



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 2024

2024 MRC Fall Training

Incident Command and Mental Health Preparedness

Thursday, October 24, 2024

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

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

Mental Health First Aid Training

Thursday, November 21, 2024

8:00 a.m. to 4:30 p.m.
Upper Cumberland Regional Office
1100 England Drive
Cookeville, TN 38501

If you would like to attend, please email Dawn.Hickey@tn.gov to reserve your spot. Lunch will be served.

National Preparedness Month

National Preparedness Month was held in September. Preparedness activities that everyone should consider are:

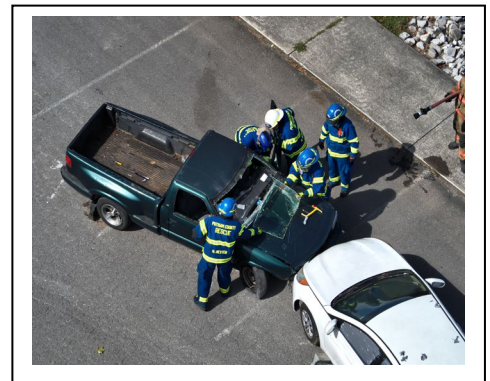
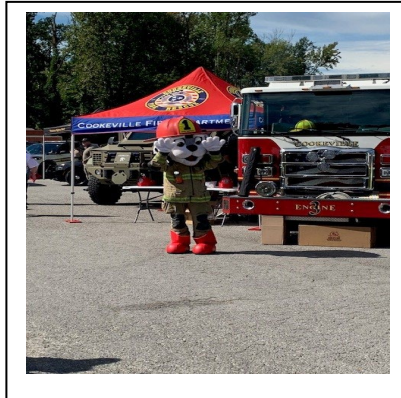
- Assembling a disaster supply kit.
- Locating a safe place in your home for each type of disaster.
- Determining the best evacuation routes from your home.
- Becoming trained in first aid and CPR.
- Showing each family member how and where to shut off utilities (water, gas, electricity).

For more information visit www.ready.gov

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EMERGENCY PREPAREDNESS EXPO

The Upper Cumberland Emergency Preparedness Department hosted their fourth annual Emergency Preparedness Expo on Saturday, September 14th at the Cane Creek Sportsplex in Cookeville, TN. Over 64 agencies participated in the event including the Medical Reserve Corps. Over 800 people attended the event.



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Tennessee Department of Health: Authorization No. 343688; No. of Copies – 7,000 Issue date: 10/24
This public document was promulgated at a cost of \$.06 per copy.