



SUMMER 2008 MA REGION 4A MRC NEWSLETTER

Region 4A Chosen for Website Spotlight:

Dagayla Burks of the Office of Civilian Medical Volunteer Corps in the Office of the Surgeon General wrote to congratulate the Massachusetts Region 4A MRC for being selected as the next quarterly MRC Unit website spotlight. Each quarter a different unit is selected to be spotlighted on the MRC Website. You can see unit spotlights at <http://www.medicalreservecorps.gov/Spotlights>

MRC volunteer of the month:

Please join us in honoring Mary Cobleigh from the Boxborough branch of the Region 4A MRC she initiated the formation of the Boxborough MRC and has been there and a great Liaison to the Board of Health. With her insight of what direction the town is going in, we are able to function collaboratively with other boards and organizations. The work that she has done to promote the MRC in Boxborough has been a huge success in her community. We are so grateful for her hard work, leadership and protectionism! She was nominated by a member of Boxborough MRC Executive Committee

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

501(c)3

Region 4A is in the process of completing the required documentation to submit an application for 501(c) 3 status.

Boston Marathon

The Boston Marathon granted the Region 4A MRC funds for coordinating the Boston Marathon Medical Sweep teams. The scope of services will be broadened next year – volunteers who participated in 2008 are excited about volunteering again in 2009! Based on the MRC's performance at the Marathon, the MMRS program has agreed to contribute funds toward the purchase of equipment and supplies for MRC Volunteers.

Community Partnerships

The Region continues to build strong relationships our community partners, including local hospitals, the National Interpreters Society, police and fire departments and various other groups.



Training Spotlight:

Behavioral Health Disaster Response: Part 1 and Part 2

This presentation will provide an explanation of why behavioral health concerns are a major component of emergency events and how behavioral health interventions can both prevent and mitigate certain consequences of disasters and other emergencies. Long-term behavioral health effects of disasters will be explained and discussed in the context of both prevention and intervention. Psychological First Aid will be defined and differentiated from other types of mental health care. Through didactic presentation and the use of role-plays and case vignettes, intervention techniques for Psychological First Aid will be demonstrated and compared. The importance of identifying self-care issues will be outlined and useful methods for reducing stress and secondary trauma among responders will be formulated.

You can register for this class and others on the MA region 4A web-page: <http://www.region4a-mrc.org/Training.php>

Family Preparedness

Make a preparedness plan for you and your family:

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

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>

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 Liisa Jackson. We would love to have them as part of our team and we are always looking for more volunteers!

September is just around the corner – we are busy planning the fall schedule so please keep your eye out for additional MRC training –specifically Behavioral Health Training; and Badging – be sure to get your official photo badge.

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

Liisa Jackson
MA Region 4A MRC Coordinator
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