



Hello Everyone~

Here is the February News letter~

Boston Marathon Partnership:  
Medical Reserve Corps Recruitment Announcement for Ma Region 4A MRC:

The Region 4A Medical Reserve Corps has been invited to participate in the Boston Marathon Medical Team. The Boston Marathon - one of the oldest and most prestigious marathons in the world - provides a unique opportunity for the MRC to provide community service and medical expertise, as well as enhance our visibility with many emergency service agencies in Massachusetts.

Description of duties:

The Sweep Team positions are located beyond the immediate finish line. The team is responsible for coverage of a large area that includes Boylston Street and the surrounding side streets. The Sweep Team, comprised of medical personnel, works in small groups triaging runners who encounter difficulties after completing the race. If the runners need additional medical care, there is a wheelchair portion of the Sweep Team which transports runners needing additional medical assistance - using wheelchairs and Boston EMS golf carts - back to one of the medical tents.

Learning opportunities:

There will be training available specifically for triage of Marathon Runners - offered in April at Newton Wellesley Hospital. Details will follow soon.

There will be a medical conference (Saturday, April 19th at the John Hancock Hall) as a part of the marathon weekend - seminar outlines and registration details will follow.

Both events will be offered free of charge to all BAA Medical Volunteers (CME credits will also be offered for specific medical groups), These seminars are not mandatory, but by participating you will develop a much better understanding of your role and the entire medical plan. You are strongly encouraged to attend.

Race Day (April 21) Requirements:

Meeting Place: Auditorium, John Hancock Hall, 200 Berkley Street, Boston

Expected duration: 7:00 a.m. - 6:00 p.m.

Additional details will be sent to you if you are selected to be a team member.

Point of Contact: Michelle Kanavos [michelle@kanavos.com](mailto:michelle@kanavos.com), phone: 617.962.1998.

NOTES:

Medical Personnel: There are limited slots for Medical Personnel at this time. Application through the MRC will be forwarded to match skills to job openings. You will be notified if you match an available slot.

Non-medical personnel: there are limited non-medical openings, such as medical record-keeping. Other positions include patient transport via wheelchair. Please note you must be able to push a wheelchair with



someone in it for a fair distance if working in this position. You will be notified if you match an available slot.

Once notified of your acceptance, you will be given additional instructions for completing an application and providing documentation of your licensing/registration credentials, clothing requirements, directions, food, etc.

#### Highlights:

- Training: <http://www.region4a-mrc.org/Training.php>
- Local MRC Executive Committees: we had our last meeting on February 6<sup>th</sup> in Hopkinton; we shared ideas and are working together to have a well training and robust MRC in MA Region 4A.
- Badging: we have started scheduling dates to badge the MRC volunteers in your community, keep your eyes out for the notice and come in and get your badge!
- Drills: we are planning some more drills in the Region 4A communities to get MRC volunteers better prepared to respond to a disaster, please participate if you can.
- Public Health outreach: if your community asks you to participate in some public health outreach please take advantage of the opportunity to serve your community!

#### MRC volunteer of the month:

Please join me in honoring Dr. Ceil Mikalac from Ashland Branch of the MRC. Ceil has worked tirelessly to educate MRC volunteers about Behavioral Health Disaster Psychology in the Medical Reserve Corps in Ashland and throughout the Region. We want to thank her for all of her hard work and dedication to the MRC!

You can nominate a volunteer of the month from your community just send me an email about why they should be nominated as the volunteer of the month. I know there is so many of you out there doing amazing work in your communities!

#### Training spotlight:

Family Preparedness: This class will teach you how to prepare, care for yourself and your family in the event of a disaster. Please take this very important class!

Make a plan for you and your family:

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

See the class listings on our web-page:

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



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### MRC Flix:

Please take advantage of the library of training DVD's for our MRC volunteers (attached)

### National MRC News:

Learn more about the National MRC program that MA region 4A is part of:

<http://www.medicalreservecorps.gov/HomePage>

### 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/epi/flu/flufacts\\_materials\\_request\\_form.rtf](http://www.mass.gov/dph/cdc/epi/flu/flufacts_materials_request_form.rtf).

Learn good Cough etiquette:

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

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

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