



# NORTHEAST TENNESSEE REGIONAL



National MRC: A national network of local groups of volunteers committed to improving the public health, emergency response and resiliency of their communities.

Hello, Northeast Region MRC Volunteers!

We have a lot to look forward to in 2024. Early this month we welcomed James Mason as an intern with our MRC unit. He is completing his MD and MPH degrees concurrently and graduates in May. Already he has set up much of our *2024 MRC Conference: Where Superheroes Hangout* -- Please save the date for May 18<sup>th</sup>. We'll meet up in Bristol, TN with colleagues from the Sullivan County Unit and Southwest Virginia unit. He's also working on a *Leadership Academy for MRC Volunteers* from our unit. (Details soon.) Stop by the RHOC before the end of February to meet him.

We recently learned the Carter County Disaster Animal Response Team (DART) received \$10,000 from the National Association of County Health Officials. The DART will begin securing resources and supplies as well as carry out a half-day table-top exercise in August and a full-day walk through large animal sheltering exercise in September. Everyone is welcome to participate since skills are transferable to PODs.

Please check out the opportunities for training and events at the end of the newsletter. There is always something to learn along with sharing experiences with old and new friends! Finally, the Northeast TN Healthcare Preparedness Coalition has updated its website. Check out the page for the MRC units in our region: [MEDICAL RESERVE CORPS – NETennHCPC \(nethealthcoalition.org\)](https://www.netennhcpc.org)!

Warm regards,  
*Jayne Harper*

## Gratitude & Impact

Please acknowledge everyone who has given generously of their time and expertise during December 2023 and January 2024 on behalf of our MRC unit:

<b>Atithi Bandhu</b>	<b>Kathy Fraser</b>	<b>George Odom</b>
<b>Shelby Blevins</b>	<b>Tanya Gibbs</b>	<b>Lynn "Petey" Peters</b>
<b>Kim Bordeaux</b>	<b>Steven Hartley</b>	<b>Shannon Posada</b>
<b>William "Bill" Bridgforth</b>	<b>Wilkes Harper</b>	<b>Diana Reese</b>
<b>Bobby Darnell</b>	<b>Deanna Irick</b>	<b>Tracey Rhodes</b>
<b>Christine Denny</b>	<b>Kathy Kelley</b>	<b>Danny Ricker</b>
<b>David Edwards</b>	<b>Gail Lane</b>	<b>Anita Weiss</b>
	<b>Christopher Meyer</b>	

### **Thanks for all the community activities and participation in training!**

Here are all the things MRC Unit #1340 has been doing:

- **Disaster Mental Health Strike Team Deployments** on 12.4.2023 and 12.8.2023
- **Carter County DART Training** at Carter County EMA in Elizabethton 12.14.2023
- **Mental Health Committee of the Northeast Region Healthcare Preparedness Coalition** at RHOC on 1.18.2024

- **MRC Advisory Committee Meeting** (virtual) on 1.18.2024
- **The Readys! class** at Johnson City Senior Center 1.18.2024
- **MRC Deployment: Assist First Christian Church and American Legion** in providing overflow shelter for the Salvation Army on 1.18.2024, 1.19.2024 and 1.21.2024
- **Mental Health First Aid certification class** for MRC volunteers at RHOC on 1.24.2024



**Gail Lane** (MRC/DART), **David Edwards** (MRC/DART), **Shannon Posada** (MRC/DART), **George Odom** (MRC/CCEMA), **Kim Bordeaux** (MRC/DART), **Melissa Taylor** (TDH) & **Christine Denny** (MRC/DART) at DART Orientation & POD Training on 12.14.2023



**James Mason** (TDH Emergency Preparedness Intern), **Kim Bordeaux** (MRC) & **Shelby Blevins** (MRC) at 1.18.2024 Readys! training in Johnson City

## MRC Clothing

**Would you like to purchase a t-shirt (short or long sleeve), sweatshirt or zip-up hoodie with the **NER MRC logo embroidered in white on it**? Clothing is offered in royal blue and black. Short sleeve t's are \$13, long sleeve t's are \$16, crewneck sweatshirts are \$22 and zip-up hoodies are \$28. There is an extra cost of \$2 per "X" after 1XL. Contact Jayne (423.979.4596 or [Jayne.Harper@tn.gov](mailto:Jayne.Harper@tn.gov)) for details and payment by early February 2024. The order will be submitted in early February.**

			
PC61 Port & Company® Essential Tee <b>Royal Blue \$13</b>	PC61 Port & Company® Essential Tee <b>Black \$13</b>	PC61LS Port & Company® Essential Tee <b>Royal Blue \$16</b>	PC61LS Port & Company® Essential Tee <b>Black \$16</b>
			
PC850 Port & Company® Fan Favorite Fleece Crewneck Sweatshirt <b>Royal Blue - \$22</b>	PC850 Port & Company® Fan Favorite Fleece Crewneck Sweatshirt <b>Black - \$22</b>	PC850ZH Port & Company® Fan Favorite Fleece Full Zip Hooded Sweatshirt <b>Royal Blue - \$28</b>	PC850ZH Port & Company® Fan Favorite Fleece Full Zip Hooded Sweatshirt <b>Black - \$28</b>

**Please note:** There are some men’s and women’s Northeast Region MRC golf shirts available in select sizes. Please contact Jayne Harper ([Jayne.Harper@tn.gov](mailto:Jayne.Harper@tn.gov) or 423.979.4596) if you have not already received one of these shirts. Supplies are limited and they are yours at no cost to you.

## Northeast Region MRC Unit Fast Facts

On 12.29.2023 there were **413** volunteers in our unit.

Between July 1<sup>st</sup> and December 29<sup>th</sup>: MRC volunteers donated **552 hours** during **137 “shifts”** for a total worth of **\$19,614.00**



## DART Clothing

Anyone on the DART or interested in recruiting for the DART, can purchase clothing, 3 5/8” patches and/or 3 5/8” decals with the DART logo on them. Please contact Kim Bordeaux ([bordeauxka94@gmail.com](mailto:bordeauxka94@gmail.com)) or Jayne Harper ([Jayne.Harper@tn.gov](mailto:Jayne.Harper@tn.gov)) if you’d like an order form.

Clothing Item	Size	Cost
<b>Short Sleeve T-Shirt</b>	S-XL	\$14.50
	2XL	\$17.50
	3XL-6XL	\$20.50
<b>Long Sleeve T-Shirt</b>	S-XL	\$18.50
	2XL	\$21.50
	3XL-4XL	\$24.50
<b>Crew Neck Sweatshirt</b>	S-XL	\$17.00
	2XL	\$20.00
	3XL-4XL	\$23.00
<b>Zip Up Fleece Sweatshirt</b>	S-XL	\$32.00
	2XL	\$35.00
	3XL-4XL	\$38.00

All clothing has screen print logo on left side of the front. T-shirts have a large screen print logo on the back also.



Screen Print Logo on Clothing, Patches and Decals in a field of white.





## Opportunities for Education & Service

**CPR Basic Life Support (Re)Certification for MRC Volunteers** – There is **one seat available** for someone needing to be certified or recertified. The class will be held Monday, **February 5<sup>th</sup> at 9:00 AM-12:30 PM** at the Northeast Regional Health Office **in Johnson City**. Contact Jayne Harper at [Jayne.Harper@tn.gov](mailto:Jayne.Harper@tn.gov) if you want the seat.

**IS-100, IS-700, IS-200 & IS-800** are needed to officially deploy during an emergency or disaster! Please complete these “one-and done” classes. They are available online at <https://training.fema.gov>; Sign in with your SID number and submit your certificates to [Jayne.Harper@tn.gov](mailto:Jayne.Harper@tn.gov). Certificates prove knowledge of class content and eligibility for deployment. Contact Jayne ([Jayne.Harper@tn.gov](mailto:Jayne.Harper@tn.gov); P: 423.979.4596) if you have any issues or questions about the online system. You do not need to take classes in any particular order although many people take them as 100, 700, 200, 800...

- The Carter Emergency Management Agency (EMA) and our MRC Unit offers in-person sessions of these four ICS classes in this format to support members in earning certificates. Contact Jayne Harper [(423) 979.4596 or [Jayne.Harper@tn.gov](mailto:Jayne.Harper@tn.gov)] to register for an upcoming class is listed below:
  - **ICS-700: Introduction To The Incident Command System on February 6<sup>th</sup> at 6:00-9:00 pm at the Regional Health Operations Center in Johnson City. Space still available.**
  - **ICS-200: Basic Incident Command System for Initial Response on Tuesday, May 7<sup>th</sup> at 6-10 pm (longest of the courses) at the Regional Health Operations Center in Johnson City.**
  - **ICS-800: National Response Framework, An Introduction on Thursday, August 8<sup>th</sup> at 6-9 pm at the Regional Health Operations Center in Johnson City.**

**NOTE:** MRC volunteers in our unit are designated into training levels – Level 4 to Level 1. Training levels are based on which FEMA classes have been completed. Volunteers submit copies of certificates earned or FEMA transcripts to the Northeast Region MRC Unit. A volunteer’s level may be a determining factor in being deployed. For example, if 10 volunteers respond to a call for 4 volunteers needed, those with the highest level will be selected.

- Registered and vetted Unit #1340 Volunteer qualifies for Level 4.
- Completion of MRC Unit Orientation qualifies for Level 3.
- Completion of IS-100 and IS-200 qualifies for Level 2.
- Completion of IS-200 and IS-800 qualifies for Level 1.

The Northeast Region MRC Unit 1340 has an updated MRC Handbook! Please contact Jayne at (423) 979.4596 or [Jayne.Harper@tn.gov](mailto:Jayne.Harper@tn.gov) if you would like a copy of it.

Experience our CERT Academy one topic at a time!

**FREE & DELIVERED AT YOUR SITE**



**CERT Mini Topics**

- Disaster Preparedness
- CERT Organization
- Disaster Medical Operations
- Disaster Psychology
- Fire Safety and Utility Controls
- Light Search and Rescue Operations
- Terrorism and CERT
- Disaster Simulation

## WHAT IS CERT?



The Community Emergency Response Team (CERT) program is a nationally supported, locally implemented initiative that teaches people how to better prepare themselves for hazards that may affect their communities. The ability for CERT volunteers to perform basic emergency response activities frees up professional responders to focus their efforts on more complex tasks.

**CERT MINI COURSES NOW AVAILABLE!**

For More Information and to Schedule a Class:  
423-560-0510    [wcjcema.org](http://wcjcema.org)



**Community Emergency Response Team (CERT) & Terrorism Mini Course** – This 2-hour class is part of the curriculum from CERT and trains people in communities to help themselves and their neighbors during disasters. The class is taught by Kat Latham, Operations & Training Officer for the Washington County/Johnson City EMA. This is a great preview to see if you would be interested in participating in the full CERT Academy being held February 17<sup>th</sup> in Gray (also open to MRC volunteers).

- **Thursday, February 8<sup>th</sup> at the Northeast Regional Health Office in Johnson City from 5:30-7:30 pm.** This was the class originally planned for January 18<sup>th</sup> that has been rescheduled to February. **The class is full.** Contact Jayne at [Jayne.Harper@tne.gov](mailto:Jayne.Harper@tne.gov) or (423) 979.4596 if you would like it to be held again later this year.
- **Saturday, February 17<sup>th</sup> – CERT Academy.** Held at Crossroads Church in Gray from 8 am to 5 pm. There are seats available for the full-day academy. There is no cost for this academy. Register using this link: [WC/JC CERT Program | WCJC EMA](#)

**TEEX Classes in Mid-Cumberland Public Health Region** – TEEX is the Texas A&M Engineering Extension and is an internationally recognized leader in emergency response training and technical assistance. The following TEEX classes will be **held at the Mid Cumberland Regional Health Office at 710 Hart Lane in Nashville, TN 37216 from 8:30 am to 4:30 pm (CST) each day.** If you register for any TEEX class, you must attend both days to receive a completion certificate. Classes are free. Lunch will be provided, and seats are limited. If you have questions or are interested in enrolling, please contact Glenda Williams: [Glenda.d.williams@gmail.com](mailto:Glenda.d.williams@gmail.com)

- **February 21 & 22, 2024: TEEX MGT 384 Preparing for Cyber Attacks and Incidents** Click to register:  
[MGT384 - Nashville, TN - 2/21-22/2024](#)
- **March 13 & 14, 2024: TEEX PER 319 Medical Counter Measures, POD Planning & Response** Click to register:  
[https://urldefense.com/v3/https://my.teex.org/TeexPortal/Default.aspx?MO=mCourseCatalog&D=FP&C=MGT319&S=534;!!PRtDf9A!vGntJRvO2sdyu\\_GQd9R3S8CY51delgIE22ussgUH939IRDuJF03qf-ITmLwm\\_w5G908xNi76Gv9v4uDv3N8D0fXWI3blwgdPoAV6AZY\\$](https://urldefense.com/v3/https://my.teex.org/TeexPortal/Default.aspx?MO=mCourseCatalog&D=FP&C=MGT319&S=534;!!PRtDf9A!vGntJRvO2sdyu_GQd9R3S8CY51delgIE22ussgUH939IRDuJF03qf-ITmLwm_w5G908xNi76Gv9v4uDv3N8D0fXWI3blwgdPoAV6AZY$)

**TEEX Classes in Abingdon, Virginia** – TEEX is the Texas A&M Engineering Extension and is an internationally recognized leader in emergency response training and technical assistance. The following TEEX classes will be **held at the Southwest Virginia Higher Education Center 1 Partnership Circle, Abingdon, VA. 24210 from 8:00 am to 5:00 pm (EST) each day.** If you register for any TEEX class, you must attend both days to receive a completion certificate. Classes are free. If you have questions or are interested in enrolling, please contact Monica McCullough: [mmcullough@vaems.org](mailto:mmcullough@vaems.org)

- **April 3 & 4, 2024: TEEX MGT 439 Pediatric Disaster Response and Emergency Preparedness** Click to register: [Pediatric Disaster Response and Emergency Preparedness Course](#)
- **May 20 & 21, 2024: TEEX PER 211 Medical Management of CBRNE Events** (CBRNE = Chemical, Biological, Radiological, Nuclear and Explosive events) Click to register: [Medical Management of CBRNE Events](#)



Johnson City Recovery Center 423-262-8903

## Link - How to Administer Naloxone video:

[apps.health.tn.gov/naloxone/savealife/](https://apps.health.tn.gov/naloxone/savealife/)

## Link - Local Health Departments in Northeast TN carry no-cost Naloxone:

[Northeast Region \(tn.gov\)](https://www.northeastregion.tn.gov/)

**Carter County DART** continues to recruit members for this team within the MRC unit. MRC volunteers from any county may join the team. To become a credentialed member who can handle animals, one must complete ICS-100, 700, 200 & 800 as well as the Department of Agriculture DART Credentialing Training and sign the DART Code of Conduct. An application is submitted to the TN Department of Agriculture and once approved, members receive a badge demonstrating their credential when they are deployed.

Any MRC volunteer can assist the DART with administrative duties and attend training or exercise opportunities. Please contact Kim Bordeaux at [bordeauxka94@gmail.com](mailto:bordeauxka94@gmail.com) if interested in learning more or being added to the DART email list.

## January is National Radon Action Month

Learn more to protect your home and loved ones

[National Radon Action Month Information | US EPA](#)



Sunny, Age 14 of  
Louisville, KY



# MRC Annual Conference

# May 18

*Save the*  
**Date!**



Bristol Regional Medical Center

1 Medical Park Blvd, Bristol, TN 37620

8:00 am - 5:00 pm

## *Where Superheros Hangout!*



Mini Massages



Interesting  
Training Topics



Food and Drinks



Networking



Fun!



**RSVP:**

by email to Jayne Harper ([Jayne.Harper@TN.Gov](mailto:Jayne.Harper@TN.Gov))



**Why do seagulls fly over  
the ocean?**

**Because if they flew over the bay,  
they would be called bagels.**