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**A Time to Remember, A Time to Prepare**

FEMA encourages Americans to participate in the Eighth Annual National Preparedness Month in September. This year's theme is *"A Time to Remember. A Time to Prepare."*

"As we move forward with planning for this year's events and activities, we also recognize that this September marks the ten year anniversary of the 9/11 terrorist attacks," said FEMA Administrator Craig Fugate. "By doing what we can to ensure that our communities, and our nation, are prepared to respond and recover from all types of disasters and hazards, we honor the memory of those who were lost that day."

As a part of our local remembrance of this solemn occasion, please join the Nor-

folk Medical Reserve Corps for a special guest presentation by FBI Special Agent



Mike Freeman, forensic evidence collection specialist, bomb technician, and training coordinator.

SA Freeman will share the experience of his evidence collection team at the Pentagon immediately following the terrorist attacks, as well as offering a unique perspective

on the fundamental rules of teamwork. The presentation ties the evidence collection team's incredible experiences directly to many common, everyday teamwork experiences that everyone can relate to.

**Thursday  
September 8, 2011  
6:30 PM - 8:30PM  
Norfolk Health  
Dept.  
830 Southampton  
Ave.**

Seating is limited, so please RSVP early to Linda.Botts@vdh.virginia.gov to save your spot.

**Thank you for volunteering to prepare and respond to the health needs of Norfolk through the NMRC. ~ Linda**

## Hampton Roads Hazard Mitigation Plan



The 2011 edition of the VA Hurricane Evacuation Guide is now available on VDEM's web site.

To download the guide, go to <http://www.vaemergency.gov/content/brochures-available-online>.

To order the guide or other brochures, go to: <http://www.vaemergency.gov/content/online-brochure-request-form>.

**Hazard:** something causing unavoidable danger, peril, risk, or difficulty:

**Mitigate:** 1. to lessen in force or intensity, as wrath, grief, harshness, or pain; moderate. [Source: [dictionary.com](http://dictionary.com)]

A hazard mitigation plan, as defined above, is a plan that takes a critical look into potential weather, technological, and other events that could result in high risk situations in our community.

Over the years, this plan has been developed for the Southside as a region. By combining their efforts into a single plan, the participating localities have clearly recognized that none stands alone.

The currently posted plan is a draft for public comment by Aug 8, 2011. Your comments can be entered directly



from the website. Even if you don't wish to comment, you should take some time to look through the plan for where you live or work, etc., as well as where you plan to evacuate if necessary. "Public awareness is a key component of an overall mitigation strategy aimed at making a home, neighborhood, school, business or city safer from the effects of natural hazards," according to the Southside Hampton Roads Hazard Mitigation Planning Team.

The plan attempts to quantify probabilities and effects of the most likely disasters in our region out of the many possible situations that could happen. But, an even more relevant question than "What will happen, when and where?" is "Are we ready?"

Your volunteer participation and training with the Norfolk MRC make our answer much more likely to be "Yes!"

We've all heard at least the first phrase of the now-immortal prescient words of John Donne in his 1624



"Devotions upon Emergent Occasions":

"No man is an *Iland*, intire of it selfe; every man is a peece of the *Continent*, a part of the *maine*; if a *Clod* bee washed away by the *Sea*, *Europe* is the lesse, as well as if a *Promontorie* were, as well as if a *Mannor* of thy *friends* or of *thine owne* were; any mans *death* diminishes *me*, because I am involved in *Mankinde*; And therefore never send to know for whom the *bell* tolls; It tolls for *thee*."

I can't think of a nobler reason to be in the Norfolk MRC!

To review the South Hampton Roads Hazard Mitigation Plan, please visit the following site by **August 8th**:

<http://www.remtac.org/mitigation/Southside.aspx>

## Emergency Preparedness & Diabetes

### Have a Plan

Everyone is now advised to have a plan in place in the case of an emergency, and people with diabetes must consider proper diabetes care when they make emergency plans.

### Emergency Supplies

Consider storing three days worth of diabetes supplies, which, depending on your diabetes treatment plan, could include oral medication, insulin, insulin delivery supplies, lancets, extra batteries for your meter and/or pump, and a quick-acting source of glucose. You may also want to have an extra glucagon emergency kit. All these items should be kept in an easy-to-identify container, and stored in a location that is easy to get to in an emergency.

### Emergency Contacts

Your emergency supply kit should also contain a list of emergency contacts and, if you are a parent of a child in school or day-care, physician's orders

that may be on file with your child's school or day care provider.

As always, it is a good idea to wear medical identification that will enable colleagues, school staff members, or emergency medical personnel to identify and address your medical needs.

If you are a parent of a child with diabetes, it is important that your child's school has clearly identified the school staff members who will assist your child in the event of an emergency evacuation.

For those who are away from home, consider informing your colleagues, friends, and family members about your diabetes and where your emergency supply kit is kept.

Taking a few minutes right now to gather supplies and inform those around you about your diabetes, may make a world of difference in maintaining blood glucose control and staying healthy under stressful circum-

stances.

### Stay Informed

Contact your local emergency management office or American Red Cross Chapter to gather information you will need. Learn about community response plans, evacuation plans and designated emergency shelters. Ask about special assistance programs available in the event of an emergency. Many communities ask people with a disability to register, usually with the local fire or police department, or the local emergency management office, so needed help can be provided in an emergency. Upon arrival at a shelter, remember to notify the shelter registrar of any medical conditions for referral to the nurse or paramedic.

**To learn more, visit [www.diabetes.org](http://www.diabetes.org).**

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Article courtesy of American Diabetes Association of Hampton Roads.



### Rock'n Roll Marathon Virginia Beach

Mark your calendars for Sunday, September 4<sup>th</sup>, the weekend of the Rock and Roll Marathon down at the Oceanfront. We will be working with the Virginia Beach MRC in the ten medical tents along the route (boardwalk). More details coming soon; please let Linda know if you are interested in helping out.

### Project Homeless Connect

Project Homeless Connect will be taking place on Wednesday, September 14<sup>th</sup> at SCOPE. Planning is underway, more details to come.

## Volunteer Spotlight

Many volunteers have stepped up to help out with a wide variety of activities this past month. Thank you for your time and service—your talents are very much appreciated!!

### Special thanks:

★ Tom Russel, for his invaluable assistance in tag-teaching Orientation, updating training materials, and sharing his volunteer experiences on *Healthwatch*. Tom just earned his Polo shirt and Go Bag in early July.

★ Gregory Bradley, for fearlessly offering his instructor services to teach the recent START Triage course. Students not only learned triage protocol, but also picked Gregg's brain on theories regarding nuclear physics, as that's Gregg's "day" job. Thanks for a fantastic job in providing this information to the NMRC volunteers!

★ Shatada Floyd-White, for speaking up on why she joined the NMRC on *Healthwatch*. Check out

Shatada and Tom on Healthwatch at [http://www.norfolk.gov/T\\_V\\_4\\_8/Health\\_Watch.asp](http://www.norfolk.gov/T_V_4_8/Health_Watch.asp).

★ Renee Genora for bringing snacks to Orientation on July 12th. We don't have a budget for refreshments, so this was a welcome treat on a hot night!

★ To all the volunteers who have taken the time to work on their training courses—I love to see those certificates! **THANK YOU!!**



## MRC Recruitment Contest—Bring a Friend

As you know, we are in the midst of a huge recruitment campaign to bring new volunteers into the Norfolk MRC unit. **I'm asking each MRC member to do their part in this important task by asking their colleagues, friends, and relatives to join our unit.** Simply have them go to [www.vamrc.org](http://www.vamrc.org) and complete the volunteer application. Make sure

they complete the question at the end asking how they heard of the MRC by filling in your name—this is the only way that I can give you credit.

Remember, volunteers in our unit may be either medical professionals or non-medical support personnel. The important thing is that the individual has the time and desire to help their community.

Brochures and other materials are available from the Coordinator, please let me know how many materials you need.

**The person who is able to recruit the most approved applicants (I will need to review and approve all applications) by September 2, 2011 will win a Midland Weather Alert Radio.**

**Thank you!**

*Thank you to Kathleen Cosco for referring new volunteer Rudy Escobar this past week.*

*Who do **you** know that belongs in the NMRC?!*

