

**Upcoming Events:**

JANUARY 9, 2020  
JANUARY 12, 2020  
JANUARY 18, 2020

**NEXT MEETING:**  
JANUARY 14, 2020  
6:00 p.m.  
777 ARNOLD DR.

Please Update  
your DHV  
account!

<http://disasterhealthcarevolunteers.ca.gov/>



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Contra Costa County  
Medical Reserve Corps

# MRC UPDATES

## CCCMRC Participates in Mass Flu Vaccine Clinic

Contra Costa MRC members participated in the public health department's annual mass vaccination clinic/Point of Dispensing (POD) exercise. The exercise was conducted on October 23, 2019 at the Loma Vista Adult School campus. This event provided free influenza vaccines to community members and students at the school. Additionally, the adult school students held an open house, showcasing their programs. Participants could receive free health assessments, dental hygiene and hand washing education, HIV testing and a free meal from Loaves and Fishes Food Bank. Our MRC primarily staffed vaccinators roles and because of their skill set, we were also able to vaccinate children. The MRC also provided influenza vaccines at two separate clinics, one for the Tibetan Association of Northern California, and the other for Rota Care Clinic: Concord. In total more than 350 vaccines were provided to the community during these events. (Picture: Mary Frazier RN prepares a vaccine for the POD exercise).



## Stop the Bleed Education Continues

In 2018, Contra Costa MRC received a NACCHO Challenge Award to support unit capabilities and community outreach related to emergency preparedness. This award provided funding to purchase



*Stop the Bleed* training equipment for the unit. The unit conducted a pilot, in which the *Stop the Bleed* training would be paired with Hands Only CPR/AED training the unit already provides to HOSA and other high schools. In early 2019, MRC members were

provided a train-the-trainer course to ensure the *Stop the Bleed* pilot would transition to a routine program the unit offers to the community. CCMRC has held eight *Stop the Bleed* Courses in 2019 and trained over 550 people. Our MRC instructors enjoy engaging with students and teachers when providing this course. The students are very interested in learning how to use the tourniquets and the "bleeding leg" as part of the instruction. The success of this program leans on the availability of our unit instructors and the ability to check out the equipment to teach the courses when asked by community members. This course is offered free to any community group within Contra Costa County. (Picture: Misha Karton PA, poses with Orion Academy students after a course).

### Contra Costa MRC activities have significant impact in community for 2019

In 2019, Contra Costa Medical Reserve Corps participated in 53 activities. These activities varied from team meetings/unit training, community education and training, supporting medical needs at community events and actual emergency responses. Of these 53 activities, three included continuing to respond to the Camp Fire shelter operations; conducting outreach calls during two of the Public Safety Power Shut-Off (PSPS) events and staffing medical sites for Napa County during the Kincaid Fire. **These activities equated to using 538 total MRC participants, providing 1,853 volunteer hours which has an economic value of \$64, 107.** (The economic value is calculated based on national salary averages and not California specific). Below you will see a breakdown of the unit activities and a comparison graph.

## Commit to your Community

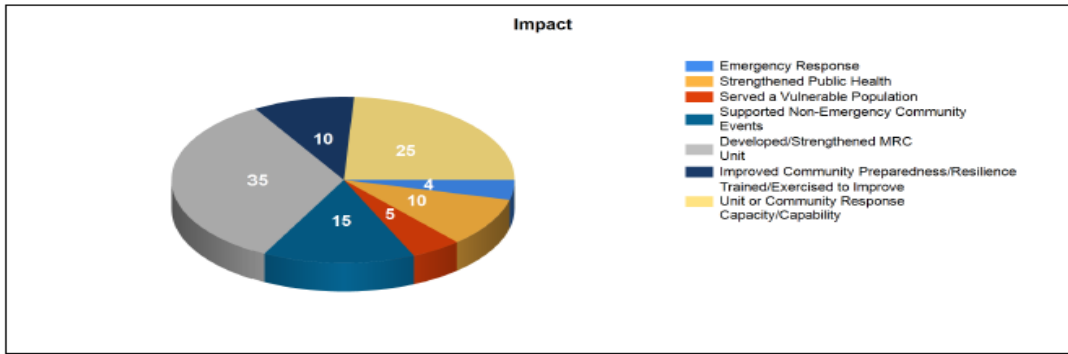


Do you know someone who would be interested in joining the MRC?

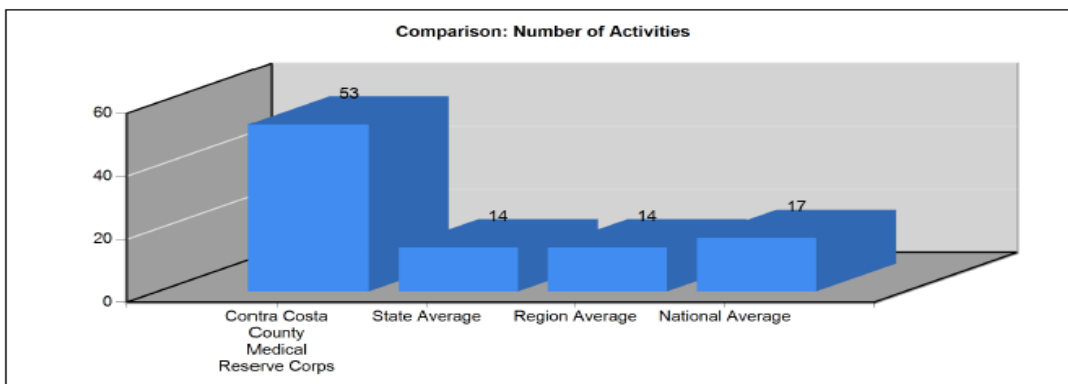
Invite them to a meeting or connect them with the MRC coordinator

[lisa.vajgrt-smith@cchealth.org](mailto:lisa.vajgrt-smith@cchealth.org)

(925) 313-6088



Between January 1, 2019 and December 13, 2019, Contra Costa County Medical Reserve Corps reported a total of 53 activities. Because one activity can influence several impact areas, the total number of activities will not match the number of impact areas reflected in the pie chart. The total activities reported contributed to the following impact areas: 4 emergency responses, 10 strengthened public health, 5 served a vulnerable population, 15 supported non-emergency community events, 35 developed/strengthened the MRC unit, 10 improved community preparedness/resilience, and 25 trained/exercised to improve unit or community response capacity/capability.



## CCC MRC 2020 Training Calendar

Please save the following dates for MRC team meetings and training. All meetings are held at 777 Arnold Dr. Martinez, CA

January 14, 2020 6:00 p.m.

July 14, 2020 6:00 p.m.

February 11, 2020 6:00 p.m.

August 11, 2020 6:00 p.m.

March 21, 2020 9:00 a.m.

September 19, 2020 9:00 a.m.

April 14, 2020 6:00 p.m.

October 13, 2020 6:00 p.m.

May 12, 2020 6:00 p.m.

November 10, 2020 6:00 p.m.

June 20, 2020 9:00 a.m.

December 19, 2020 9:00 a.m.

## Welcome to the MRC

Mayan Stanton, RJ Atwal, Donna Perham, Brett Mathos, Melissa n, Tom Underwood, Christopher Moore, Kim Liddy, Marcy Dixon, Cynthia Hellman-Willie

### RECRUITMENT:

Please have new recruits contact the MRC Coordinator at [ContraCostaMRC@gmail.com](mailto:ContraCostaMRC@gmail.com) or [lvajgrts@cchealth.org](mailto:lvajgrts@cchealth.org) to start the application process.

**Also, check out our new recruitment video: <https://cchealth.org/video/2019-mrc-needsYou.php>**

This video will air on CCTV and can also be shared via Social Media.

## Upcoming MRC Events

Stop the Bleed Training | Dozier Libbey High School, HOSA | January 9, 2020; 2:30-3:30

Stop the Bleed Training | Temple Isaiah, Lafayette | Sunday, January 12, 2020; 1:00-3:00

<https://www.signupgenius.com/go/30E0C4CAA72EA5F58-stop>

Women's March 2020 | Civic Park, Walnut Creek | January 18, 2020; 9:00-12:00

<https://www.signupgenius.com/go/30E0C4CAA72EA5F58-womens2>

E-Mentorship 2020 | Dozier Libbey High School | January 20-31st, 2020

\* Contact the MRC Coordinator for more details if you are interested in any of these events\*