September 25, 2026

Weekly Situational Awareness Brief

Awareness Topics

How to Tell When Caregiver Stress Is Harming Your Health

“Caregiver stress can have serious consequences for physical and mental health. It’s associated with anxiety, depression, sleep problems, mood disorders, and burnout, says Dr. Aditi Nerurkar, a stress expert and lecturer in the division of global health and social medicine at Harvard Medical School.”

Posttraumatic Stress Disorder, Health-Related Social Needs, and Cognitive Outcomes in US Veterans

“Mild cognitive impairment (MCI), Alzheimer disease (AD), and AD-related dementias (ADRD) impose a substantial and growing public health burden in aging populations.”

Toxic Dust and PTSD May Accelerate Brain Aging in 9/11 First Responders

“Exposure to dust and trauma at Ground Zero has been linked to long-term PTSD, higher dementia rates, and accelerated brain aging in rescue workers.”

Prepare! Don't Let a Winter Storm Take You by Surprise

“Before the storm strikes, make sure your home, office and vehicles are stocked with the supplies you might need.”

How Northwestern Medicine is Changing Emergency Care for Older Adults

“By providing comprehensive assessments of older adults entering the emergency room, Geriatric Emergency Department Innovation teams are reducing hospital admissions and improving patient outcomes.”

Cities in 30 states awarded $1.1M in grants for CPR training, cardiac emergency planning

“The American Heart Association’s Nation of Lifesavers initiative is implementing cardiac emergency response plans at 185 sites, helping protect and prepare 400,000 people when emergencies strike.”

Upcoming MESH Educational Offerings

Strong Hearts, Protected Minds

Caring for Others While Sustaining Yourself

Whether you are a caregiver, educator, volunteer, public health professional, healthcare
professional, first responder, or community health worker, the emotional demands of caring for others can take a toll. Just as personal protective equipment (PPE) shields us from physical hazards, we also need practical strategies to protect our psychological well-being. *Strong Hearts, Protected Minds* is an engaging and practical training designed to assist helping professionals recognize stress early, build resilience, and develop sustainable habits that support both personal well-being and high-quality care for others.

5 course dates between Fall 2026 and Spring 2027 | Live, Via Zoom | Grant Funded

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Emergency Preparedness and Resilience Coach

Preparedness Reimagined

It doesn’t take a hurricane to disrupt a life. For some people, a power outage, lost medication, or flat tire can be a disaster. When resources are already limited, even small disruptions can have big consequences. This course helps you understand where real needs begin—with everyday vulnerabilities—and how to meet them through simple, powerful steps. You’ll learn how to use the framework of mitigation, preparedness,

response, and recovery to guide people through disruptions of any scale—not just the big emergencies. **This isn't just disaster training. It's people training—practical, human-centered, and real.**

5 cohorts available in Spring 2027 | Live, via Zoom | Grant Funded

Visit our Website

Upcoming MESH Conference Presentations

NHCPC 2026

Dr. James M. Floyd, Jr. | Psychological PPE

December 1-3, 2026 | Gaylord National Resort & Convention Center

Registration is now open for NHCPC26!
Click here to register and lock in the lowest rate.



Events

Click Here for Current and Upcoming Events List

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MESH serves as the designated Medical Multi-Agency Coordination Center for Marion County, Indiana. The MESH Intelligence Program is a joint-effort between the City of Indianapolis Emergency Management Agency and the Marion County Public Health Department designed to provide real-time information and support to the healthcare sector in the Indianapolis area.
Assistance with info or questions at: MESHintel@meshcoalition.org
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MESH Coalition | 1202 West 16th Street | Indianapolis, IN 46202 US