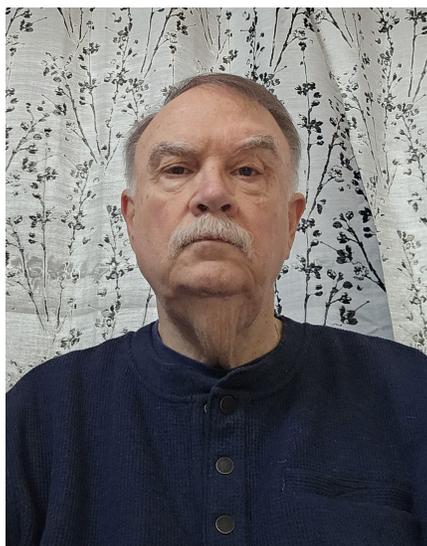




MRC Volunteer Spotlight

Featuring: Rick Voss



Rick Voss is: a retired teacher, former library trustee, Brewster food pantry supporter, frequent blood donor, Mets fan and grateful volunteer with Putnam County MRC. Rick appreciates the kindness shown to him by Jeanette Baldanza and Connie Bueti from the Health Department, and fellow volunteers Keiran Farquhar and Dennis Hanrahan. Rick enjoys living in Putnam, and as he noted, participates in many activities. He feels that volunteering is the least he could do to “give back.” Rick has a long history with the Putnam MRC, for example, he volunteered when the Health Department was conducting influenza “Vote and Vax PODs” at Brewster High School. During the COVID-19 pandemic, Rick volunteered at vaccine PODs in Garrison, Brewster and Carmel. Most recently, in September and October, Rick volunteered at the Health Department drive-through influenza clinics. Rick stated that it is a privilege to assist the county departments.

MRC Volunteers in Action: February 3rd at Mahopac HS

Featuring: John Ohnmacht



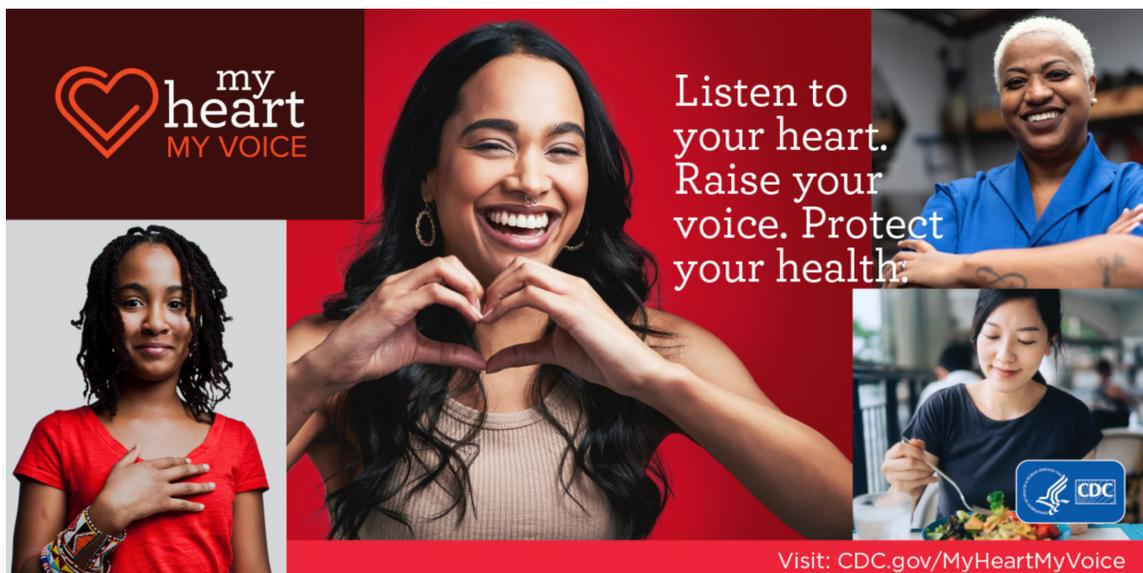
There were about 90 Girl Scouts from Mahopac representing each group of Scouts from the youngest Brownies through to oldest Ambassadors. My assignment was to provide a brief training/ introduction on putting together and using a simple first aid kit to the Brownies, caring for a “sick” person by the Juniors, discussing “triage” with the Seniors and demonstrating “splinting” to the Ambassadors using different items found in the wilderness. All in all about 60 Scouts rotated through these stations. I believe the most fun had was by the Brownies who, after putting together their first aid kit, got to practice using these kits to clean, apply antibacterial ointment and bandage a cut. Believe it or not each of these Brownies managed to find a “tiny” cut to clean and bandage on each other. It was a fun and educational event that prepared these girls for handling emergencies and earning them their first aid badge.



February is American Heart Month

Facts & Stats:

- Heart disease is the **leading** cause of death in the U.S.
- **Coronary heart disease** is the most common heart disease
- High blood pressure, high cholesterol, & smoking are key **risk factors**



Learn How to Prevent Heart Disease:

- **Don't smoke**
- Partake in **physical activity** to lower your blood pressure
- Choose **healthy foods and drinks** with low saturated fat and trans fat

Visit www.cdc.gov/heartdisease & www.heart.org for more information

Newsletter

February, 2024



2023 MRC Profile from NACCHO

Visit naccho.org to see a snapshot of the 2023 MRC profile



126
IS THE AVG.
NUMBER OF
VOLUNTEERS PER
UNIT

800+

UNITS &

300,000+

VOLUNTEERS



70%
OF VOLUNTEERS ARE
AFFILIATED WITH THEIR
LOCAL HEALTH DEPT.

Letter from Putnam County SeniorCorps

Hi volunteers!

We have been asked to forward this letter by the Putnam County Office of Senior Resources that is looking for volunteers to assist with senior activities in the county. This is separate from the MRC. If you wish to be involved, please contact Irene as noted.



Putnam SeniorCorps

Putnam SeniorCorps is the Putnam County retired senior volunteer program that invites adults aged 60 and older to use their life experiences and skills to volunteer and assist others close to home. Whether driving clients to medical appointments, distributing food at pantries, organizing book barns at libraries, or providing much needed support to non-profit agencies, Putnam SeniorCorps volunteers are making Putnam a stronger community. The program has approximately 400 senior volunteers successfully donating time and talent in more than 40 "station" locations around Putnam County.

The interests and skills of our volunteers are assessed and then matched with requests from local not-for-profit and health care agencies, and organizations which provide hundreds of volunteer opportunities throughout our community.

Putnam SeniorCorps members make new friends, remain physically and mentally active, learn new skills and share their vocational or professional skills with others, experiencing a sense of fulfillment.

Without the assistance and dedication of Putnam County's SeniorCorps volunteers, the human service agencies, and organizations we serve would be unable to continue many services and the needs of many of the people in our county would go unmet.

The invitation to join our Putnam SeniorCorps team is open to all dependable seniors aged 60 and over to participate in this worthwhile program. Putnam SeniorCorps Volunteer Coordinator, Irene Pawliczko, will use her expertise to match personal interests with a volunteer position of your choice. Please call Irene at (845)808-1734 to join our wonderful team of Putnam SeniorCorps volunteers.