



NORFOLK MRC NEWS

February 2013

SNOW STORM DOES NOT STOP THE MRC!

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FEBRUARY 1ST IS "WEAR RED DAY" to support heart disease education and awareness.

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Thanks to everyone who braved the elements and attended the Annual Meeting! I'd like to specially thank **Leah Brown, Renee Genora, Catherine Mallet, Tom Russel,** and **Kaleah Williams** for their assistance in planning the event.

Awards were given for outstanding service in the following categories:

25-50 service hours: Shatada Floyd-White, Jim Gosney, Susan Eilberg, Pam Hilbert, Jane Richardson, Suraj Khanal, Susan Forgacs, Rochelle Secor-Taylor, Dorolyn Alper, & Clarissa Smith.

50-75 service hours: Ann Straus, Jim Weckerly, Morgan Rich, & Peggy Troyer.

75-100 service hours: Tavia Petway & Sean Hess.

100-150 service hours: Lexie Stone & Renee Genora.

150+ service hours: Tom Russel.

Facilitators Award: Ellie Mosholder, Dorolyn Alper, Sean Hess, Lexie Stone, Iris Diaz, & Tom Russel.

FEMA Training Award (training completed in shortest amount of time): Ann Straus

Florence Nightingale Award (dedicated nursing): Renee Genora

Above & Beyond Award (service beyond the call of duty): Tom Russel, Ready Room clean up and communications; Sean Hess, shelter nursing during Hurricane Sandy.

Meritorius Staff: Terrance Afer-Anderson & Brittany Faison.

Special Service Award: Leah Brown

To ALL NMRC volunteers, thank you for an outstanding year!! ~Linda

FEBRUARY IS NATIONAL HEART MONTH

National Heart Month is a time to reach out and remind everyone that heart disease is the number one killer of women and more deadly than all forms of cancer. February 1st is also the 10th National Wear Red Day, a part of the American Heart Association's Go Red for Women campaign that encourages wide-

spread education on the effects of heart disease. Take the time to learn the signs and symptoms; learn how to stop heart disease before it starts and implement strategies to reduce heart disease.

To learn more, visit <http://MillionHearts.hhs.gov>

New Clinicians webpage provides resource for healthcare professionals

OSHA has launched a new webpage directed specifically to clinicians.

Physicians, nurses, nurse practitioners, physician assistants, paramedics and other health care professionals often encounter work-related health and safety issues as they care for their patients. The Clinicians' webpage provides information, resources and links to help clinicians navigate OSHA's website and provide care for workers.

Topics on the webpage include evaluating occupational exposures, OSHA requirements for recordkeeping and medical records, and setting up a safe outpatient office.

<http://www.osha.gov/dts/oom/clinicians/index.html>

~Courtesy of MRC Listserv

Be Mobile Ready—VA launches free new preparedness app

The Ready Virginia mobile app, developed by the Virginia Department of Emergency Management, gives Virginians a new way to prepare for disasters and also to stay informed during emergencies with the latest information.

The free Ready Virginia app for iPhone® and Android™ mobile devices provides emergency planning and preparedness guidance along with several other important features, including:

- Location- specific weather watches and warnings as well as flood information issued by the National Weather Service
- Disaster news from the Virginia Department of Emergency Management
- Maps with open American Red Cross shelters, hurricane evacuation routes, hurricane storm surge zones and stream gauges
- A template for creating a customized family emergency plan that can be easily shared
- Local emergency manager contact information
- Links to register for local emergency alerts

“Mobile phones and tablets quickly have become a primary way for people to stay informed during disasters. Last year, social media and web-based information were critical to informing the public and keeping individuals updated with important information during the severe derecho wind storm and Hurricane

Sandy,” said Governor McDonnell. “The new Ready Virginia mobile app gives people another way to stay informed and quickly identify services and other valuable resources regardless of their location.

The Ready Virginia app is available for download in the App StoreSM and in Google PlayTM for AndroidTM.

In addition to the mobile app, the Virginia Department of Emergency Management launched a mobile version of its website at m.vaemergency.gov. The mobile site contains all the information available on VDEM's regular website, but with easier navigation for those who use smart phones and tablets to access websites.

“This new app is one of the most important ones Virginians can install on their mobile devices. Now our citizens can get ‘mobile ready’ and ensure that their families are prepared for emergencies and stay informed with official disaster information when an emergency occurs,” said Governor McDonnell.

Download:

Find the listing on Apple Store: <https://itunes.apple.com/us/app/id579344082?mt=8>

Find the listing on Google Play: https://play.google.com/store/apps/details?id=com.cop.vdem.virginia.gov.viper&feature=search_result?t=W251bGwsMSwyLDEsImNvbS5jb3AudmRlBS52aXJnaW5pYS5nb3YudmlwZXIjXQ..

~Courtesy of VDEM

Upcoming Training and Activities

FEBRUARY

- 2/1 National Wear Red Day to support heart health (see page one).
- 2/11 Psychological First Aid, 6:30-9:30 PM, Norfolk Health Dept.
- 2/12 Psychological First Aid, 12:30-4:30P, Virginia Beach Health Dept.
- 2/12 Basic Life Support, 8:30A-12:30P, Virginia Beach Health Dept.
- 2/12 Behind the Scenes of an Epidemiology Outbreak: Fungal Meningitis, 6:00-8:00 PM, Virginia Beach Health Dept. (state video conference presentation)
- 2/13-4/13 Community Emergency Response Team (CERT) training. Multiple session course, 6:30-9:00 PM, Norfolk Emergency Operations Center.
To register, please contact Scott Mahone, scott.mahone@norfolk.gov
- 2/14 Happy Valentines Day! ♥
- 2/14-4/13 Community Emergency Response Team (CERT) training. Multiple session course, 6:30-9:00 PM, Portsmouth Career Learning Center. To register, please contact Keith and Vickie Virlnelson, virlnelsonvi@cox.net
- 2/18 MRC Office closed for President's Day.
- 2/21 Epidemiology for the MRC, 6:30-8:00 PM, Norfolk Health Dept.

MARCH

- 3/10 Daylight savings time begins; set your clock ahead one hour.
- 3/16 Mass Casualty Incident training (START Triage), 9:00A-2:00P, Tidewater EMS Council (Chesapeake).
- TBA MRC participation in the St. Patrick's Day parade. More info to come.
- 3/22 Obesity Summit at EVMS (see sidebar this page).

APRIL

- 4/1 April Fools Day—MRC office closed. Nah, just kidding. Fooled you! ☺

MAY

- 5/1 Save the Date! Project Homeless Connect. More information to come.
Please register for all activities through Linda, unless noted otherwise. Thank you!



Obesity Summit

CINCH is hosting the 2nd **Combating Obesity: The Healthy Hampton Roads Leadership Summit** on March 22nd at EVMS. The summit will focus on providing “hands-on” practical information and resources to help put into action the obesity prevention strategies presented in the first summit. The event is **FREE** and open to committed citizens and leaders in Hampton Roads who are ready to take action to combat obesity and build healthier communities. To register: https://www.surveymonkey.com/s/2013_ObesitySummit-RSVP

Spotlight: 2013 Annual Meeting



Congratulations to Brittany Summer for being the first person in 2013 to complete her Level Two training and earning her Go-Bag, MRC shirt, and badge. Nice work, Brittany!!



On behalf of the Norfolk Department of Public Health and the Norfolk Medical Reserve Corps,
THANK YOU MRC VOLUNTEERS!