



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 2023

2023 MRC Fall Training

Tuesday, October 24, 2023

8:30 a.m. to 11:30 a.m.

Upper Cumberland Regional Office
1100 England Drive
Cookeville, TN 38501

All three classes IS-100, IS-700, and Introduction to Mental Health Preparedness will be offered in-person.

Volunteers that still need to complete the classes will be notified by email.

DISASTER PREPAREDNESS
FOR OLDER AMERICANS AND
PEOPLE WITH DISABILITIES

National Preparedness Month

National Preparedness Month was held in September and this year the campaign focused on preparing older adults for disasters. Older adults face greater risks when it comes to extreme weather events and emergencies, especially if they are living alone, are low-income, have a disability, or live in rural areas.

Older adults should:

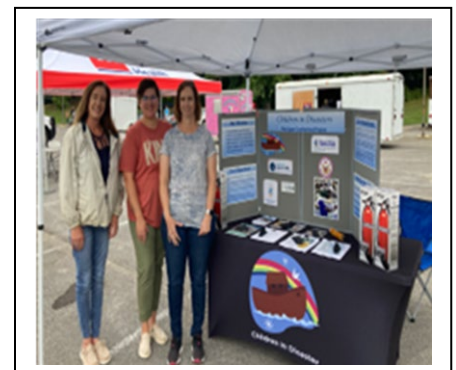
- Plan how they will communicate if they have communications need.
- Plan how they will evacuate with any assistive devices.
- Plan for food, water, and other essentials for pets.
- Include medicines, medical supplies, batteries, and chargers in an emergency kit.
- Include copies of Medicare, Medicaid, and other insurance cards in an emergency kit.

For more information visit www.ready.gov/older-adults.

UC Volunteer News

EMERGENCY PREPAREDNESS EXPO

The Upper Cumberland Emergency Preparedness Department hosted their third annual Emergency Preparedness Expo on Saturday, September 16th at the Cane Creek SportsPlex in Cookeville, TN. Over 40 agencies participated in the event including the Medical Reserve Corps with approximately 600 to 700 individuals in attendance.



If you no longer want to receive this newsletter, please send an email to Dawn.Hickey@tn.gov or call (931) 520-4208 and you will be removed from the distribution list.



Tennessee Department of Health: Authorization No. 343688; No. of
Copies – 7,000 Issue date: 10/23
This public document was promulgated at a cost of \$.06 per copy.