

# Bristol-Norfolk

Serving the Communities of  
Attleboro, Foxboro North Attleboro, Mansfield,  
Norton, Plainville, Rehoboth, Seekonk



## Beginning of a Newsletter

This is our first attempt at a regular newsletter. We hope to provide interesting information about what's going on in our local chapters as well as regional information. Our goal is to provide timely information on trainings, volunteer opportunities and general information about being a volunteer with the Medical Reserve Corps.

Stay informed The quickest and most cost effective way for us to keep you up to date is through the internet. Please be sure to check our website and your e-mail on a regular basis.

If you do not have access to the internet, please either stop by your chapter office to pick up a copy or give us a call so we can mail the newsletter.

Don't be shy about sharing our newsletter and other volunteer opportunities with your friends, family & neighbors. Applications can be found at the Bristol County MRC website at [www.bristolcountymrc.org](http://www.bristolcountymrc.org) or your local chapter office listed on the back page.

### Be Informed

### Be Prepared

### Be a Volunteer

## Regional Deployment a Success

Hi all,

We had a wonderful (creepy) deployment at UMASS Dartmouth to be victims for a public safety exercise. The scenario was a shooting. I was shot dead right away so got to lay on the cold floor and rest for a few hours. We had 100% show of the volunteers who signed up to come. That is unheard of. We had a couple of cancellations the night

before. A great opportunity.

We have been invited to participate again on June 21 (tentative) in the Mansfield area. People who are interested should contact their MRC Chapter Coordinator to make sure they are fully credentialed and cleared to go.

For more information contact me at [bcmrc.coordinator@comcast.net](mailto:bcmrc.coordinator@comcast.net).

On another note, we had a great MRC Overview in Easton fourteen people came and twelve out of those filled out and left applications with us.

All in all a great day! Good stuff is happening in Bristol County MRC land. We are getting known and visible.

Cheryl

*Cheryl Bushnell is the Bristol County MRC Coordinator*

Volume 1, Issue 1

April 2008

### Special points of interest:

- *Beginning of a Newsletter*
- *Regional Deployment a Success*
- *Personal Preparedness*
- *Regional Chapter Meeting May 6, 2008*

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# BRISTOL-NORFOLK

## Medical Reserve Corps

### Volunteer Spotlight - Public Health Nurses

They do everything! They are fabulous and they give shots that hurt. They multi task and never sleep. They have families they never see. They spend hours doing lots of very healthful things. There are probably a million other things that they do that I have no idea about. So the next



June Fleischmann and AnneMarie Fleming at the regional Emergency Dispensing Site drill in North Attleboro

time you see a public health nurse, say thanks!

*"The turnout for the regional flu clinic was fabulous"*

*AnneMarie Fleming is the Public Health Nurse and MRC Coordinator for North Attleboro. June Fleischmann is the Outreach Worker for the Attleboro Health Department.*

### Volunteer Help Wanted

**Newsletter Coordinator:** Person to prepare newsletter and distribute. Work from your home computer updating this newsletter. Knowledge of Publisher 2003 required and e-mail.

**Volunteer Coordinator:** Person to assist with mailings to our volunteers and coordinate contact with them.

**All MRC Volunteers:** Deployment Opportunity - Elder Dental Clinic, Attleboro, May 3, 2008. Please contact Jacquie O'Brien, RN at 508-223-2233,x3244

**All MRC Volunteers:** We have received advance notice from the Region 5 MA Southeast Regional Advisory Homeland Security Council requesting MRC volunteers participate in roles as victims at the second public safety full scale exercise in our region. More information will be forthcoming. The deployment is tentatively scheduled for Saturday June 21 to be located in the Mansfield area. We need between 100-200 volunteers. This is a SAVE THE DATE. Volunteers must be credentialed before deployment.

### Mission of the Month - Personal Preparedness Plan

**Personal Preparedness Plan:** Each individual should have a personal/family preparedness plan in place. This is required for Medical Reserve Corps volunteers. This includes having food, clothing and shelter supplies for a minimum of 3 days. It also includes having emergency telephone numbers posted. Volunteers should have a personal travel bag ready in case of deployment. Please visit the following websites for additional information on having a personal preparedness plan

**Recommended Items to include in an Emergency Supply Kit:** Water, food, infant care items, pet food, can opener, mess kits, prescription and non prescription medicines, thermometer, personal sanitation, bleach, matches, portable radio, flashlight, watch or battery operated clock, first aid kit, duct tape, tools, fire extinguisher.

**Additional Items to Consider adding:** important documents, cash or travelers checks, first aid book, sleeping bag, change of clothes, books, games.

**Planning For an Emergency:** make sure your family has a plan, post emergency numbers, determine family emergency contact information.

Please come to the Regional Chapter meeting on May 6, 2008 at the South Attleboro Fire Station. Details are listed under "Upcoming Trainings"

#### FOR ADDITIONAL INFORMATION PLEASE VISIT THE FOLLOWING WEBSITES

<a href="http://www.redcross.org/preparedness">www.redcross.org/preparedness</a>	<a href="http://www.cdc.gov/flu">www.cdc.gov/flu</a>	<a href="http://www.emergency.cdc.gov">www.emergency.cdc.gov</a>
<a href="http://www.ready.gov">www.ready.gov</a>	<a href="http://www.bristolcountymrc.org">www.bristolcountymrc.org</a>	



## Upcoming Trainings

• <b>April 17, 2008</b> UMASS Dartmouth	<b>Behavioral Health Part 1</b> Pre-registration required	5:30 pm—8:30 pm See below for details
• <b>April 30, 2008</b> UMASS Dartmouth	<b>Behavioral Health Part 2</b> Pre-registration required	5:30 pm—8:30 pm See below for details
• <b>May 6, 2008</b> South Attleboro Fire Station	<b>Regional Chapter Meeting</b> “Personal Preparedness Training”	6:30 pm—8:30 pm
	<i>Cheryl Bushnell, Bristol County MRC Coordinator will discuss what it takes to have a personal preparedness plan for MRC volunteers and their families. In addition we will discuss volunteer badging and future trainings, light refreshments will be available. Please bring a friend, this training is for all MRC volunteers and other interested people.</i>	
• <b>May 15, 2008</b> Morton Hospital, Taunton	<b>Hot Topics in Public Health</b> Pre-registration required	5:30—8:00 pm. See below for details

## Behavioral Health Disaster Response Training

Dr. Lisa Gurland, MDPH will present information to assist participants understand how emergency events affect the behavioral health of individuals, families, and communities. Symptoms, prevention and intervention responses, and techniques will be demonstrated through highly interactive role-plays and case studies with small group discussions. Self-care issues will also be outlined ED Credits: This program is offered by the Massachusetts Department of Public Health and Education credits apply to the following disciplines: CEU—nursing, CME and EMT/P, RPh, LMHC, SW, RS, CHO and Funeral Services. There is no charge for this training. This training is for all MRC Volunteers and other interested people who may be involved with disaster/emergency response.



Please email [bemrc.coordinator@comcast.net](mailto:bemrc.coordinator@comcast.net) or call 508-367-7519 to register. For auxiliary aids or service please contact Cheryl Bushnell at the above number one week prior with requests. Location for this training is UMASS Dartmouth, Birch Commons (Park in lot #10) [www.umassd.edu/directions/maincampus.cfm](http://www.umassd.edu/directions/maincampus.cfm)

## Hot Topics in Public Health



A seminar addressing the public health hot topics of the day: MRSA, Pandemic Flu, healthcare associated infections as well as other current issues affecting public health response. Target audience is Medical Reserve Corps and MSAR volunteers, emergency management personnel, clinicians, and the general public. Continuing Education Credits available. Keynote speaker: Alfred Demaria, Jr., MD is the director of

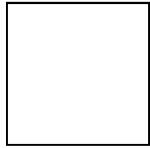
the Bureau of Communicable Disease Control for the Massachusetts Department of Public Health and State Epidemiologist for Massachusetts.

For information or to receive a conference brochure call Cheryl Bushnell, Bristol County MRC Coordinator at 508-367-7519 or email [bemrc.coordinator@comcast.net](mailto:bemrc.coordinator@comcast.net). Location for this training is Norton Hospital, Margaret Stone conference Room, Taunton. Registration required by May 1, 2008 for reasonable accommodations. Light supper will be served at 5:30 pm.



## Bristol-Norfolk MRC

Return Address



## Local Chapter Contact Information

[www.bristolcountymrc.org](http://www.bristolcountymrc.org)

*Attleboro Chapter - Jacquie O'Brien*  
77 Park Street  
Attleboro, MA 02703  
[healthnurse@cityofattleboro.us](mailto:healthnurse@cityofattleboro.us)  
508-223-2222, ext 3244

*Foxboro Chapter - TBA*  
43 S. Washington St  
North Attleboro, MA 02760  
[amfleming@north-attleboro.ma.us](mailto:amfleming@north-attleboro.ma.us)  
508-699-0104

*Mansfield Chapter - TBA*  
43 S. Washington St  
North Attleboro, MA 02760  
[amfleming@north-attleboro.ma.us](mailto:amfleming@north-attleboro.ma.us)  
508-699-0104

*Norton Chapter - Leanne Lord*  
70E. Main Street  
Norton, MA 02766  
[bohnurse@nortonmaus.com](mailto:bohnurse@nortonmaus.com)  
508-285-0262

*North Attleboro Chapter - AnneMarie Fleming*  
43 S. Washington St  
North Attleboro, MA 02760  
[amfleming@north-attleboro.ma.us](mailto:amfleming@north-attleboro.ma.us)  
508-699-0104

*Plainville Chapter - Deborah Revelle*  
142 South Street  
Plainville, MA 02762  
[drevelle@plainville.ma.us](mailto:drevelle@plainville.ma.us)  
508-695-3142, ext 16

*Rehoboth Chapter - Lynn Allienello*  
148 Peck Street  
Rehoboth, MA 02769  
[rehobothtownnurse@gmail.com](mailto:rehobothtownnurse@gmail.com)  
508-252-5947

*Seekonk Chapter - TBA*  
100 Peck Street  
Seekonk, MA 02771  
[amfleming@north-attleboro.ma.us](mailto:amfleming@north-attleboro.ma.us)  
508-699-0104