

# VERMONT MRC QUARTERLY NEWSLETTER



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

## WHAT IS A GROUP, AND SHOULD I BE IN IT?

Heather Rigney, MRC State Coordinator

Just like the MRC has Units, which are organized volunteers who share a geographic service area, MRC now has Groups, which are functional areas of expertise in support of the Missions we do. For example, when a volunteer completes the requisite trainings to be an amateur radio operator, they can opt in to become part of our Auxiliary Communications Group. Likewise, if a volunteer completes the two levels of Family Assistance Center training, they can be part of the Family Assistance Center Group. So on, and so forth for many categories.

Groups help MRC transcend geographic limitations, and link volunteers with similar skill sets across Units. Most Groups

involve many volunteers from all over the state, while others, like our Reiki Group, may be limited to a subset of skilled volunteers from one Unit.

We have lots of volunteers with lots of training, but incomplete training records and expired certifications often make it hard to determine who should be a part of what. See page two of this newsletter to figure out where you stand, what you need to know to complete trainings that make you eligible for a Group, and how to request to be a part of a Group.

Please note that in 2026 we will be concentrating trainings on building out our Auxiliary Communication and our Emergency Sheltering Groups, and are excited to usher in a pilot program Behavioral Health Group for the Rutland area, so be on the lookout for emails and newsletters highlighting some of these trainings.

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# ***Introducing MRC Groups***

## Auxiliary Communications

Requirement-A valid FCC Technician, General or Extra class amateur radio license.  
Completion of FEMA IS-100 and 700

## Emergency Sheltering

Requirement-A valid CPR certification and completion of American Red Cross Shelter Fundamentals Class.

Additional asks-some shelter require First Aid, Naloxone (NARCAN) Administration, Psychological First Aid and De-escalation trainings to participate. Volunteers wanting to join the Emergency Sheltering Group are encouraged to take as many of these courses as possible.

## Family Assistance Centers

Requirement-Completion of Psychological First Aid and a recognized PFA TTT class. Vermont MRC uses a curriculum based on Minnesota Behavioral Health MRC's PFA program, which is available in Vector and on MRC Train, or is taught in -person.

## Medical Countermeasures Warehouse

Requirement: Ability to bend and lift 25 lbs, orientation to the MCM warehouse. Additional asks- Volunteers wanting to join the FMCM Warehouse Group are encouraged to have organizational skills and attention to detail. Due to proximity to worksite, recommend volunteers live within an hour of the Burlington-metro area.

# ***Introducing MRC Groups***

## Psychological First Aid Trainers

Requirement-Completion of FAC Part 1 and Part 2 with the Office of Chief Medical Examiner

Additional asks- Volunteers wanting to join the FAC Group are encouraged to take Psychological First Aid, De-escalation, Motivational Interviewing, and other similar trainings. Licensure or experience in behavioral health professions, chaplaincy, counseling, casework and other client-centered work beneficial.

## Stop the Bleed Trainers

Requirement-Completion of Stop the Bleed, and

- a) Medical personnel only-self-attestation on national STB website that you know and can demonstrate the skills of STB.
- b) Laypersons-Co-instruction of a STB course, primary instruction of a STB course under supervision of an existing instructor, and registration on national STB website.

## Check out local Groups

Units can create Groups too. If your Unit performs a special Mission relying on skilled training, suggest a Group!

## Join a Group

If you think you have what it takes, review your list of Trainings and Skills to make sure they match the requirements or take courses to meet requirements. Then request Group membership through your Unit Coordinator. Any MRC administrator can add a volunteer to a Group.



# Announcements

***Congrats to Helen  
Short, Meredith  
Roberts and Gabrielle  
Mikula from NWMRC  
for your recognition!***

Dear Helen and Helpers,

Words cannot fully express how grateful we are to have you as part of the Franklin County Senior Center family. The kindness, care, and compassion you show to our seniors touches lives in ways that go far beyond footcare—it brings comfort, dignity, and joy to those who need it most.

Your generosity in giving back to the Center through their contributions is a gift that strengthens our community. It is people like you—selfless, caring, and devoted—who

make such a profound difference in the lives of our seniors. Because of you, their days are brighter, their burdens lighter, and their hearts fuller.

Please know how deeply we appreciate all that you do. The senior community is truly blessed to have you, and we are honored to count you among our most cherished supporters.

With heartfelt thanks and warmest appreciation,  
Patricia Ross, Executive Director

***Congratulations  
on your  
retirement,  
Beate!***

Congratulations to Beate Ankjaer-Jensen, our Co-Coordinator for Rutland Addison MRC, on her imminent retirement at the end of the month. Beate has dedicated six years to MRC and was the designer and cheerleader behind our Be Bright at Night program and many other initiatives in the Addison county area, including much of our outreach to migrant workers through Bridges to Health. We wish you the best, Beate, and hope you enjoy more time with family and exploring your many hobbies and passions!

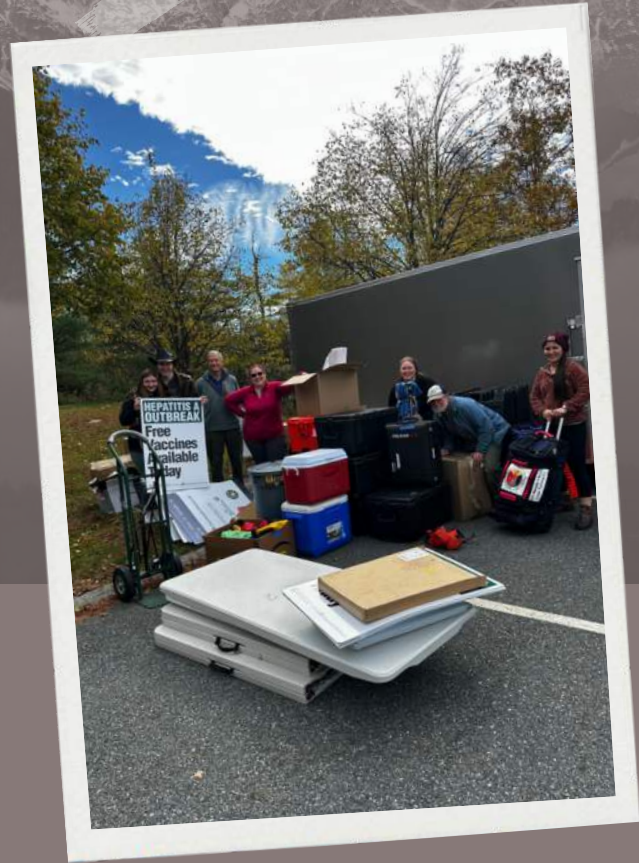
This fall saw a huge transition within our MRC Unit Coordinator cadre. Please join me in wishing Diana Chace the best in her new endeavors as Matt Ward and Karl Stein take over both LVMRC and CVMRC. Moriah Keat will be transitioning from a Staff Unit Coordinator to a Volunteer Unit Coordinator role for UVMRC, and Dee Myrvang will become both a Volunteer Unit Coordinator for MRC of SWVT as well as the Staff Unit Coordinator for RAMRC upon Beate's retirement. We hope all volunteers show some grace as we make a number of transitions.

***Farewells  
and  
Transitions***



# WHERE IS THE MRC?

Upper Valley MRC inventories their local response trailer at the Trailer Swap-O-Rama.



The NWMRC Unit Coordinators represent their unit at the Medical Associates Wellness Fair.



NEKMRC volunteer Dyanna Thresher evaluating a decontamination exercise at Northeast VT Regional Hospital.

# UNIT ACTIVITIES AROUND THE STATE

## UPPER VALLEY MRC

UV MRC was honored to participate in the Hartford Dental Pop-up Clinic. In October, UV MRC members participated in the Trailer-Swap-O'Rama. Members unloaded, reorganized and repacked two trailers. One trailer is intended to be surge support, while the other is intended to be sheltering support.

The UV MRC activated in early November to support the residents and staff at Wheelock Terrace after their facility was evacuated. Volunteers provided ICS support, evaluation and companionship for displaced residents.

During the end of the month, our membership meeting and training will feature Certified Child Life Specialist, Holly Gaspar, on "Calm in the Chaos: Supporting Kids in Disasters", a presentation crafted explicitly for MRC volunteers!

## SOUTHEASTERN MRC

SEMRC did Fall Prevention classes at a senior living and adult day care facilities and gun lock distribution at wildlife weight stations and Mt. Snow wildlife festival. We also participated in a Hepatitis C clinic and taught STB education.

## RUTLAND-ADDISON MRC

RAMRC has been working on Stop the Bleed training. Following the holiday, we will be working on new partnerships with Project Vision, a coalition in Rutland County. We also will be looking to start monthly STB courses around the two counties for the public to attend. We will continue our work on creating a disaster behavioral health team.

Lastly, we wish Beate a great retirement!

## MRC OF SOUTHWESTERN VT

MRC of Southwestern VT has been active teaching personal preparedness to seniors, and speaking to nursing students at two local colleges about the preparedness role in healthcare. Volunteers taught CPR to Burr and Burton staff, participated in an equity clinic in Manchester, where we delivered flu and COVID vaccine, and staffed the Tractor Parade, where we handed out Be Bright at Night information and reflectors to viewers.

## **MRC OF THE NORTHEAST KINGDOM**

We had a Zoom Training for our monthly meeting on Human Trafficking. We've hosted several Stop the Bleed classes. In October, we volunteered at the Clothing Drop and Shop, and the STEM Fair. Our MRC coordinators are taking a leadership training.

## **CENTRAL VERMONT MRC**

We have completed our pilot presentation for emergency go bags at the Plainfield Senior Center and have received more than enough positive feedback to warrant regular sessions at Senior Centers in Washington county. We also did Go Bags in Worcester and at Twin Valley Senior Center.

We hosted a vaccine clinic at Good Samaritan Haven in Barre.

## **Northwestern VT MRC**

The NWVT MRC conducted a Health Screening Clinic at the CVOEO Community Resource Center in Burlington, 5 Stop the Bleed classes, and 12 Footcare Clinics. The unit provides weekly Health Screening Clinics at Martha's Kitchen in St. Albans. We tabled at the Med Associates Employee Wellness Fair and the Special Olympics Fall Games where we talked about emergency preparedness. The unit supported the WIC station at the NCSS Trunk or Treat event by providing reflectors. We presented an MRC Spotlight Session to Health Department employees with the MRC State Coordinator and Upper Valley MRC Unit Coordinator. We also started distributing our go/stay kits for children with disabilities to families living in Chittenden, Franklin, and Grand Isle counties.

## **LAMOILLE VALLEY MRC**

This Fall LVMRC has supported 6 vaccine clinics aimed at promoting health equity by targeting the most vulnerable member of our community. We have tabled at community events such as at the Highland center for the Arts, Rocktoberfest in Morrisville and the last two Hardwick Framer's markets of the season. LVMRC has hosted 4 Stop the Bleed classes and one CPR course so far this Fall with more lined up. We have added four new members this quarter and are planning an active winter season with attendance at several outdoor events as well as collaborating with Hardwick Health Center to help identify needs of community members at cold weather warming centers.



# 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 [MRC@vermont.gov](mailto:MRC@vermont.gov)

## RUDY FEDRIZZI, UPPER VALLEY MRC

Rudy has been an active member of the UV MRC since 2019. Rudy has also been an incredibly supportive member of our UV MRC Advisory Board. Rudy has worn many hats during planned community events, emergency disaster declarations and non-planned local disaster activations in sheltering, administering first aid and providing administrative support during pop-up clinics. Rudy's regular job was District Office Director in the Vermont Department of Health. It is with deepest remorse that the UV MRC membership and Advisory Board announces that Rudy has accepted a position that takes him away from our service area, though we know Rudy will continue to serve the Brattleboro District Office and the Southeast MRC with honors. We will miss him terribly. We want to honor the service he gave to the UV MRC.."

-Misha McNabb, Unit Coordinator



Rudy manning the intake desk at a pop-up dental clinic in September.

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

I first joined the Greater Monadnock Medical Reserve Corps in NH in 2010 when I worked at Cheshire Medical Center in Keene. I then transitioned to the Upper Valley MRC in 2019 when I began working with VT Department of Health. I could see early on that the MRC could be impactful beyond times of natural disaster or other emergencies by supporting community events and educational presentations. It makes me feel good to help.

### What has been your favorite MRC experience(s)?

I've liked working alongside other MRC volunteers at COVID and flu vaccination clinics because we can extend the capacity of the healthcare system and amplify the number of people served. I also was involved in an ambitious project years ago where MRC members inventoried health care and social service resources in their own communities to create a comprehensive regional registry of supports. That listing helped community health workers connect clients to needed services faster and easier.

### What's your favorite fall activity?

As the weather cools, I really enjoy cooking the Italian peasant foods like polenta, risotto, and canederli (dumplings in broth) that were so much of my growing up.

### Anything else you wish we'd asked?

I know we can't volunteer our way out of the many, growing challenges facing health care and public health. Still, I wish to appeal to anyone with time on their hands to join MRC and pitch in where they can. It really does take a village to help everyone thrive.



# UPCOMING STATEWIDE TRAINING

## PSYCHOLOGICAL FIRST AID

### CHOOSE ONE OF THREE SESSIONS:

**DECEMBER 8, 5:30-7**

**DECEMBER 15, 5:30-7**

**DECEMBER 18, 9-10:30**

This Active level course is expected of MRC members who deploy in state for emergencies. PFA is a method for helping people in the immediate aftermath of a traumatic event, like a natural disaster or personal crisis. It is an evidence-informed approach that focuses on providing compassionate, practical support to reduce stress and help people recover. Key components include creating a safe environment, listening, offering practical help with immediate needs, and connecting people with support systems.

Choose one of three dates for virtual live sessions taught by MRC PFA Instructors by clicking on the Vector calendar, or take the online version through Vector.

## WHEN ALL ELSE FAILS: COMMUNICATING DURING HELENE, REAL LESSONS FROM HURRICANE HELENE ON HOW TO STAY CONNECTED WHEN EVERY SYSTEM GOES DOWN

**DECEMBER 17, 12:00 P.M.- 1:00 P.M, VIRTUAL**

When Hurricane Helene tore through North Carolina, it didn't just destroy infrastructure — it severed communication lifelines. Greg Hauser, North Carolina's Statewide Interoperability Coordinator, shares how state and local responders found ways to communicate, coordinate, and deliver aid when normal systems were gone.

Hear how public safety radio, amateur radio, satellite tools, broadcast media, and plain ingenuity filled the gaps — and what Vermont can learn from North Carolina's experience.

REGISTRATION: <https://events.gcc.teams.microsoft.com/event/4ab84e93-81f7-4d54-9baf-1b6721923585@20b4933b-baad-433c-9c02-70edcc7559c6>

## MRC NEW/PROSPECTIVE MEMBER ORIENTATION FOR AUXCOMM VOLUNTEERS

**DECEMBER 13 (MORRISVILLE) OR  
JANUARY 10 (SPRINGFIELD) 9:30-3:30,  
IN-PERSON**

An intensive onboarding for members of the new AuxComm training group. The morning session will cover MRC Orientation, ICS Overview and Personal Preparedness requirements of the MRC, while the afternoon session will cover the Healthcare Network mission and status, Anytone 578UV3, FLDigi and a net procedures review. Lunch is provided.

Sign up via Vector or email John at [jzcolt@gmail.com](mailto:jzcolt@gmail.com)