

# HEALTH & MEDICAL COORDINATING COALITION

A detailed map of Region 3 HMCC, showing a network of roads and various towns. The map includes labels for towns such as West Newbury, Groveland, Andover, North Andover, Middleton, North Reading, Reading, Urmfield, Salisbury, and others. The map also shows geographical features like rivers and lakes, and a legend in the bottom right corner indicating the color coding for different types of roads.

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# COVID-19 RESPONSE

Since February 2020, Region 3 HMCC has been activated to provide support to all Healthcare Facilities in the region during the COVID-19 Pandemic. Staff has been facilitating the flow of information between MDPH and stakeholders, completing resource requests for PPE and testing supplies and maintaining regional situational awareness. From February to November in Region 3 there have been approximately 1,154 requests for PPE and testing supplies, 360 Duty Officer pages for assistance and over 1,294 emails for assistance and guidance. Region 3 Staff actively continues to support stakeholders in their response to COVID-19.



## DUTY OFFICER REMINDERS

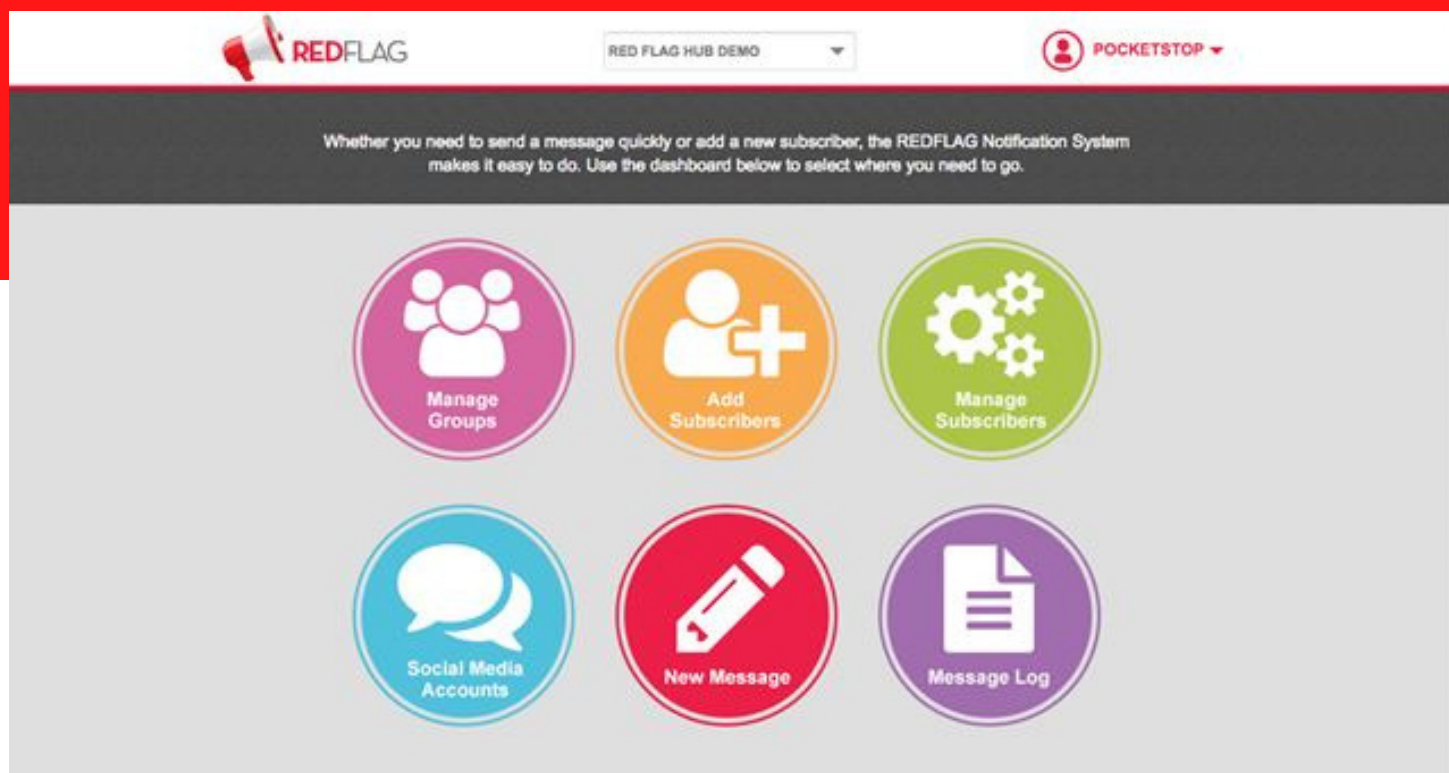
We continue to provide support to our stakeholders through our Duty Officer. A Duty Officer is available 24/7 by calling (978) 946 8130. We can also be reached via email for non urgent matters at [Region3HMCCDutyOfficer@mapc.org](mailto:Region3HMCCDutyOfficer@mapc.org). Keep in mind sending a request through email should be for non emergent needs only. Sending an email will not wake a Duty Officer in the middle of night, please call if it is an emergency. Stakeholders can find forms for PPE and COVID-19 testing supply request forms here: (<https://hmccreg3.org/documents-forms/>). You can also find additional information about the Duty Officer here: <https://hmccreg3.org/duty-officer/>.



# RED FLAG, EMERGENCY NOTIFICATION SYSTEM

Region 3 HMCC is happy to announce that we have selected Red Flag from Pocket Stop as an emergency notification system for the region. Red Flag will serve as the primary source of communication for the region to notify stakeholders of significant events from within and outside of the region that may impact your community or facility. You will receive notifications via text message, email, phone call, or voicemail, depending on the event and contact information we have on file for you. Our email and text notifications can also include attachments when necessary. Stakeholders can send attachments back to the HMCC via email if needed.

Red Flag was chosen based on its user-friendly platform and its simplicity. Red Flag allows for messages to be quickly sent out to stakeholders as well as providing stakeholders an option to respond to messages if necessary. An example of this would be if the HMCC sends out a notification asking for a status update during a snow storm. Stakeholders can simply respond directly to the message either via email or through text. HMCC staff can also have a conversation with a stakeholder via text message, if a stakeholder requires assistance. For more information or to receive notifications please contact HMCC staff.



## IMPORTANT INFORMATION:

Email Notifications will come from: [Region3HMCCdutyofficer@mapc.org](mailto:Region3HMCCdutyofficer@mapc.org)  
Phone calls and voicemails will come from (617) 603-9008  
All texts will come from 444222 or (888) 506-5920



# INFECTION OF THE MIND:HOW TO COPE WITH STRESS WHILE BUILDING RESILIENCE DURING A PANDEMIC

Region 3 HMCC recently partnered with Clinical Psychologist, Dr. Rich Fitzpatrick and Rev. Dean Shapley, Director of Mission and Chaplaincy at Lowell General Hospital and Circle Health to facilitate discussion based workshops on stress management. The workshops presented tools and techniques for coping with stress, how to recognize elevated stress levels in co-workers and how to address them and finally how to interact with patients, residents and or family members that are at increased levels of stress. Stakeholders reported the most valuable take away was the "BCALM" stress relief technique. See each step of the technique below and try on your own! It can be completed in as little as three minutes!

- B Breathe slowly in and out on a 4 count, then a 5 count, then 6.
- C Center yourself in this place and this moment, mindful of your senses.
- A Assess and Accept your feelings and your current situation.
- L Let go of judgment and unrealistic expectations.
- M Manage your feelings, decisions, and actions.

## UPCOMING HMCC WORKSHOPS

### Stemming the Flow. Addressing COVID-19 Regionally

As a region, we have seen the need to leverage regional assets to combat COVID-19. In order to prepare for future outbreaks, it is vital that we further enhance relationships and continue to build regional capacity and resiliency to aid in the response and recovery of COVID-19. To help with this, the HMCC is presenting "Stemming the Flow. Addressing COVID-19 Regionally". The workshop will connect stakeholders at the community level to discuss planning for future COVID-19 outbreaks. We will discuss regional gaps in the preparedness, response and recovery phases as they relate to COVID-19. Please sign up for one of the workshops listed to the right, for more information contact the HMCC.

#### Workshop Dates and Registration:

Nov 17, 2020 -

<https://www.eventbrite.co.uk/e/stemming-the-flow-addressing-covid-19-regionally-tickets-118645250137>

Nov 18, 2020 -

<https://www.eventbrite.co.uk/e/stemming-the-flow-addressing-covid-19-regionally-tickets-118646513917>

Nov 19, 2020 -

<https://www.eventbrite.co.uk/e/stemming-the-flow-addressing-covid-19-regionally-tickets-118646969279>



## The Metropolitan Area Planning Council

MAPC serves as the sponsoring organization for the Region 3 HMCC. MAPC is the regional planning agency serving the people who live and work in the 101 cities and towns of Metropolitan Boston. Established in 1963, MAPC is a public agency created under Massachusetts General Law Chapter 40B Section 24. MAPC is governed by representatives from each city and town in our region, as well as gubernatorial appointees and designees of major public agencies. Each municipality in our region belongs to one of eight subregions, each led by one MAPC staff member. Each subregion includes municipal officials and regional and community stakeholders, all of whom work together to develop an annual work plan and priorities.

The mission is to promote smart growth and regional collaboration. Our regional plan, MetroFuture, guides our work as we engage the public in responsible stewardship of our region's future. We work toward sound municipal management, sustainable land use, protection of natural resources, efficient and affordable transportation, a diverse housing stock, public safety, economic development, clean energy, healthy communities, an informed public, and equity and opportunity among people of all backgrounds.



## Region 3 HMCC

The Massachusetts Region 3 Health and Medical Coordinating Coalition (MA Region 3 HMCC) is a regional collaborative effort between local Public Health, EMS, Long Term Care Facilities, Large Ambulatory Care Practices, Community Health Centers and Hospitals in order to strengthen and promote the emergency preparedness and response capabilities of the region and to share resources. Within this framework of regional cooperation, the MA Region 3 HMCC also supports the mitigation, preparedness, response, and recovery efforts within the region.

The MA Region 3 HMCC endeavors to strengthen these capabilities by building relationships and partnerships among the five core disciplines and other regional partners, coordinating training and exercises, and facilitating communication and resource sharing. The MA Region 3 HMCC focuses on a coordinated, all hazards strategy that encourages our 49 member communities to combine enhanced regional and local planning, resource sharing, training, and realistic, capabilities-based exercises.

To learn more check out our website:<https://hmccreg3.org/about-us/>

# Resources

## Mass DPH Reopening Guidance

- <https://www.mass.gov/lists/reopening-health-and-human-services-in-massachusetts>

## Personal Protective Equipment

- CDC Personal Protective Equipment Burn Rate Calculator - <https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/burn-calculator.html>
- NIOSH Personal Protective Equipment Tracker App - <https://www.cdc.gov/niosh/ppe/ppeapp.html>

## Family and Individual Preparedness

- Mass. DPH Stay Aware. Be Prepared Tool and Techniques -<https://www.mass.gov/stay-aware-be-prepared>
- Mass DPH Know Plan Prepare - <https://www.mass.gov/know-plan-prepare>

# Contact us:

**24-7 Duty Officer - (978) 946-8130**

Beth Robert - Region 3 HMCC Program Manager  
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Dan Witts - Region 3 HMCC Planning and Operations Coordinator  
[dwitts@mapc.org](mailto:dwitts@mapc.org)

Check out our website: <https://hmccreg3.org/>

Follow us on Facebook:  
<https://www.facebook.com/region3hmcc>

## Region 3 Board of Governors

### Public Health

Andrew Petty - Marblehead Public Health Director  
Brian LaGrasse - North Andover Public Health Director  
Frank Giacalone - Newburyport Public Health Director

### Hospital

Bill Klag - Vice Chair  
EMS & Emergency Preparedness Coordinator, NSMC  
David Lacaille - EMS and Emergency Manager, Northeast Health System  
Paul Brennan - Director, Pre-Hospital EMS/Emergency Preparedness Coordinator, Lawrence General

### Emergency Management

James Mannion - MEMA Regional Manager

### Emergency Medical Services

Jon Brickett - Chair  
Executive Director, Northeast EMS  
Ron Quaranto - VP of Operations at Cataldo/Atlantic

### Long Term Care

Arline Shea - Administrator, Hathorne Hill  
Joseph Levesque - Director of Support Operations, MI Nursing/Restorative Center Inc.  
Pala Drelick - Administrator, Palm Center

### Community Health Center

Mary Meiklejohn-Pitney - Director of Admin Operations Lynn Community Health Center  
Elizabeth Hale - Chief of Clinical Services, Lowell Community Health Center  
Tina Wright - Director, Emergency Management, Mass League