



The BVRC News

The Burlington Volunteer Reserve Corps (MRC) is sponsored by the Burlington Board of Health

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“Volunteers do not necessarily have the time; they have the heart”

~Elizabeth Andrew

BVRC Assists With “Battle of the Badges” Blood Drive

By Leslie McLaughlin



Photo Courtesy of Burlington Police Department Facebook Page

A new activity has been added to the opportunities for our volunteers to continue our mission of carrying out public health initiatives. In what they hope to be an annual event, the Burlington Police and Fire Departments participated in a “Battle of the Badges” blood drive. “Battle of the Badges” is a friendly competition among first responder agencies to recruit blood donors to donate in the towns and neighborhoods in which they serve. These specially themed blood drives are taking place in hundreds of communities across the country and have been going on for more than ten years. The program has earned national acclaim from the White House as the largest law enforcement blood drive effort in the nation.

The Burlington event took place on July 12 and was sponsored by the American Red Cross. Town staff from the Police Department, Fire Department and Council on Aging were all participants. There was a last minute change of venue from the Senior Center to Grandview Farm due to delays in the 61 Center Street renovations but otherwise things went smoothly. Turnout was

great and everyone found the new location with no problem.

Each team had a goal of collecting 50 pints and while donors did not have to pick between BPD and BFD, they could leave a blue or red chip behind to show support for their favorite agency. Pat Angelo, a BVRC member who helped out at the event, reported that Lt. Glen Mills of the BPD was having a lot of fun when the blue chips surged ahead. The winners’ prize is bragging rights for the next year. More importantly it was a way to help increase donations as the summer historically sees a drop in donors as people are busy with vacations, cook-outs and summer fun. “Blood donations save countless lives each year,” Police Chief Kent said. “The goal of our competition is to help people in need, and we hope residents will volunteer to support this important cause.”

BVRC volunteers assisted the Red Cross at “Battle of the Badges” by serving as Registration and Canteen workers. Special thanks to BVRC members Pat Angelo, Eileen Feldman, Joan Hastings, Ellie Hutchinson and Geeta Pandit for volunteering. BVRC volunteers also help at monthly American Red Cross blood drives. They help donors check in and also assist post donation making sure donors are recovering after donating and providing an energy boost (snacks and juices). If you would like to volunteer for blood drives, contact Cathy Piccolo at cpiccolo@burlington.org.

BOH Awarded Grant to Hire Emergency Preparedness Assistant

By Susan Lumenello



Sara Darlagiannis, Emergency Preparedness Assis-

Emergency Preparedness Region 4AB has designated funds to the Burlington Board of Health from the Center for Disease Control’s Public Health and Emergency Preparedness Grant to hire a part time Emergency Preparedness (EP) Assistant that will conduct administrative work for Region 4AB as well as the Burlington Volunteer Reserve Corps. The funds have been granted for one year.

The Board of Health is pleased to announce that Sara Darlagiannis has been hired as the new EP Assistant. “I am very excited to have learned about the position and the opportunity it brings to further my career in emergency management and public health. For the past twelve years I have worked as a Public Health Emergency Planner assisting local Boards of Health with their emergency dispensing site plans and other deliverables. I am also a Community Emergency Response Team member and serve in two MRC units, one of which, I am an Assistant Coordinator.”, said Sara.

When Sara is not working you can find her in her yard gardening, crafting or enjoying family activities with her two young daughters and husband. She is also a very active member of her church where she directs the annual summer camp, teaches Sunday school, and is Vice Chairperson of the Philoptochos Society.

Sara is looking forward to working with all the BVRC volunteers. She will be in the Board of Health Office on Mondays and Wednesdays during regular office hours. She can be reached at 781-238-4688 or stop in to welcome Sara to her new position.

Preparedness App of the Month: Solve the Outbreak



Screenshot courtesy of CDC Web Site

This fun CDC app lets you be the Disease Detective. Each level provides clues data to help save lives. Are you up for the challenge?

Thank you to July Volunteers

ARC Blood Drives

Carolyn Abruzzo
Pat Angelo
Eileen Feldman
Joan Hastings
Margaret Henderson
Ellie Hutchinson

“Battle of the Badges”

Pat Angelo
Eileen Feldman
Joan Hastings
Ellie Hutchinson
Getta Pandit

Executive Committee

Carolyn Abruzzo
Margaret Henderson
Eric Dewar
Jean Perry
Andrew Rittenburg
Sandra Voltero

BP Screenings

Carolyn Abruzzo
Fran Learner

BOH Moves Back to 61 Center Street

By Susan Lumenello

In July, 2017, BVRC News reported that the Board of Health offices had temporarily re-located to Burlington High School due to renovations being conducted at the 61 Center Street building. The BOH is happy to report that this August we have returned to the 61 Center Street building. The BOH is located on the second floor at 61 Center Street but is now down the hallway, where the Youth and Family Services offices were formerly located.

The BOH offices now include a private conference room that can be utilized for MRC activities, such as trainings and meetings. The BVRC has received grant money to install a television in the conference room that can be hooked up to a lap top in order to display presentations. It is expected that MRC-101, the orientation to the Medical Reserve Corps, will be conducted in the conference room on a quarterly basis. The BVRC Executive Committee will be holding their regular meetings in this conference room as well.

The Board of Health would like to thank the Burlington Public Schools for their hospitality over the past year. Although we enjoyed being at Burlington High School, we are happy to be back at 61 Center.



(Left) The Conference Room at the Board of Health office at 61 Center Street (Right) Although the Board of Health has moved back in, outside work is continuing at 61 Center Street. (Photos by Susan Lumenello)

Heat Related Deaths
ARE Preventable
LOOK BEFORE YOU LOCK



The temperature in your car can quickly become deadly!

Outside Temperature 80°

Inside 99°	Time Elapsed: 10 Minutes	Inside 109°	Time Elapsed: 20 Minutes
Inside 114°	Time Elapsed: 30 Minutes	Inside 123°	Time Elapsed: 60 Minutes

 weather.gov/heat nhtsa.gov

Save the Date: Upcoming Events

Wednesday, September 12—First Aid Training, Town Hall Annex Basement Meeting Room, 25 Center Street, **6pm** Designed to teach students how to respond quickly and efficiently in an emergency, this course will cover topics such as allergic reactions, seizures, bleeding control, and environmental injuries such as heat and cold exposure. There will also be hands on training in bandaging, basic splinting, and epi pen usage. Space is limited, contact the BOH office for more information.

Wednesday, September 19—MRC 101 Training, Board of Health Conference Room, 61 Center Street, 2nd Floor, **6 pm—7 pm**. MRC 101 is a short presentation designed to give volunteers an introduction of the MRC and discuss key issues pertaining to the establishment, such as organizational structure, liability issues, and types of deployment. This course is a requirement for all volunteers.

Saturday, September 22—Household Hazardous Waste Collection Event, Francis Wyman School, Terrace Hall Avenue, 8:30 am—12 pm

Wednesday, October 24—”Supporting Those At Risk For Suicide”, Grandview Farm, 55 Center Street, **7pm—8:30 pm** Discussion will take place around recognizing risk factors and warning signs, as well as how to talk to an individual who may be suicidal and basic steps in getting a suicidal person help.

Volunteers can register for any of the above by responding to emails sent through MA Responds. For more information, please email boh@burlington.org or call 781-270-1955.

Number of volunteers hours in the month of July: **48**

