 4 equity vaccination clinics. We continue to conduct our popular monthly foot clinics at the Brattleboro Senior Center. We're in the early stages of developing our pilot program, Fall Prevention training, and are adding additional sites and one additional trainer. This program, conducted by Physical Therapists, teaches about risk factors and provides a useful self-assessment. Participants learn ways to decrease their risk of falling, how to choose and use assist devices, and how to get up after a fall. Our program will target ages 45+ who we'll reach through libraries, churches, senior and adult day care centers, and adult living communities.

MRC OF THE NORTHEAST KINGDOM

In the last month, we have held one Stop the Bleed Class, two Be Bright at Night events, one Basic Emergency Preparedness Presentation and participated in the NWMRC QPR training. We have also had our February monthly meetings - a celebration of our 2023 accomplishments and an informal strategic planning session.

LAMOILLE VALLEY MRC

LVMRC provided vaccine clinic support at Smuggler's Notch December. We are also in the process of reforming our Advisory Board and getting a new volunteer Co-Coordinator.

SOUTHWESTERN MRC

We hosted our final pediatric oral health clinic popup and got great media coverage!

UPPER VALLEY MRC

We presented to the WRV Supervisory Union School Nurses of a School Nurse's Role during a School Disaster. We presented to Reading Fire & Fast Squad, W. Windsor Fast, W Weathersfield Fire & Cavendish Fire & Rescue on Stop the Bleed, Personal Emergency Preparedness and Increasing Community Capacity & Resilience. We covered the 21st Annual Youth Ice Fishing Derby & the RedZone 5K in Hartford.

Northwestern MRC

We did injuries and splinting training and STB training for unit members in January. In February we did Question, Persuade, Refer training. We also participated in the Missisquoi Valley Union Financial Literacy Event by educating students on winter go bags and be bright at night. We distributed about 30 reflectors. We continue to support Martha's Community Kitchen weekly and the Abenaki Tribal Office monthly by providing health screenings and foot care.

RUTLAND-ADDISON MRC

In December, we conducted a reflector Education event at the Brandon Moonlight Madness Holiday event 12/06/2023 assisted by Debbie Boyce. Our Outreach Team in Rutland will continue their work into 2024. And we are hosting a Stop the Bleed event for a tree company in Middlebury in early January.

CHITTENDEN COUNTY AND CENTRAL VERMONT MRCS

CCMRC and CVMRC were lacking new leadership over the winter, but hired on a new Coordinators in January, August Toynton (CCMRC) and Diana Chace (CVMRC) August and Diana have been getting up to speed on all things MRC. including exploring a new fiscal agent and reforming their defunct Advisory Boards. We'll be seeing more of CCMRC and CVMRC come spring. Welcome, August and Diana!

MRC MEMBERS SPOTLIGHT

Every quarter, we will be recognizing and celebrating MRC volunteer(s) who have gone above and beyond to serve their communities. Sound like a volunteer you know? Submit a nomination to Heather.Rigney@vermont.gov

EILEEN MURPHY, UPPER VALLEY MRC

“Eileen chose to attend two MRC trainings independently through our leadership transition when our unit was not offering trainings close by. Her focus is always on ensuring she is ready to assist in emergencies. In addition, Eileen offered her time to help our health department nurses keep their skills sharp. Taking the initiative to proactively prepare for the next community crisis is notable.”

Misha McNabb, Upper Valley MRC Co-Coordinator



Eileen (center) gowned and ready for a COVID testing clinic in summer, 2020

How long have you been volunteering with the MRC? What drew you to volunteer?

I started Spring 2020 with the start up of COVID testing, to contribute in a constructive and supportive way in Orange County.

What has been your favorite MRC experience(s)?

COVID testing with the White River Junction team, meeting fellow team members in the area and making the testing process less scary for individuals and healthcare workers more approachable.

What's your favorite spring activity?

Noticing early signs of spring - the scent and sight of dirt, chives just starting to show, rhubarb knuckling through, water flowing.

MRC SUMMIT 2024

We heard your voice!

Thanks to those who answered the survey in January's newsletter. Based on your feedback and that from last year's Summit, we are designing a conference that incorporates your desire for more interaction and collaboration, along with great learning sessions.

Save the date for May 14, 9am-4pm at the Freedom Conference Center, VA Hospital, White River Junction.

Enjoy local catering for breakfast and lunch, including vegetarian and gluten free options.

Register by April 30 to secure your spot!

<https://form.jotform.com/240983345718162>

② CULTURAL COMPETENCE

Learn how to be culturally sensitive in your delivery of services to those whose needs, understandings and experience of healthcare may be different from your own.

③ SUICIDE AWARENESS AND PREVENTION

MRC interacts with people in crisis, many with prior stressors and trauma. Learn how to identify when a person is in need of support and how to approach them.

① JUSTICE, EQUITY, DIVERSITY AND INCLUSIVENESS (JEDI)

Be a JEDI. From planning to delivery of care, understand how we can involve the whole community and leave no one behind.

④ SPECIALTY TEAM ROUND ROBIN

Learn more about some great initiatives and how your MRC can join the action. Each mini presentation will highlight a great MRC program from local Units.

Vermont Healthcare and EMS Conference Registration-Jay Peak, June 14-16

Register today via <https://na.eventscloud.com/793179> . More conference details available at www.vtemsconference.com

This conference offers impactful trainings and seminars for a variety of healthcare and allied health entities throughout the state. This event is free to the first 20 MRC members who register (use of VTMR2024 code will cover one day's registration at a rate of \$60.) Use the 'Attendee' drop down in the registration to sign up.

Volunteers are also needed to work the conference. If you are able to help with the following activities, please use the SignUp Genius <https://www.signupgenius.com/go/10C0E4CAAAC2EA0F8CF8-49038628-vthealthcare> . Those who sign up for four or more hours of volunteer time will also received free entry for the day. Use the CONFVOL24 access code in the registration to sign up.

Areas of need:

- Stop the Bleed (2 instructors for back to back sessions Saturday, June 15)
- MRC info tabling (June 14-15)
- Offering morning wake up sessions for conference attendees (can be any skill, such as yoga, tai chi, stretching) (June 14-16)

Family Assistance Training

How would Vermont's MRC respond to a mass fatality event in our state? Through a partnership with our Office of the Chief Medical Examiner, Vermont MRC is offering a two-part training on operating a Family Assistance Center.

Family Assistance Centers are locations where families go to be interviewed and give details of loved-ones missing in disasters. It is a sensitive, labor-intense process that provides closure to those experiencing loss. Part 1 (virtual) will provide an overview of the process and the steps, and part 2 (in-person) will give hands on work with forms, as well as a chance to role play interviews for skill enhancement.

Mark your calendar for the Part 1 training on May 1 from 6-7:30 via Microsoft Teams.

Orientation

If you are a MRC member and have not attended a New Member Orientation, join us for a virtual orientation session on April 25 from 9-10am or 6-7pm via Teams.