



UC Volunteer News

UC Regional Health Office
1100 England Drive
Cookeville, TN 38501

Upper Cumberland Tennessee Regional
Medical Reserve Corps

Contact Dawn Hickey, MRC Coordinator, at (931) 520-4208 or by email at Dawn.Hickey@tn.gov with any questions or with any changes to your contact information including phone number, email address, or mailing address.

October 2022

2022 MRC Fall Training

Tuesday, October 25, 2022

Introduction to Mental Health Preparedness: 8:30 a.m. to 9:00 a.m.

IS-100: 9:00 a.m. to 10:00 a.m.

IS-700: 10:00 a.m. to 11:00 a.m.

Training will be held by Zoom meeting.

Volunteers still needing to complete these classes will be notified by email.

**A
Lasting
Legacy**

***National Preparedness Month
September 2022***

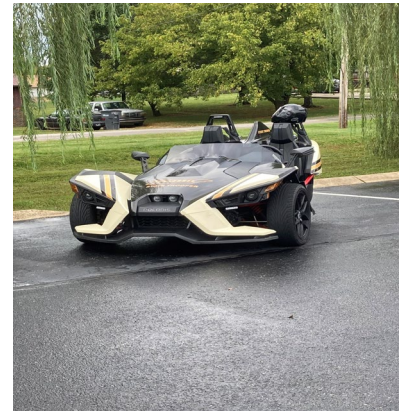
What are the preparedness activities?

Prepare

- Assemble a disaster supply kit.
- Locate safe places in your home for each type of disaster.
- Determine the best evacuation routes from your home.
- Become trained in first aid and CPR.
- Show each family member how and where to shut off utilities (water, gas, electricity).

EMERGENCY PREPAREDNESS EXPO

The Upper Cumberland Emergency Preparedness Department hosted their second annual Emergency Preparedness Expo on Saturday, September 24th at the Life Church in Cookeville, TN. There were 27 agencies that participated in the event including the Medical Reserve Corps. The Putnam County Sheriff's Office provided an Active Shooter Class, and the National Weather Service provided a Weather Spotter Class.



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