



Hello Everyone~

Here is the latest news for the Region 4A Medical Reserve Corps~

I hope you all enjoyed the Holiday season!

Good News!

There is a relationship between volunteering and health:

When individuals volunteer, they not only help their community but also experience better health in later years, whether in terms of greater longevity, higher functional ability, or lower rates of depression. Please read this article:

http://www.nationalservice.gov/pdf/07_0506_hbr.pdf

Plans for the Region 4A in 2008!

- Training
- Coordinating with the local MRC Executive Committees
- Badging
- Drills
- Public Health outreach

MRC volunteer of the month:

I would honor John Stevens from Sudbury Branch of the MRC. John has worked tirelessly to promote the Medical Reserve Corps in Sudbury and throughout the Region. He has worked to offer Behavioral Health Disaster Psychology, Family Preparedness, Emergency Dispensing site training and MRC 101 to the public and MRC volunteers in Region 4A he serves on the Behavioral health Disaster Psychology Planning Committee for the Region. We want to thank him for all of his hard work and dedication to the MRC!

Training spotlight:

Influenza Specialty Care Units (ISCU): An Orientation for Medical Reserve Corps Volunteers:

This training will provide volunteers with:

- An overview of hospital pandemic preparedness planning
- An understanding of the role and function of an ISCU during a pandemic
- An explanation of the role of volunteers in supporting an ISCU in a Pandemic response.

See the class listings on our web-page:

<http://www.region4a-mrc.org/Training.php>

MRC Flix:

Please take advantage of the library of training DVD's for our MRC volunteers.



FLU FACTS:

What you need to know:

There are simple steps you can take to protect your family and yourself:

- Wash your hands
- Cover your cough
- Get yearly flu vaccine
- Make a family emergency plan
- Volunteer in your community

The materials are available at no cost. An order form is available at http://www.mass.gov/dph/cdc/epii/flu/flufacts_materials_request_form.rtf.

Learn good Cough etiquette:

<http://www.coughsafe.com/media.html>

Emergency Preparedness Begins at Home:

Planning ahead for an emergency will give you peace of mind and can keep your family safe in the event of disaster. Being prepared will make you a better MRC volunteer, if you are prepared at home for a disaster you will be able to respond as a MRC volunteer to help to protect your community.

Make a plan for you and your family:

<http://www.ready.gov> or <http://redcross.tallytown.com/tdoc.html>

Ask your friends and Family to volunteer for the MRC:

If you have a friend or family member that you think would want to be a MRC volunteer have them call the local Board of Health or contact me. We would love to have them as a part of our team!

Thank you so much for your time and most of all thank you for volunteering for the Region 4A Medical Reserve Corps~

Take Care~

Liisa Jackson
MA Region 4A MRC Coordinator
774-278-0059