



# 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](mailto:Dawn.Hickey@tn.gov) with any questions or with any changes to your contact information including phone number, email address, or mailing address.

October 2025

## 2025 MRC Training Calendar

**Incident Command and Mental Health Preparedness Training** – Thursday, October 23rd,  
8:30 to 11:30 a.m. via Zoom meeting.

**Mental Health First Aid Training for Youth** - November 20, 8:00 a.m. to 4:30 p.m.  
at the Upper Cumberland Regional Health Office.

To ensure there are the required number of participants for each training, please be sure to register by emailing [Dawn.Hickey@tn.gov](mailto:Dawn.Hickey@tn.gov).

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## National Preparedness Month



National Preparedness Month was held in September. It is a nationwide effort to raise awareness about the importance of emergency preparedness. Preparedness activities that everyone should participate in are:

- Create an emergency plan.
- Assemble a disaster kit.
- Stay informed.
- Promote community preparedness.

Visit [ready.gov/2025-national-preparedness-month](https://ready.gov/2025-national-preparedness-month) for more information.

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## EMERGENCY PREPAREDNESS EXPO

The Upper Cumberland Emergency Preparedness Department hosted their fifth annual Emergency Preparedness Expo on Saturday, September 13<sup>th</sup> at the Upper Cumberland Regional Airport in Sparta, TN. Over 60 agencies participated in the event including the Medical Reserve Corps.



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Dept. of Health, Authorization # MZ3K26-1, electronic only, August 12,2025.  
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