

June 2025



## In The Spotlight

## Jeanette Baldanza: Public Health Nurse and MRC Volunteer



After working with Putnam County for 22 years, 14 of which were spent as a Public Health Nurse at the Department of Health (PCDOH), Jeanette is retiring at the end of June. She has volunteered with the MRC since 2012 and is perhaps best known for her work as an immunization nurse. Her tireless work and dedication to promoting health throughout the community will continue as she will remain an MRC volunteer. Thank you Jeanette and we look forward to seeing you at future events.

**Why did you join the MRC?** I wanted to be able to help out as a nurse in my community.

**How long have you been an MRC volunteer?** I joined in November of 2012 so almost 13 years.

**How have you worked with the MRC in the past?** As a nurse at POD's and POD drills.

**What do you find most rewarding about being a part of the MRC?** Working with so many different people with varied backgrounds and helping out wherever needed.

**Have you had any memorable experiences that you would like to share?** The COVID 19 clinics and working with all the volunteers was my most memorable experience, it was so wonderful to all be connected at such a difficult time and feeling like we were making a difference.

**How has joining the MRC impacted your life?** It's fulfilling to be able to volunteer and make a difference in the community you live in. I look forward to volunteering more now that I'm retiring from the PCDOH.

Putnam County Medical Reserve Corps

# Newsletter

June 2025



## Volunteers in Action

### Mental Health First Aid Training



From left to right:

Janet Eisig, Deborah Hauptman, Jose Rivera, Maria Rivera, Rick Voss, Victoria Maxino, Monica Maxino and Joacim Maxino after a full day of Mental Health First Aid Training

On Tuesday May 13<sup>th</sup>, eight (8) MRC volunteers attended Mental Health First Aid training at the Putnam County Bureau of Emergency Services. There was a high level of participation from the MRC volunteers who offered insight and comments based on their experiences. They were active participants in group activities, and all passed the multiple-choice test at the end of each module. Participants received a training manual, a workbook, and a community resource guide. At the end of the training volunteers offered positive feedback and they made plans to complete the final exam before receiving their certificates.

### Putnam Valley Ambulance Corps Open House

Thank you to Judy and Joe Occhiogrossi who assisted at the Putnam Valley Volunteer Ambulance Corps annual open house on May 17<sup>th</sup>. The event offered the public an opportunity to learn about the role of the Ambulance Corps in providing emergency medical services to the town of Putnam Valley and other areas in Putnam County. Judy and Joe assisted with the distribution of emergency preparedness and health educational materials to members of the public who stopped by the PCDOH table. They educated them on the importance the File of Life in emergency preparedness, and tick safety while providing tick kits and tick safety brochures. Volunteers also distributed emergency preparedness handbooks to adults and emergency preparedness coloring books to children.

## Extreme Heat Preparedness



Find somewhere air conditioned.



Drink plenty of fluids to stay hydrated.

## Extreme Heat: Older Adults

People 65 years or older are at greater risk from extreme heat health problems.





Wear loose, lightweight, or light-colored clothing.



Avoid high-energy activities during the midday heat and stay in the shade.



Ready

## **Tips for avoiding heat emergencies this summer**

- Never leave people or pets in a closed car on a warm day.
- If air conditioning is not available in your home find a cooling option.
- Take cool showers or baths.
- Wear loose, lightweight, light-colored clothing.
- Use your oven less to help reduce the temperature in your home.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Drink plenty of fluids to stay hydrated.
- Avoid high-energy activities or work outdoors, during midday heat, if possible.
- Check on family members, older adults and neighbors.
- Watch for heat cramps, heat exhaustion and heat stroke.
- Consider pet safety. If they are outside, make sure they have plenty of cool water and access to comfortable shade. Asphalt and dark pavement can be very hot to your pet's feet.

For more information visit: <https://www.ready.gov/heat>