

## HAPPY ANNIVERSARY, MEDICAL RESERVE CORPS!



The Medical Reserve Corps (MRC) is a national network of over 200,000 volunteers supporting the health and safety of communities across the nation. Created in 2002 under the George W. Bush Administration in the wake of the Sept. 11, 2001 terrorist attacks, these volunteers, organized locally by MRC units, serve as local responders to public health emergencies. Today, there are almost 800 community-based MRC units across the U.S.

Since their inception, MRC units have risen to the occasion, responding to multiple:

- Hurricanes and Super-Storms
- Tornadoes
- Flu outbreaks
- Wildfires
- Opioid crises

and additionally, key individual occasions i.e.:

- 2014 domestic Ebola response
- 2015 Papal visit
- 2016 Zika public health emergency in Puerto Rico
- 2020 - 2023 COVID-19 pandemic

The largest source of funding to support MRC units came from the National Association of County and City Health Officials (NACCHO) via their MRC COVID-19 Respond, Innovate, Sustain, and Equip (RISE) Award.

Locally, the South Central PA MRC is headquartered at the Emergency Health Services Federation in New Cumberland. The SCPA MRC augments services provided by public health agencies and medical providers in South Central PA's nine-county region (Adams, Cumberland, Dauphin, Franklin, Lancaster, Lebanon, Perry, Schuylkill and York). Although the SCPA MRC primarily operates within our region, this unit may provide services anywhere in the Commonwealth of Pennsylvania. Our MRC currently has over 500 registered volunteers.

Major services provided by the SCPA MRC include the following:

- Community and Disaster Medical Assistance: Medical support and technical assistance for large events or stressed medical facilities.
- Applied Public Health: Public Health activities such as environmental health work, health education, vaccination services, and epidemiological tracking.
- Counseling & Support Functions: Behavioral Health support after traumatic events.
- Medical Countermeasures Management: Shelter support and point-of-dispensing management.

## DECEMBER 5TH IS INTERNATIONAL VOLUNTEERS DAY

International Volunteers Day is observed globally each year on December 5th. It serves as an opportunity to applaud the selfless efforts of individuals who dedicate their time and skills to make positive changes in their communities and beyond.

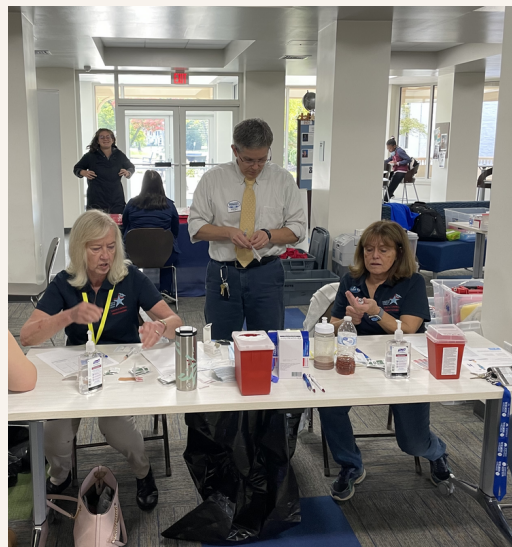
The Emergency Health Services Federation and the South Central PA Medical Reserve Corps thank their many volunteers who contribute to building a healthier community.

A few suggestions are listed below if your family or friends ask you how they too can volunteer in the region.

- **Volunteer Your Time:** Consider volunteering for a cause or organization that aligns with your interests and skills. Your contribution, no matter how small, can make a significant difference.
- **Attend Volunteer Events:** Many communities organize events and activities on International Volunteers Day to showcase volunteer work. Attend these events to show your support.
- **Donate to Volunteer Organizations:** Financial contributions to volunteer organizations can help support their programs and initiatives. Even a modest donation can have a positive impact.

If they are interested in volunteering for the MRC, direct them to register on SERV PA, the Commonwealth of Pennsylvania's online registry for medical and non-medical volunteers (<https://serv.pa.gov>). They will then be contacted by a member of the MRC staff with additional instructions.

# THANK YOU VOLUNTEERS



## VACCINATOR SPOTLIGHT: LUCINDA BRINGMAN

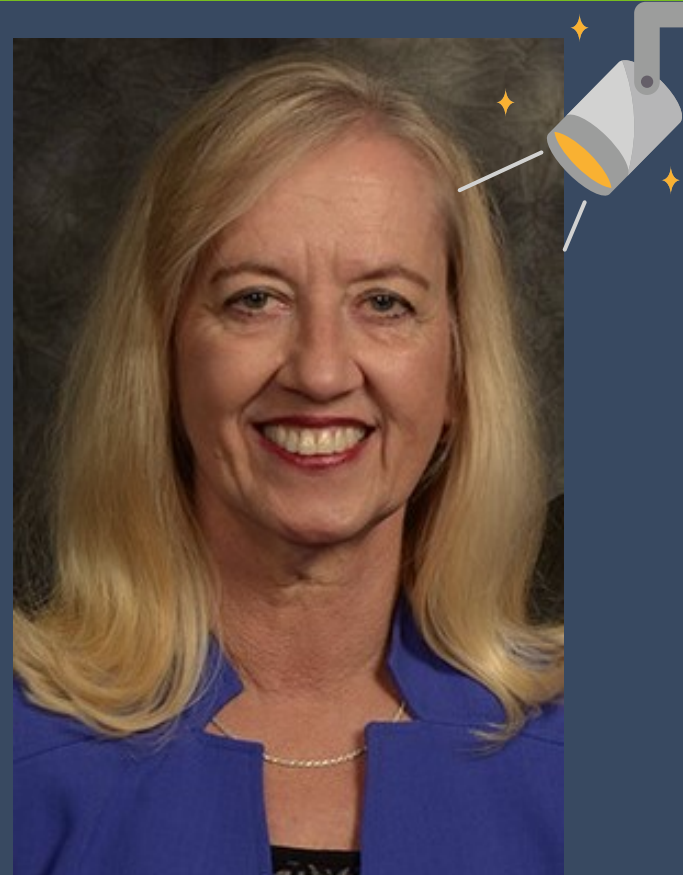
This month we highlight one of our superstar vaccinators as a way of showing appreciation from SCPA MRC leadership.

Lucinda Bringman is a long-time responder for the SCPA MRC, specializing in administration of vaccines, where her kind and empathetic nature is much appreciated by her patients. In addition to her work for the MRC, she also volunteers many hours toward church-related activities.

Lucinda is a retired Labor and Delivery MSN (Master of Science in Nursing), having worked in several different capacities in this specialty at various hospitals. For 28 years she was also a member of the faculties of Montgomery College, Maryland and Washington Adventist University (formerly named Columbia Union College), teaching the next generation of labor and delivery, postpartum, and neonatal nurses.

While all her vaccination deployments at college campus clinics are gratifying, Lucinda found reaching out to an underserved population at the Franklin County Housing Authority vaccine clinic to be especially rewarding. She is grateful to be able to give back to the community while making new friends in the MRC. In addition to her volunteer work, Lucinda spends her post-retirement time traveling and treating herself to good books.

Lucinda's servant leadership influenced her children who, as adults, have each chosen careers related to patients and students: a pediatrician, a pastor (who married a surgeon), and a teacher specializing in gifted education.



Millersville Vaccine clinic

## ODDS AND ENDS

### RESPIRATORY ILLNESSES ARE ON THE RISE

As the winter season ramps up and fewer people take precautions, the U.S. is experiencing an increase in respiratory illnesses.

The National Foundation for Infectious Diseases created the following graphic to outline similarities and differences between four key respiratory illnesses. Please consult a medical professional if you experience significant symptoms.

**HOW TO TELL THE DIFFERENCE BETWEEN FLU, RSV, COVID-19, AND THE COMMON COLD**

Common symptoms may include cough, headaches, sneezing, runny nose, and congestion. Different symptoms may include:

|                        | COLD | FLU | COVID-19 | RSV |
|------------------------|------|-----|----------|-----|
| ACHES                  | XX   | XXX | XX       | X   |
| DIFFICULTY BREATHING   | X    | X   | XXX      | XX  |
| FATIGUE                | XX   | XXX | XXX      | X   |
| FEVER                  | X    | XXX | XX       | XX  |
| LOSS OF TASTE OR SMELL | X    | X   | XX       | X   |
| SORE THROAT            | XXX  | XX  | XXX      | X   |
| WHEEZING               | X    | X   | X        | XXX |

Legend: X (Green) = Rarely, X (Yellow) = Sometimes, X (Red) = Often

### USEFUL LINKS

Email Inbox: [mrc@ehsf.org](mailto:mrc@ehsf.org)

Website: <https://mrc.ehsf.org>

LinkedIn page:  
<https://www.linkedin.com/showcase/south-central-pennsylvania-medical-reserve-corps/>

SERV PA: <https://serv.pa.gov>

TRAIN PA: <https://pa.train.org/pa/login>

### DECEMBER DEPLOYMENTS

No vaccine clinics or fit testing events in December are currently scheduled. Check our website (<https://mrc.ehsf.org>) for events scheduled after newsletter publication.

