

VERMONT MRC QUARTERLY NEWSLETTER



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

DOING A LOT WITH A LITTLE

Heather Rigney, MRC State Coordinator

The questions have come mainly from MRC leadership, but I suspect it's in the back of your mind as a volunteer too? What happens to the Medical Reserve Corps if federal program funding is cut? After all, MRC is one of the proposed programs on the chopping block, and it takes money to equip and train volunteers, even if the labor is free. So what's next?

The answer, while not crystal clear, is that we are capable of weathering the rainy day as well as the blue skies times. Our STTRONG funding will carry us for the next three months, and we will likely receive our regular Healthcare Preparedness Program funding at least through 2026, which means we will allocate unit subgrants, purchase supplies for our key projects, and cover staff salaries.

It also means that we reuse the good products we've created-advertisements, procedures, templates, trainings, and maybe go lean on a few things by consolidating work with other programs, or rethink how we do Summit and other in-person opportunities. What it doesn't mean is a loss of MRC.

In the pandemic we proved the state needed our medical expertise and our sheer manpower. In two major flooding events and a dozen emergency shelter openings we have been there to tackle missions such as information/resource dissemination, logistics, registration, and first aid. MRC has been proven to our state and community partners that a volunteer workforce matters. So much so that our Governor has annually recognized the MRC in proclamations for the work we do.

Now more than ever, volunteers will be needed to fill the gaps in the work that needs to be done. But it also means fighting for the program we love. If you wish to write to your elected officials to demand they fund the MRC into the future, please use the letter template attached to the MRC email containing this newsletter to advocate for programmatic support.

THIS ISSUE:

| | |
|---------------------------|-----|
| Doing A Lot With A Little | 1 |
| Marketing the MRC | 2 |
| STTRONG Grant Extension | 3 |
| Announcements | 4 |
| Where's the MRC? | 5 |
| MRC Summit In Photos | 6 |
| Unit Activities | 7-8 |
| Member Spotlight | 9 |
| RAM Clinic | 10 |
| Statewide Trainings | 11 |



Marketing the MRC

The MRC is big enough for EVERYONE

Recruiting new membership is the focus of our new social media marketing campaign. Throughout June and July we're running MRC ads on Meta to recruit new volunteers. Please 'Like' and 'Share' to your page and among interested friends.



Data-Driven Decision Making

Led by Place Marketing, our campaign focuses on ads that garnered the most attention among audiences MRC wants to reach.



Visualizing Our Impact

We're highlighting real work by real volunteers because MRC is proud of what our people do.



Recruiting for Diversity

Rural. Urban. Young. Old. All colors. All genders. Our campaign focuses on diversity so the modern MRC represents everyone we serve.



MRC STTRONG Grant Extension!

We now have until August 31 to expend the remaining money left in this critical MRC grant that supports our Units.

This is great news!



What this means

- Additional time for data collection and project evaluation
- Extension of MRC recruitment campaign
- Reallocation of money for additional MRC purchases and training
- Provides relief for other grants on personnel costs

Program benefits

- Restock of Stop the Bleed and Be Bright supplies for next program cycle
- Additional purchases of recommended items to MRC Sensory and Communications Go Kits
- Purchase of AEDs and AED trainers for all MRC units



Announcements



Do you
LOVE the
new
OnCall
site?

Give us your
feedback!

[https://
forms.office.
com/g/
XEGN4PE57Y](https://forms.office.com/g/XEGN4PE57Y)

MRC now has local control of the OnCall website we use to promote our organization statewide! We've taken over from our third-party vendor and updated the content. If you haven't visited <https://oncallforvt.org> in awhile, you'll love what you see!

In addition to old favorites like our Map Locator Tool and Recruitment Tabs, the new site now sports:

- Links to RMS, Vector, and the national MRC site
- Back copies of the last years' newsletters for those you missed
- Our recruitment video
- A Volunteer of the Month segment

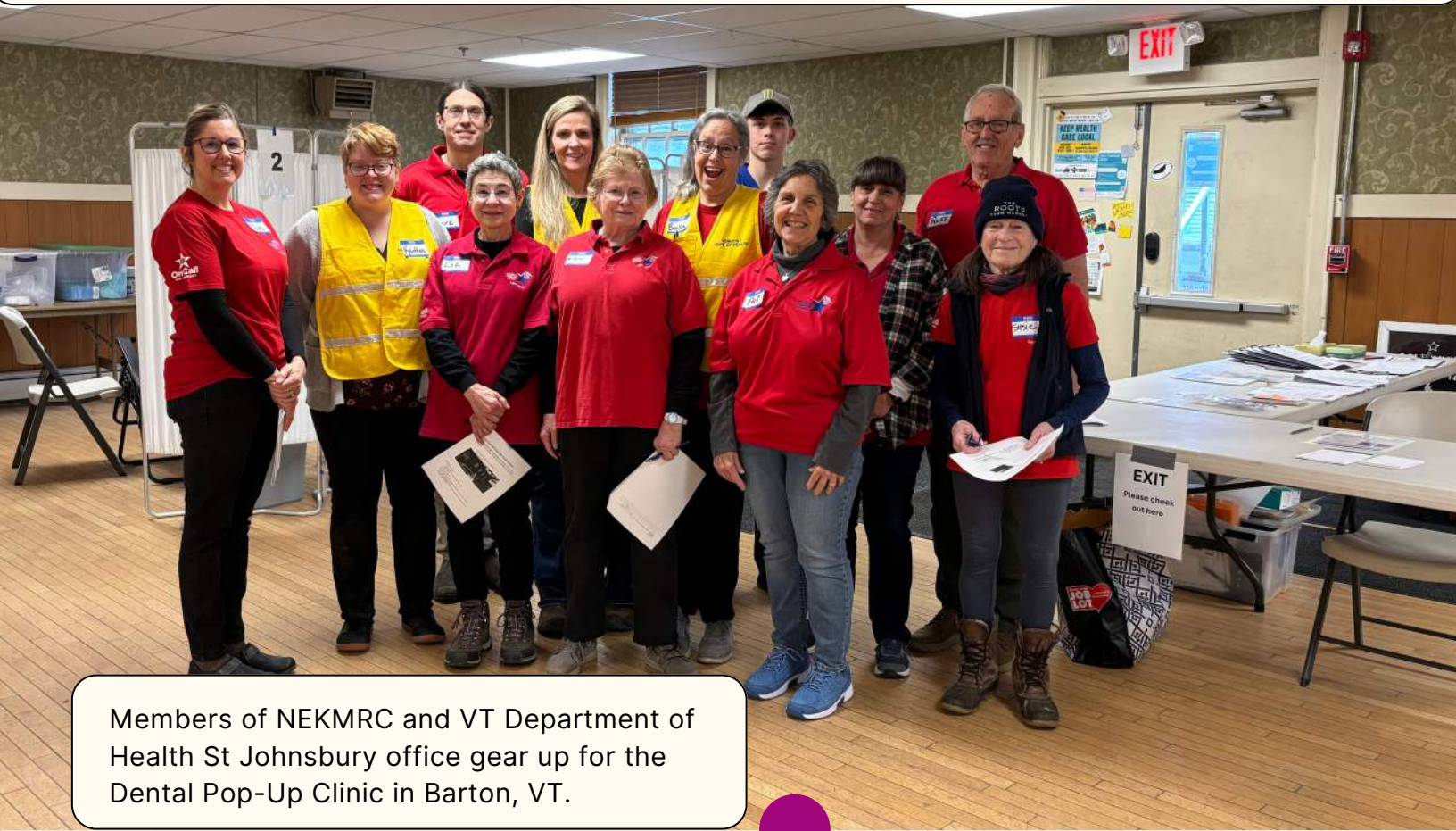
Our own Jacquie Kelley of NWVT MRC was recognized last week for her incredible work with Disability, Equity and Inclusion. Jacquie serves on numerous committees and represents VDH and it's work.

Congrats,
Jacquie for your
VDH Outstanding
Service Award!

Says Jacquie: "I am deeply honored to receive this award—it was an absolute surprise. I'm incredibly grateful for the opportunities I've had at the Health Department, and for the many colleagues who have embraced disability, access, and functional needs initiatives with such enthusiasm and commitment. I truly love the work I do, especially leading disability, access and functional needs efforts for the Department and state and coordinating the Northwest Vermont Medical Reserve Corps—two parts of my job that continue to bring me purpose, joy, and inspiration. I'm excited to continue growing my career in public service and supporting Vermont communities."

Check out this link to learn more about Jacquie and her equity work! <https://wid.org/from-lived-experience-to-systemic-change-disability-inclusive-emergency-planning/>

Where's the MRC?



Members of NEKMRC and VT Department of Health St Johnsburry office gear up for the Dental Pop-Up Clinic in Barton, VT.



RAMRC receives a briefing for the start of Middlebury's Dental Pop-Up Clinic.



NWVTMRC tables at the NCSS Autism Walk.



RAMRC teaches a STB course.



MRC SUMMIT 2025



UNIT ACTIVITIES AROUND THE STATE

CENTRAL VERMONT MRC

CVMRC offered a go-bag workshop at the Unitarian Church of Montpelier, and another at Hunger Mountain Co-op in Montpelier, both in conjunction with the Montpelier Commission on Recovery and Resilience (MCRR.) Two Central Vermont MRC volunteers participated in Family Assistance Training in April. We participated in a VDH HPV vaccine clinic at Harwood Union School in Moretown, a vaccine clinic and tabling at Montpelier Pride Fest on and did a mini-workshop/tabling on go-bags at the Plainfield Disasters and Disabilities Forum.

UPPER VALLEY MRC

Upper Valley MRC has been on our training game and sharing our trainings with other units. In March we hosted Jacqueline Kelley from Northwestern VT MRC for a training about working with people with disabilities, access, and functional needs (DAFN.) In May we hosted a virtual MRC meeting with VT Disaster Animal Response Team to explore VDART's mission and how MRC members can support their work in a pet-friendly shelter. We also trained on deploying our misting tent.

Northwest VT MRC

During this time, our unit taught three Stop the Bleed courses, organized six foot care clinics, facilitated seven health screening clinics, and assisted at two vaccine and laboratory clinics. In April, NWVT MRC provided a First Aid course for the Girl Scouts, equipping participants with first aid knowledge and helping them create first aid kits. We also tabled at the New American Kid's Fest, offering health information and resources to newly resettled families in the community. In May, volunteers responded to a real-world emergency while offering prevention education at the Milton Inclusion Festival. The unit hosted a Family Assistance Center Training, and operated a sun safety and first aid tent at the 10th Annual Autism Walk. We also participated in the Family Room Health Fair, Franklin County Volunteering Fair, and St Albans Pride Fest. Unit Coordinator Jacqueline Kelley, represented the MRC as a speaker with the Red Cross on a panel titled, "Volunteers to the Rescue." In June, Jacqueline joined Central Vermont MRC Unit Coordinator, Diana Chase, at the Disaster and Disabilities Public Forum in Plainfield. She led a presentation and workshop on "Preparing Your Household for Evacuation and Sheltering."

MRC OF THE NORTHEAST KINGDOM

MRC of NEK is staying busy! In addition to a number of tabling events, we have participated in the Bike Rodeo, a handful of Stop the bleed classes, North Country High School's Safety Fair, Dabble Day, Kid's Fest, Neighbor Up Night, and more. Our volunteers are also quick to sign on to the live virtual trainings and participated in the New Member Orientation and the Emergency Pet Sheltering seminars online. We are partnering with the St. Johnsbury Community Hub to offer a road show highlighting Emergency Preparedness and end with a Go Kit making session.

RUTLAND-ADDISON MRC

RAMRC conducted March CPR training for MRC volunteers and residents in Brandon, participated in the MRC Summit, and worked a dental pop-up clinic in Middlebury on May 17th.

LAMOILLE VALLEY MRC

LVMRC conducted five Stop the Bleed events and one First Aid class. We have four other STBs in the works as well. This past weekend we participated in the Hardwick Festival.

MRC OF SOUTHWESTERN VT

MRC of SWVT trained three schools in Stop the Bleed, as well as STB in our faith-based community. We conducted 2 Geriatric Preparedness Trainings, hosted an MRC Advisory Council Meeting, presented at the Stamford Resiliency Fair, and presented to the District EMS group on our roles and collaboration with VHEPC. We are also working on implementation of our Operational Readiness Award grant.

SOUTHEASTERN MRC

SEMRC conducted Community CPR and STB for teachers in two schools and for staff at the Prouty Center. We provided shelter support during the World Learning Institute fire response. SEMRC members Wanda Walkowiak and Deb Gemmill gave the Fall Prevention presentation at the MRC Summit, and a Fall Prevention training at a local wellness center. SEMRC also did distribution of COVID test kits at VeggieVanGo.

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

JESSICA DOOS, RUTLAND-ADDISON MRC

“Jessica has been a member of the Rutland/Addison MRC since 2019 and helped during the Covid-19 Pandemic with testing and vaccinating. Outside the pandemic she has worked with the Rutland Outreach Care Team attending to some of our most vulnerable Vermonters. She always answers the call for help whether it is to aid in urgent vaccination needs on a holiday weekend, learning to be a dental scribe to support two dental clinics, or helping with information and first aid at festivals across Rutland County – Jessica steps up with a smile to help her fellow Vermonters. She is an outstanding member of the Rutland/Addison MRC!

”

-Beate Ankjaer-Jensen, Unit Coordinator



Jessica receiving an award at the MRC Summit.

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

I believe I became an MRC volunteer sometime in 2019. I had just retired from full-time public health nursing with VDH in December, 2018 and it seemed a good fit for me to stay involved in some way. Then the Covid19 pandemic hit and I did quite a bit of work first with phone contact with workplaces and answering questions on 211 and later on with immunization clinics. This was probably my most favorite part of MRC work. And one never knows when the next pandemic will hit, so it's a great experience to have had!

What has been your favorite MRC experience(s)?

The variety of work I was involved in as a result of the Covid19 pandemic.

What's your favorite springtime activity?

I like to hike. That goes for all seasons! And gardening for the spring.

Partner With **Remote Area Medical** **This Summer!**



We are excited to announce that Remote Area Medical is once again coming back to Vermont for their third annual free clinic. They will be here on August 9th and 10th at Mount Anthony Middle School in Bennington, Vermont.

The RAM clinic is open to ALL, free of charge and they provide medical screening, dental services including extractions and vision services including free glasses made on site.

They are in need of medical providers as well as non-medical volunteers. And Medical Reserve Corps stands ready!

MRC medical providers wishing to help can sign up for professional liability protections through RAM.

All MRC volunteers who participate will need to go to the RAM website to sign up for a shift and fill-out required information. Please also notify your Unit Coordinator of your participation so you may receive credit hours for volunteering.

For more information, go to RAMUSA.ORG

Statewide
Training
Corner

Summer and Hot Weather Safety

July 1, 5:30PM to 6:30 PM

Join the MRC to learn how to keep yourself safe this summer when playing and volunteering outside. Course covers heat related illnesses, flood preparedness, algae blooms, and more! This discussion-based training will focus on the various signs, symptoms, and first aid for hot weather emergencies, flood safety, and identifying and reporting algae blooms. Register via Vector or email

August.Toynton@vermont.gov

Psychological First Aid Train-the-Trainer (TTT)

July 22 5:00PM to 8:00 PM

Join Nancy Carlson from Minnesota's MRC Behavioral Health Team and learn how you can become an instructor to teach Psychological First Aid. This essential training teaches MRC how to aid others affected by disasters and also how to bolster your own resilience. Volunteers who take the TTT will be able to teach this skill to your unit and in your community.

Pre-requisite training Online Psychological First Aid: A Minnesota Community Supported Model available on MRC Train <https://www.train.org/mrc/welcome> developed by the UMN & MDH (45 minutes) worth .75 CEU registration MRC TRAIN Course ID 1050404.

Register via Vector or email Heather.Rigney@vermont.gov

Working with Access and Functional Needs

July 24, 2025 09:00AM — 10:30AM or 5:30PM to 7:00PM

Join the MRC to learn about working with people with disabilities, access and functional needs (DAFN). This discussion-based training will focus on the ways our units currently serve DAFN populations and how we can better serve those groups. Register on Vector or email

Jacqueline.Kelley@vermont.gov

Youth and Adult Mental Health First Aid

A number of independent organizations are also offering varying Mental Health First Aid trainings this summer. See various options in June-July that MRC is eligible to attend:

Vermont Emergency Management Mental Health First Aid, June 24 8:30-8, in-person (Waterbury) and virtual sessions. Go to Vermont Learning Management System to register <https://vermont.csod.com/login/render.aspx?id=defaultclp&ReturnUrl=https%3a%2f%2fvermont.csod.com%2fui%2flms-learning-details%2fapp%2fevent%2fda6217fo-e8b9-4e2d-aoad-ofe737754cc6>

July 22 9:00AM-3:00 PM Youth Mental Health First Aid hosted by Vermont Care Partners. To register: <https://forms.gle/16eN4eawdVNSHn749>

July 29, 9:00AM-3:00PM Adult Mental Health First Aid hosted by Vermont Care Partners. To register: <https://forms.gle/16eN4eawdVNSHn749>