

## Quarterly Newsletter



Welcome to the third quarterly newsletter of the Monroe County, IL MRC Unit #2781

Hope you are all doing well and looking forward to some summer fun with your friends and families!

Here are some of our continuing activities and plans during 2024:

- We are participating with Monroe County Emergency Management Agency (EMA) and other community partners in a Chemical Release Tabletop Exercise on Friday, May 10, 2024, from 9:00 a.m. - 2 p.m. at the Monroe County Annex, 901 Illinois Avenue, Waterloo, IL 62298.
- We continue to work with St. Clair and Wayne counties to develop Search and Rescue trainings and possibly form a Search and Rescue team for our area. Please stay tuned!
- We are providing MRC information & promoting our Unit at 2 EMS open houses in May:

Wednesday, May 8, 2024, 4-7 p.m. Columbia EMS, 1020 N. Main Street, Columbia, IL 62236

Thursday, May 23, 2024, 5-8 p.m. Monroe County EMS, 901 Illinois Avenue #C, Waterloo, IL 62298

- We are pursuing reinstating the Mental Health Specialty Team which is part of the Monroe County Emergency Operations Plan. These mental health professionals would be able to lend their expertise during emergencies to maintain calm and order. If you or you know anyone who would be interested in being part of this team, please contact Marsha Wild at (618) 612-7105.

\*\*\*Be watching for a "Volunteer Spotlight" segment in our next quarterly newsletter!!!\*\*\*

Suggestions/Questions??? Please contact our MRC Unit #2781  
Leader at:

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Please make sure to keep your contact information current on Illinois Helps at [www.illinoishelps.net](http://www.illinoishelps.net) and to stay connected with our unit on our Facebook page and Monroe County Health Department website: <https://monroecountyhealth.org/volunteers/>

Thank you to those who attended our Behavioral Health presentation at Monroe County Health Department on Wednesday, March 27, 2024! Attended by eleven individuals, we had fun and learned some valuable lessons regarding managing stress in our daily lives, conflict resolution and personality differences. Special thanks to Stacey Macchi, Associate Professor at Western Illinois University who conducted the presentation. Below are some pictures from the event...









