



Livingston County Medical Reserve Corps Newsletter

A message from the coordinator



Welcome to the latest edition of the Medical Reserve Corps (MRC) Newsletter! This publication is your gateway to updates for volunteer opportunities, trainings, and resources. We will also highlight stories of the incredible work done by our MRC volunteers.

As an integral part of our communities, the MRC brings together medical and non-medical volunteers dedicated to improving public health, strengthening emergency preparedness, and responding when called upon. Whether you're a long term volunteer or a new member, this newsletter is here to keep you informed and inspired.

Thank you for your continued commitment to the Livingston County MRC. I look forward to working together and creating a meaningful impact in our community.

2024 MRC Highlights



The Livingston County Medical Reserve Corps (MRC) focuses on building and maintaining a strong organizational infrastructure for public health:

Volunteered at 45 activities, including:

- Rabies Clinics
- Flu Vaccine Clinics
- Educational Outreach/ Recruitment
- Senior Blood Pressure Clinics
- Drills/Exercises
- Citizens Preparedness Class
- Pop-Up Pantries



MRC Long-Term Goal

The Medical Reserve Corps (MRC) plays a pivotal role in enhancing community health in Livingston County by aligning its goals with the Health Department's Community Health Improvement Plan (CHIP). The CHIP is a long-term, systematic effort to address public health issues in our community. It is developed based on the Community Health Assessment (CHA) results.

The CHA identifies key health needs and priorities within a community. By aligning efforts, the MRC can support targeted interventions, such as emergency preparedness, vaccination campaigns, or health promotion initiatives that directly affect identified health issues.

As the Medical Reserve Corps looks ahead to the coming year, we aim to enhance integration of the MRC within the Livingston County Department of Health to focus on working collaboratively to promote public health outreach programs, such as rabies vaccination clinics, health education and nutrition, and mental health support initiatives. If you are interested in these areas of community health, keep an eye out for upcoming opportunities.

Additional goals for the year are centered on strengthening community health resilience and emergency preparedness. Key objectives include expanding volunteer recruitment and training to engage and sustain volunteers. Please refer to page one for data on what our volunteers achieved in 2024.



Yoga

LED BY MONICA JARZYNA

When: February 20th and 27th

4:15PM-5:15PM

Where: Building 1 Auditorium

Cost: \$8 per class- cash or Venmo

*Please bring your own mat if you have one. If not, we will do our best to provide one

[SIGN UP HERE](#)



Eating "Right" on a Budget

LUNCH AND LEARN

Eating healthy doesn't have to be stressful and break the bank! You can do this while shopping on a budget and without sacrificing nutrition and taste!

Join us on via Zoom on 2/19 to learn simplified ways that you can plan healthy meals.

[REGISTER HERE](#)

Volunteer & Training Opportunities



Pop-up Food Pantry- Mt. Morris

When: February 25th, 2025
March 25th, 2025
April 22nd, 2025
May 27, 2025
June 24, 2025
Where: Mt. Morris Save-a-Lot from 8:30AM-12PM

*Register on Sign-Up Genius



MRC Annual Training Day- In person

When: February 6th, 2025
Where: Livingston County
Department of Health,
Rm 201
9AM-11AM

*Register on Sign-Up Genius

*Annual training is now available as an option-
Please see Taylor



MRC Outreach

When: February 3rd, 2025
Where: SUNY Geneseo:
MacVittie Union 11AM-1PM

*Register on Sign-Up
Genius



Pet CPR & First Aid

When: February 15th, 2025
Where: Lollipop Farm
10AM-12:30PM

*Please see Taylor if interested



Defensive Driving Course

When: At your convenience
Where: Self-paced online

*Please see Taylor if interested



SHARE YOUR NEWS OR STORIES WITH US!

We would love to have our volunteers contribute to our newsletter by sharing personal achievements, events, experiences, impactful stories, or information that is emergency preparedness or community health related.

Please reach out to Taylor to share and submit for the next feature!



Need a smoke alarm?

Livingston County residents can now benefit from the American Red Cross Home Fire Campaign!

Make an appointment for a Red Cross trained volunteer to:

- Install up to three FREE smoke alarms.
- Help you develop a personalized fire escape plan.
- Provide valuable fire safety tips and training for your household.



To request an appointment, scan the QR code or call (585) 241-4390.

