



NEWS IN A "HEARTBEAT"



PenMRC Volunteers to date = 303 Approved Level 1, 2, 3 Recruitment continues: Hampton University; House Calls Campaign

THANK YOU to volunteers who trained or served in July: Cory Asato, Sheronda Boyd, Carolyn Conley, Adawayna Davis, Fran Doyle, Michelle Floyd, Simonsea Fowler, Angel Graves, Maria Jones, Meghan King, Stephanie King, Mary Loesch, Heidi Lugo, Linda Muir, Melessia O'Berry, Cassidy Robertson, Brenda Sarno, Michelle Sheeler, Andrea Stanley, Patricia Wharry. Double/triple thanks to those who served on multiple occasions.

Our July Events and Training: BP Screenings at various sites, Training, ICS-100, ICS-700, IS-22, PenMRC Orientation Live in Williamsburg, PenMRC Orientation Online. 73.75 total hours of service - **Thank You!**

Check out our website: <http://www.vdh.virginia.gov/mrc/peninsulamrc/index.htm>; check back often!

Calendars: You can find Training, Public Health Outreach, and Emergency Preparedness and Response Calendars under 'Quick Links and Important Resources' from the main page.



Help us prevent 1 million heart attacks and strokes in five years. <http://millionhearts.hhs.gov/index.html>
The Peninsula Health Department and the Peninsula MRC will be collaborating on events soon!

36 BP Screenings in July

TRAINING NOTES: Take charge of your training! If you have indicated an interest in serving on a specialized team, you have been provided with the specialized training courses needed to make the team. Please complete these courses AND please let the Peninsula MRC know, otherwise we cannot give you credit and you cannot serve until you have done so. In order to help us track training, Volunteers are being urged to create TRAINVirginia accounts: <http://va.train.org> for account registration. There are instructions for creating an account on the main TRAIN page. Be sure to affiliate with MRC.

Orientation is available on-line: <http://www.vdh.virginia.gov/mrc/peninsulamrc/trainva.htm>

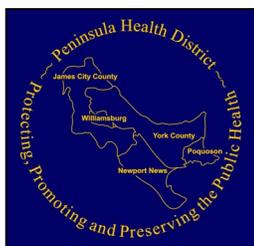
**Please watch your VVHS email alerts for details regarding training registration.
Training will resume in September.*

INSIDE YOUR Peninsula MRC OFFICE

It's SUMMER! We are continuing to work really hard to keep disasters off your (and our) doorsteps for the month of August so you can take time to refresh and refill. In the meantime, Julie and I will be going to 'Summer Camp' to do some strategic planning, volunteer recruitment, and align our goals with the Public Health Emergency Preparedness Capabilities, and also refresh and refill before peak hurricane season. We will be back in full-swing in September. What else will we be working on for the fall? Vote and Vax, Power Training Day and more exciting training classes, a Rabies Clinic, and more. We will also be bringing on a VISTA Volunteer to build capacity in Hampton.



Have a wonderful summer and be safe and well! Thank you for all you do, every day!



**Peninsula Medical Reserve Corps—
Peninsula and Hampton Health Districts**

Volunteers Protecting the Health of Virginia



Contact Information

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Search 'Peninsula Medical Reserve Corps'

@PeninsulaVAMRC

<http://www.youtube.com/user/VAMRC>

Please bookmark these websites:

PenMRC: <http://www.vdh.virginia.gov/MRC/peninsulamrc>

VVHS (Virginia Volunteer Health System): <https://vms.vdh.virginia.gov/vms/default.jsp?main=reg>

TRAINVirginia: <http://va.train.org>

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E-NEWS FLASH FROM PENINSULA MRC—AUGUST 2012



The PenMRC Pipeline is getting full for the fall. Just a few quick reminders to make deployment easier: **complete ICS 100, complete background investigation form, receive badge, update CPR/First Aid cards, update employment or home addresses if they have changed.**



See more faces:

Volunteers Protecting the Health of Virginia