



Norfolk Medical Reserve Corps

December 2014

Facebook.com/NorfolkMRC

757-683-2760

norfolkmrcc@vdh.virginia.gov

Inside:

- Preparedness Actions for December, 2
- Leadership Shout Out, 2
- Calendar, 3
- Volunteer Shout-Outs, 3
- Featured Volunteers, Renee & Don Genora, 4
- Pictures, 5



As we head into 2015

2014 brought us many new volunteers and opportunities, and I just wanted to take a moment to remind everyone of our volunteer processes:

- Please respond to all alerts with your availability. Reporting on response rates is a grant requirement for our unit and may affect our funding.
- If you are not able to attend an event or training you have signed up for, please notify me immediately so that I may fill your seat or position with someone else.
- Please turn in all training certificates *promptly* so that I can correctly record your time in the month in which you completed the training.
- If you are having difficulty with any training, please let me know. I am happy to help troubleshoot technical issues for online courses or explain concepts to facilitate a better understanding. Helping you is what I'm here for!
- If you need to take some time away (longer than two months) from the MRC for personal reasons, please let me know so that I can change your status to "Temporarily Unavailable."
- I love feedback! If an event went especially well – or not – please don't hesitate to let me know and pass along any recommendations for improvement.

Thank you for a fantastic year – looking forward to working with you in 2015!

NOVEMBER Emergency Preparedness Monthly Checklist

Preparedness Tasks

- Make or update your emergency plan
- Determine who will be your out-of-town contact

Tips to Remember

- Stay informed! Before, during, and after a winter storm, you should:
 - Listen to local media for information and instructions from emergency officials
 - Be aware of winter storm watches
 - Get road condition information 24/7 by calling 511 or checking www.511Virginia.org

Emergency Preparedness Checklist

- Warm clothing
- Hats & gloves
- Blankets
- Sleeping bag
- A battery-powered radio and extra batteries
- Three day supply of food that doesn't need refrigeration or electricity to prepare it
- Three day supply of water (a gallon per person per day)
- Supply of prescription medications

Leadership Shout Out

The NMRC Leadership has provided valuable support to our unit in 2014. Several Leadership volunteers have served as Team Leaders at events, assisting with volunteer and logistics management. Others have been generous in providing feedback to help refine various activities and processes within the unit. Our latest project is to bump up the number of medical volunteers through a recruitment campaign. I just wanted to take a moment to thank several of our NMRC Leadership volunteers for their assistance in our recruiting project:

- **Shatada Floyd-White** for her feedback on recruitment materials in development. These materials are being prepared for use when we kick off our 2015 regional recruitment drive.
- **Jac Thomas** for his assistance with identifying military contacts and developing a flyer specific to that audience. Jac is currently in the Navy and has connections and access to help us make inroads there.
- **Jim Gosney** for facilitating and participating in a meeting with Dr. Cynthia Romero, Director of the Brock Institute at EVMS and former VDH Health Commissioner. We met with Dr. Romero and she has many connections at both the state and local level and has agreed to help us spread the word about the MRC and the importance of supporting public health efforts.

My sincere gratitude to ALL Leadership Volunteers for your time and commitment in helping the NMRC to grow and engage in our community!

CALENDAR

DECEMBER

12/13 Girls on the Run First Aid

12/24-26 CHRISTMAS HOLIDAY – NDPH/MRC Offices closed



JANUARY

1/1 NEW YEARS DAY – NDPH/MRC Offices closed

1/16 LEE/JACKSON DAY – NDPH/MRC Offices closed

1/19 MARTIN LUTHER KING JR. DAY – NDPH/MRC Offices closed

1/24 MRC Annual Meeting, 11:00A -2:00P, Norfolk Health Dept.

1/28 Homeless Connect. EXERCISE. Participation in this event fulfills Level Two exercise requirement. More information to come.

FEBRUARY

2/19 Intro to Mental Health Preparedness, 6:30-9:30 PM, Norfolk Health Dept.

MARCH

3/26 NMRC Dessert Meeting – Eastern Virginia Healthcare Coalition, 6:30-8:00 PM, Norfolk Health Dept.

Please register for all activities through Linda unless noted otherwise. Thank you!



Volunteer Shout Outs!



Susie Rodrick, Teresa Beyer – Blood pressure screenings in the community

Elicia Liles, Cecelia Stevaux, Ann Straus – CHKD pledge drive

Karis Childs, Sara Wood, Earle Williams, Elicia Liles – completing MRC Level Two training; Elicia also completed Level One training. Fantastic job, thank you all!

Ken Hart – Completing the Certified Application Counselor training for the Affordable Care Act

Sean Hess – Interviewing homeless veterans for housing needs for the Office to End Homelessness

Pat Jennings, Sean Hess, Susan Eilberg, Renee Genora, Tavia Petway, Shenetta Sims, Cecelia Stevaux, Pat Williams – Vaccination and support at the EMS Symposium flu clinic

Amanda Chance, Karis Childs, Sarah Guill, Jagdeesh Ullal, Julie Basco – completion of Intro to Mental Health Preparedness; special thanks to **Sean Hess** for facilitating the course

Susie Rodrick, Ben Frey, Sophie Gustafson – Completing/renewing BLS certification; special thanks to **Sean Hess** for facilitating the course

Regina Autry, Pat Williams, Brandie Smith, Sara Wood, Pat Williams, Earle Williams, Susie Rodrick, Mandy Riemer, Teo Pique, Laura Hilbe, Karis Childs – Participating in the FEMA classroom study group



Featured Volunteer: Renee Genora Volunteer since 2011

What is your profession: I am an LPN who works at Paramedical Services of Virginia. We do insurance exams and government studies.

What activities have you participated in lately: Vaccinator at the EMS Symposium, Screener/Vaccinator at the Flu Fly In at the airport, First Aid at the Suffolk Peanut Festival and the Rock & Roll Marathon.

What is your favorite activity: EMS Symposium; but meeting the community is great.

What else do you volunteer for: Assist the Norfolk Beekeeping Association in educating the community on the honey bees; CERT; and helping the other MRC units in the area through the NMRC.

Why do you volunteer with the MRC: It started out as just a break from normal work, but the community connection is more focused now. None of my job gets in the way of my volunteering with the MRC!

Featured Volunteer: Don Genora Volunteer since 2013



What is your profession: Student / loafer / retired navy

What activities have you participated in lately: CERT victim for graduating class practicum, First Aid at Suffolk Peanut Festival, and assisting with blood pressure checks in Norfolk churches and community centers, while answering questions about the MRC.

What is your favorite activity: Playing victims for different exercises.

What else do you volunteer for: Active with the Norfolk Beekeeping Association, educating the communities about beekeeping and the benefits of the honey bees..

Why do you volunteer with the MRC: I got involved because of Renee. I have time on my hands and need something to do, so helping the community sounded like a good thing to do.

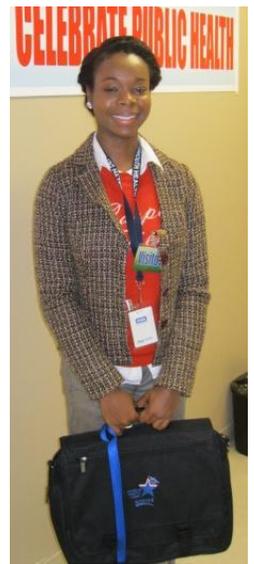
A PICTURE IS WORTH A THOUSAND WORDS



**Elicia Liles
earns her Go Bag**



Pat Jennings screens at the EMS Symposium



**Karis Childs
earns her Go Bag**



**Renee Genroa & Cecelia
Stevaux provide vaccinations
at the EMS Symposium**



**Earle Williams
earns his Go Bag**



**Pat Williams & Susan Eilberg handled
forms collection at the EMS Symposium**



**Sara Wood
earns her Go Bag**