Shelby County MRC Newsletter

Coordinators Message

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We continue to implement activities as related to the MRC STTRONG grant award. On October 5, we provided psychological first aid training for MRC volunteers within the West Central Ohio (WCO) region. On December 5, CPR training was provided for MRC Volunteers and SSCHD family members.

On December 10, Health Department staff participated in "Think This is Easy? Training" provided by the Access Center for Independent Living. This training is an in-person, immersive experience perfect for service providers working with individuals with disabilities or anyone who wishes to learn about the challenges and barriers faced by those in the disability community.
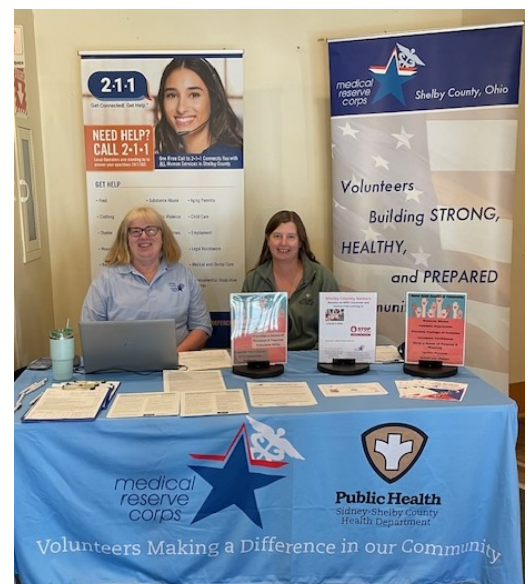
Volunteer Recruitment activities occurred at the Shelby County Senior Center during the flu clinic on October 5 and the insurance and services fair on October 30.   Additionally, this grant provides us the opportunity to create an informational video to promote our program and recruit new members. Filming of some content for this video will occur at the Stop the Bleed Training on February 12. If attending and interested in saying a sentence or two about your experience in the MRC program, please let us know. The best way to promote the MRC is for people to hear from our members.

Psychological First Aid Training

Think This is Easy Training

Volunteer Recruitment Event

Stop the Bleed Training

February 12, 2025
6pm to 7pm

Location: Sidney-Shelby County Health Department
202 W. Poplar St.
Sidney, OH 45365

Training is free and participants will receive a free Stop the Bleed kit that includes a C-A-T Tourniquet, instructional booklet, wound packing, trauma dressing, sheers, nitrile gloves, and marker. Class size is limited and participation is only for Shelby County MRC Volunteers.

To Register Scan QR Code,
Check your e-mail for link,
Or call 937-498-7249

Volunteer Deployment Drill: This event will be a volunteer deployment drill for the emergency preparedness program. You should receive an e-mail from **Ohio Responds** sometime before the event. When you receive this e-mail, it would be helpful if you could click on the link indicating "**Message Received**".

Background Checks

Thank you to many of you that have completed your background check. Completing background checks assures the public that our volunteers are trustworthy individuals that will provide a safe environment when providing services.

If you are unable to complete the background check, your deployment as an MRC volunteer may be limited. Limitations may include but are not limited to: participation in any exercises or emergencies that are done in conjunction with the Shelby County EMA office, deployment as a medical volunteer, or deployment in any public or private school system location. The SSCHD covers the cost for the background check. If you have not completed a background check and would like to do so, please contact us and we will re-send this information.

CPR Training

The Sidney-Shelby County Health Department is offering BLS CPR AED Training

January 9, 2025

Two class options:

- **12pm to 4pm or**
- **5pm to 9pm**

Location: Sidney-Shelby County Health Department
202 W. Poplar St.
Sidney, OH 45365

American Heart Association Basic Life Support (BLS) Training: designed for healthcare professionals and other individuals who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and prehospital settings. BLS trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED

To Register Scan QR Code,
Check your e-mail for link
Or call 937-498-7249

Courses are free to Shelby County Medical Reserve Corps (MRC) Members.

Information is also posted on the Health Department's website: www.shelbycountyhealthdept.org

A link to register was e-mailed.

- **Sixty-three percent** of temperature-related deaths are attributable to cold exposure.

- Home heating is the **second leading cause of home fires**, and winter is when most home fires happen.

- Travel during the winter has unique risks, especially if you travel by car.

View Safety Tips at Ready.gov

SHELBY COUNTY ALERTS

TEXT 'SHELBYCO' TO

38276

TO RECEIVE EMERGENCY ALERTS VIA SMS

Or sign-up to receive emergency alerts and community notifications that may impact you and your family.
shelbycounty-oh.myfreealerts.com

CIVICREADY

The CivicReady solution will allow Shelby County to issue urgent notifications, emergency instructions, warnings, and routine communications to subscribed citizens via email, text message, and voice alert, to keep citizens safe and informed.

Shelby County Alerts

With many of us no longer having landline phones, we would encourage you to sign up for this free system to receive emergency alerts and community notifications