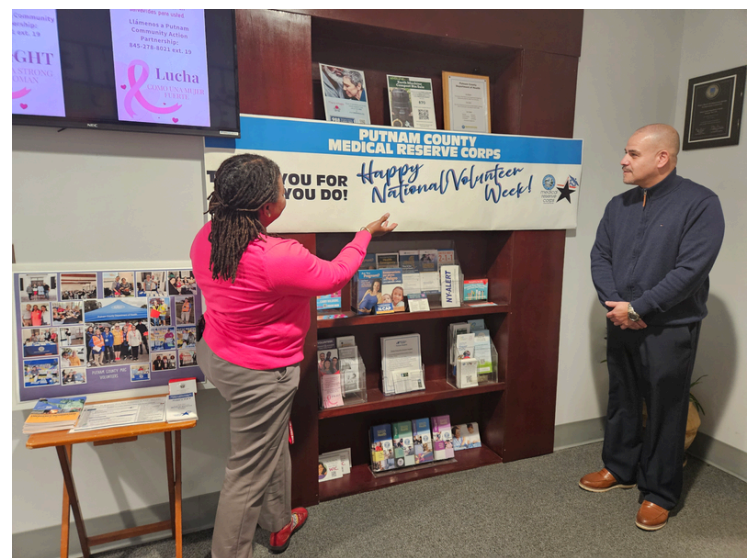


National Volunteer Month April - 2025

Hello Volunteers, April is National Volunteer Month! This a time to recognize and celebrate your contributions as we reflect on the spirit of National Volunteer Week. We want to extend our deepest gratitude for your unwavering dedication and selfless contributions. Your commitment to our county, your willingness to lend a helping hand, and your compassionate hearts make an immeasurable difference in the lives of those we serve and the success of our mission. Thank you for generously sharing your time, talents, and energy, we are profoundly grateful for everything you do.



Carla Taylor and Rian Rodriguez, the new Public Health Director for the Putnam County Health Department examine the banner and collage on display in the lobby of the Health Department. They were on display for **National Volunteer Week** (April 21-25).



Putnam County Medical Reserve Corps

Newsletter

April 2025



Highlighting Volunteer 2024 Activities



Volunteer collage featuring MRC Volunteers at various events throughout 2024



Psychological First Aid Training



Connie Bueti with Linda Mueller, MD and Rick Voss (not pictured: Sarah Doyle)

On April 17, PCDOH PHEP & MRC Coordinator Connie Bueti and MRC volunteers Sarah Doyle, Linda Mueller, MD and Rick Voss participated in a full day Psychological First Aid (PFA) training. PFA is an evidence based approach that provides immediate support to people experiencing acute distress after a traumatic event. It focuses on promoting resilience and facilitating healthy recovery and is a simple training anyone can do. PFA is not a substitute for professional mental health services, but rather a supportive tool to help people cope with the immediate aftermath of a crisis.

Rick Voss found this to be a great workshop, he found that the role playing simulations were a valuable part of the training. After completing the training Sarah Doyle offered the following feedback: "The Psychological First Aid training was very informative, and I was grateful for the opportunity to participate in this course. Working in crisis response, it is essential to be equipped with the skills needed to provide immediate emotional support and help reduce distress to promote both short-and long-term coping. This course allowed participants to strengthen their skillsets, ultimately helping to better prepare communities to respond effectively to disasters."

Trainings and Volunteer Activities

Autism Awareness Walk

On April 26th volunteers John Ohnmacht and Cathy Pizzuti volunteered at the Putnam County Autism Awareness Walk which was held at the Tilly Foster Farm in Brewster.

Volunteers assisted with logistics, display setup and breakdown as well as escorting families to activities throughout the day. The rain did not dampen the enthusiasm of the volunteers and it was a successful event.



Don't forget to register for the **Mental Health First Aid training on May 13th** by contacting Lauren Johnson: lauren.johnson@putnamcountyny.gov. She will send a link to the registration details.