Hi, my name is Deb Carlson. I am a volunteer with Northwestern Medical Reserve Corps here in St. Albans, Vermont. One of the ways we are making the community healthier is through my health and services screening clinic here, in collaboration with our local soup kitchen, Martha’s Soup Kitchen. Here, we monitor our at risk population, our homeless and our limited income seniors. We monitor their blood pressure, their glucose, their pulse. We help them with obtaining services or transportation. We assist them interpreting doctors’ recommendations. We’ve helped them find medications that get lost. We helped in quite a few different ways. Sometimes it’s just a matter of even just listening to them. We helped some folks find clothing and we even made in-roads into finding some of the tent-cities around. Being able to look forward in the event of an emergency or health crisis, we can reach those people as well. So come ‘on and volunteer for the M-R-C! It’s exciting, innovative, and the opportunities to do good work are endless!

<https://www.youtube.com/watch?v=KYdzwUZYZPY>