



In the Spotlight

Denis Hanrahan – MRC Volunteer



Photos:

Left - Denis at a fall flu clinic.

Right – Assisting with traffic control at a fall flu clinic.

Denis Hanrahan has been an MRC volunteer since 2021 and has been an active participant in events. We asked him to give us some information about his experience as an MRC volunteer.

- **Why did you join the MRC?** *There was a call out for volunteers to help with the COVID vaccinations PODs.*
- **How have you volunteered with the MRC in the past?** *I volunteered during the COVID vaccination clinics in 2021, and the most recent fall vaccine clinics. I have also assisted at a recent seminar.*
- **What do you find most rewarding about volunteering with the MRC?** *Having the opportunity to work alongside a very special group of devoted and caring people while at the same time giving back to the community.*
- **Have you had any memorable experiences that you would like to share?** *Some of my most memorable experiences occurred during the COVID vaccine clinics. It was heartwarming each time I saw the relief on parents faces after their children received the vaccine.*
- **How has volunteering with the MRC impacted your life?** *There is a great sense of satisfaction being part of a program that is vital to the wellbeing of the community.*

Putnam County Medical Reserve Corps

Newsletter

March 2026



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





Prevention Tips: Floods



What you should know about Flood Safety:

- Make a family emergency communication plan and include pets.
- Have emergency supplies in place at home, at work, and in the car.
- Check on your neighbors to make sure they're okay.
- Know what to do before, during, and after a flood.
- Flood insurance takes 30 days to take effect, so purchase now to protect your family!
- Listen to local officials by radio, TV or social media.
- Evacuate when advised by authorities or if you are in a flood or flash flood prone area.
- If you are on high ground above flooded areas, being prepared to stay where you are may be the best protection.
- Never drive or walk through flooded streets; Turn Around, Don't Drown! Do not go through flood waters.