



September 12, 2025

Weekly Situational Awareness Brief

Awareness Topics

Welcome to the National Weather Service Education site!

"If you're interested in learning about weather, science, and more, you've come to the right place! You'll find a wealth of weather resources for educators, adults, and children of all ages. On this site, you can explore science, safety, citizen science programs, careers and connect with meteorologists at your local NWS Office."

Eating more fruits and vegetables may offset poor sleep's impact on well-being

"A new study of young adults has strongly linked better sleep quality with better mental well-being, with fruit and vegetable consumption and physical activity also strongly associated with psychological well-being. Perhaps surprisingly, the findings also suggest that boosting fruit and vegetable intake could potentially help mitigate the effects on well-being after a poor night's sleep."

Meal timing in later life may matter for health and longevity

"As we age, what and how much we eat tends to change. However, how meal timing relates to health remains less understood. Researchers at Mass General Brigham and their collaborators studied changes to meal timing in older adults and discovered people experience gradual shifts in when they eat meals as they age."

Labubus are all the rage—but a hidden risk is landing patients in the ER

“Any cheaply made toy carries risks. Small parts that fall off can pose choking hazards, and certain materials or chemical coatings can trigger irritant reactions. Toys containing loose magnets or batteries are particularly dangerous if they become dislodged.”

Two Decades Later, the Experience of Katrina Continues to Shape How the Nation Prepares for and Responds to Disasters

“The hurricane and its aftermath exposed profound gaps in multiple systems, including flood protection, emergency response, health care, and housing. It marked a turning point in the way we understand the impacts of natural disasters, the catastrophic flooding of a major American city driving home how severe the risks from extreme weather can be as well as the dangers of complacency and failing to adequately prepare. And it showed the unacceptable risks faced by the most vulnerable among us.”

Is technology moving the needle on clinician burnout?

“Clinician burnout remains one of the most urgent challenges in healthcare. In recent years, hospitals have turned to tools such as ambient documentation and virtual nursing, betting that AI could lighten the load by cutting down on paperwork and freeing physicians and nurses to focus on patient care.”

Upcoming MESH Educational Offerings

Naloxone Administration Training

[You can learn how to save a life in just one hour!](#)

September 18, 2025 | 10 am, 11 am, or 1 pm EST | In-Person @ MESH

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The New Change Leader

[Whether you're an emerging leader or a seasoned manager, this course will equip you with the tools to lead with impact and drive progress from the inside out.](#)

October 8, 2025 | 9 am-5 pm EST | LIVE via Zoom

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Talk Saves Lives

[An Introduction to Suicide Prevention is an evidence-based education program created by the American Foundation for Suicide Prevention.](#)

October 15, 2025 | 10-11 am EST | LIVE via Zoom

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Talk Saves Lives

[An Introduction to Suicide Prevention is an evidence-based education program created by the American Foundation for Suicide Prevention.](#)

October 22, 2025 | 7-8 pm EST | LIVE via Zoom

Q4 MESH Grand Rounds with Dr. Jim Floyd

Geospatial Insights: Hazard Vulnerability and Community-Based Asset Mapping

October 28, 2025 | 1-2 pm EST | LIVE via Zoom

[Visit our Website](#)

Upcoming MESH Conference Presentations

Indiana Environmental Health Association 74th Annual Fall Educational Conference

Dr. Jim Floyd is presenting "You Answered the Call. We'll Answer Yours. A Peer Support Program for Hendricks County Community Lifesavers."

September 29, 2025

2025 Indiana Statewide Trauma and Emergency Symposium - Indiana Hospital Association

Monica Morphew, RN, BSN, MS(c), and Dr. Jim Floyd will be presenting "Driven, Not Drained: Stress Strategies for High Achievers" and "Shift Happens: Tame the Tension with Stress First Aid."

October 1 & 2, 2025

2025 IASN Annual School Nurse Conference

Monica Morphew, RN, BSN, MS(c), and Dr. Jim Floyd will be presenting "Mass Casualty Presentation."

November 10 & 11, 2025

National Healthcare Coalition Preparedness Conference 2025

Dr. Jim Floyd is presenting "Geospatial Insights: Hazard Vulnerability and Community-Based Asset Mapping" and "Psychological Safety at Work."

December 1-3, 2025

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
To sign up for MESH Coalition Weekly Situational Awareness Briefs, subscribe at the bottom of our homepage at meshcoalition.org

