

Newsletter

December, 2023



Volunteers in Action: October 22nd Flu Clinic



MRC Volunteer Spotlight

Featuring: John Ohnmacht



I joined the Medical Reserve Corps of Westchester County in 2005 while working in health care as a radiographer, health care administrator and NYS EMT. Shortly after joining I was sent to New Orleans to assist with medical support at shelters in the aftermath of hurricane Katrina. Since that time I have worked a number of events in Westchester such as their annual 4th of July event, COVID and a number of training events. My reason for joining MRC is my belief and commitment to helping my neighbor and community in any variety of needs involving health care and preparedness. I felt that my experience in health care and emergency services could help with educating the community and helping our community in emergent/difficult environmental or health related emergencies, but basically I enjoy helping people. Three years ago I retired after 50 years working in health care and moved to Mahopac with my family. Not yet ready to just settle down, I looked to join the Putnam County MRC where I hoped to be able to continue serving our community. I am still an active NYS EMT and active member of NDMS (National Disaster Medical Systems). Since joining the Putnam County MRC, I have had the pleasure and opportunity to work with our Department of Health on disaster preparedness at our Senior Centers and a business outreach event. I am looking forward to working with our team and helping our community with their health care needs and safety/disaster preparedness.

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2023 MRC Profile from NACCHO

- Visit naccho.org to see a snapshot of the 2023 MRC profile
- Please review the 2022 Network Profile of the Medical Reserve Corps. This report provides a comprehensive look at the way MRC units serve the needs of their communities during public health emergencies – highlighting challenges, solutions and evolving capabilities. Your work has contributed to this report

Mental Health During the Holidays

- Take care of yourself and your loved ones during this holiday season!
- Visit the [NIH](https://www.nih.gov) for information on Seasonal Affective Disorder
- For immediate assistance, **call or text 988**

Seasonal Affective Disorder (SAD): More Than the Winter Blues

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the “winter blues,” some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

Do you have mild symptoms that have lasted less than 2 weeks?



- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework

These activities can make you feel better:



- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

If these activities do not help or your symptoms are getting worse, talk to a health care provider.

Do you have more severe symptoms that have lasted more than 2 weeks?



- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies

Seek professional help:



- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

For help finding treatment, visit nimh.nih.gov/findhelp.

If you or someone you know is in immediate distress or is thinking about hurting themselves, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).

