



A Project of  
WESTERN REGION HOMELAND  
SECURITY ADVISORY COUNCIL

# SHEFFIELD EMERGENCY REST CENTER PARTNERSHIP FREE VOLUNTEER TRAINING FOR ALL IN SOUTH COUNTY

**THURSDAY, MARCH 27, 6:30 – 8:30PM**

**SHEFFIELD SENIOR CENTER**

**RSVP BY MARCH 25 TO SENIOR CENTER: 413-229-7037**



## How Would You Help in an Emergency?

The first step is to prepare basic supplies and communication plans in advance. Then, be sure that you, your family, pets, friends and neighbors are secure. Consider reaching out to help through your church or community. In Sheffield, several **churches and the Sheffield Senior Center** are preparing to serve as Emergency Rest Centers and will need trained volunteers.

## What is an Emergency Rest Center (ERC)?

Emergency Rest Centers (ERCs) provide a welcoming part-time refuge offering helpful, but limited, services such as: warming station in winter, cooling station in summer, charging station for cell phones/vital equipment, safe drinking water, snacks, bathroom access, information, reassurance and referrals. ERCs support community members during a disaster to help overcome their isolation and minimize their need for an overnight shelter. Emergency Rest Centers are *not* overnight shelters.

## How Can I Learn More About Preparing and Volunteering?

Come to a free introductory volunteer session with Corinne McKeown, Coordinator of the Berkshire Medical Reserve Corps (MRC) and the Berkshire Disaster Animal Response Team (DART). You will learn:

- Simple, but essential, steps to prepare for emergencies
- Tips for psychological first aid
- Chain of Command: Emergency Management Directors, First Responders and Volunteers
- Options for volunteers in Emergency Rest Centers

## What is the role of Berkshire Medical Reserve Corps?

Founded in 2002, the **Berkshire MRC is sponsored by Fairview Hospital** and dedicated to strengthening the health and safety of our community. The MRC has **both medical and non-medical volunteers**, who receive free training to respond effectively to public health emergencies and disasters. See: <http://wmmrc.org/contact-your-mrc/berkshire/> While we can all learn important skills from the MRC, volunteer participation in any incident is completely optional.

Faith Community Partnering for Emergency Preparedness Project: Berkshire, Franklin, Hampden, Hampshire Counties  
<http://westernmassready.org/preparedness-projects/faith/>

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