

2025 Annual Get Together



Photos: MRC Volunteers, members of the Putnam County Board of Health, Health Department staff and Hudson Valley InterArts painting instructor Brian.



On October 27th, volunteers from the Medical Reserve Corps (MRC), members of the county Board of Health and Health Department staff gathered at the Hudson Valley InterArts in Patterson. The “MRC Arts & Eats” featured dinner and a guided painting session. It was organized by the health department in collaboration with their partners at the InterArts center to thank the volunteers for their commitment and service. The MRC, which recently marked two decades of service to Putnam County residents, plays a vital role not just in times of emergency, but at other events for residents throughout the year.

Despite many of the volunteers having limited painting experience, they created beautiful pieces of art while enjoying delicious food and camaraderie with their fellow volunteers. PCDOH staff and county Board of Health members also enjoyed the opportunity to socialize with the volunteers in a fun and creative atmosphere.

Putnam County Medical Reserve Corps

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Outbreak Interview Training



On November 7, MRC volunteers, the New York State Department of Health (NYSDOH) Volunteer Coordinator and Health Department staff, participated in Outbreak Interview Training at the Bureau of Emergency Services. An outbreak expert from the NYSDOH and the Health Department Epidemiologist conducted an on-site training to ensure volunteers and staff will be ready to effectively collect information from affected/exposed individuals which can help to identify the source of an outbreak and prevent further spread of any illness. See more details by using this link to see our latest press release:

<https://putnamcountyny.gov/component/zoo/item/putnams-disease-detectives-train-for-outbreaks?Itemid=101>

Upcoming 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 Buetti** 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.

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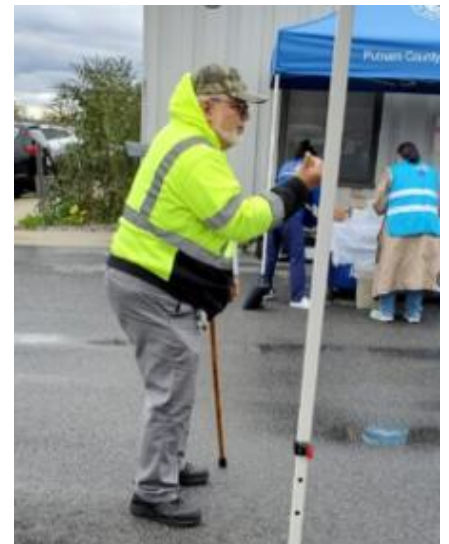
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2025 Flu Clinics



Starting in September, MRC Volunteers assisted with 3 flu clinics (including 2 public drive thru clinics). Some volunteers administered vaccines while others assisted with traffic control and medical paperwork. Despite the rain, they were on hand to ensure that residents received the vaccines they needed to remain healthy. Thank you for assisting us in protecting public health and making these flu clinics a success!





Winter Preparedness

IS YOUR VEHICLE WINTER READY?



Make sure your car is ready for winter weather

Have maintenance service on your vehicle as often as the manufacturer recommends. In addition, every fall, do the following:

- Have the radiator system serviced or check the antifreeze level yourself with an antifreeze tester. Add antifreeze as needed.
- Replace windshield-wiper fluid with a wintertime mixture.
- Make sure the tires on your car have adequate tread and air pressure. Replace any worn tires and fill low tires with air to the proper pressure recommended for your car (typically between 30-35 psi).
- Keep the gas tank near full to help avoid ice in the tank and fuel lines.
- Keep your car in good working order. Be sure to check the following: heater, defroster, brakes, brake fluid, ignition, emergency flashers, exhaust, oil, and battery.