

Putnam County Medical Reserve Corps

Newsletter

January 2026



In the Spotlight

Alfredo Dubongco – MRC Volunteer



Photos: Left - Alfredo practicing interview skills at Outbreak Training.

Right - Distributing Emergency Preparedness materials at the Putnam County fair.

Alfredo Dubongco has been an MRC volunteer since 2018 and has been an active participant in trainings and events throughout 2025. We asked him to give us some information about his experience as an MRC volunteer.

- **Why did you join the MRC?** *Basically, I was hungry for an opportunity to give back to the community in a way that would give me a multitude of opportunities to get involved and stay involved.*
- **How have you volunteered with the MRC in the past?** *As a non-medical volunteer, I have participated in several flu vaccination clinics and Covid vaccination clinics. I have also completed several trainings, educational workshops, health related events and annual meetings.*
- **What do you find most rewarding about volunteering with the MRC?** *I often feel like my contribution to the MRC may not be the most valuable but after every event I feel like my attendance made me valuable and helpful in more ways than I imagined were possible. To me volunteering very much of relates to the golden rule: do unto others as you would have others do unto you. Giving my time as a MRC volunteer is always satisfying and rewarding.*

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Volunteer Trainings

Ongoing Training Opportunities

FREE American Heart Association **HEARTSAVER CPR TRAINING!** CPR is a life-saving skill that is easy to learn. This course is free for all employees of Putnam County as well as MRC volunteers. Help protect your family, friends, and co-workers by learning CPR. The skill includes contacting 9-1-1, scene safety, delivering compressions and ventilations, and using a defibrillator. **Registration is required.** (During registration, type in **Connie Bueti** in the last field re: approval request.)

Click [HERE](#) to register. [CPR Training Signup v2 - Power Apps](#)

If questions, contact **Bob Cuomo** at robert.cuomo@putnamcountyny.gov

BASIC LIFE SUPPORT TRAINING

The county also offers **FREE Basic Life Support** training for MRC volunteers. Please contact Carla or Connie for further information, this requires a different registration process.

SUICIDE PREVENTION TRAINING offered through QPRtraining.com

Here are instructions for accessing the course:

Go to the website: qprtraining.com/setup

Enter the organization code PCDH and select Create Account

Complete and submit student registration form

QPR will display and email the newly created Username and Password.

Student can then log in to begin training at qprtraining.com



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Activities: Blood Drive Heroes

A huge thank you to those who supported our Putnam County Employee blood drive on Friday, January 23rd! Of the 42 people who stepped up to donate, two were non-employee MRC volunteers, **Jeanette Baldanza** and **Rick Voss**. They rolled up their sleeves and donated blood that will directly benefit patients in need. Kim Roberts, a staff member and MRC volunteer organized the event and donated blood. We are grateful to Susan Hoffner who was present to donate and took the time to forward these pictures of Jeanette and Rick. Whether by donating blood or lending a helping hand in the community, the MRC volunteers remain committed to promoting public health in Putnam County. Thank you for making a lifesaving difference!

