



NEWS IN A "HEARTBEAT"



PenMRC Volunteers to date = 311 Approved Level 1, 2, 3 Recruitment continues: Christopher Newport University; Hampton U.

THANK YOU to volunteers who served or trained in **November**: Juanita Andrews, Cory Asato, Larry Barclay, Jennifer Basak, Daniel Battle, Michael Bell, Leah Cassada, Mark Callazzo, Martha Clift, Sonnie Cody, Carolyn Conley, Miriam Dalziel, Adawayna Davis, Dr. Maggie Doley, Fran Doyle, Sidney Fink, Richard Garfield, SherriAnn Harris, Stephanie King, Alexis Lennon, Rob Lowell, Heidi Lugo, Vivienne McDaniel, Maggie McNeely, Ann Muir, David Neidlinger, Jaclyn Politzer, Katherine Rahman, Shanika Rawlings, Monica Richardson, Brenda Sarno, Dan Sarno, Jessica Scott, Beth Sigler, Michelle Sheeler, Barbara Smith, Claudia Spurill, Andrea Stanley, Mazhar Talibi, Dr. Sam Tate, Donna Terry, April Thompson, Alexis Upton, Chuck White, Ray Whitney, Cynthia Whittington, Dejah Willis, and Lisa Wood.

69 Volunteers Provided 238 Hours of Service; 147.50 Non-Medical and 90.50 Medical and were sent 6 VVHS Alerts

Events and Trainings for November 2012: Newport News Family Community Day, Psychological First Aid, Riverside HERT ER Tour, Rabies Clinic, Sentara HERT Orientation, BP Screenings at Seton Manor and Mennowood, and Hampton University Behavioral Health Team Orientation, Peninsula MRC Orientation, ICS-100, ICS-200, ICS-300, ICS-400, ICS-700, and ICS-800.



Help us prevent 1 million heart attacks and strokes in five years. <http://millionhearts.hhs.gov/index.html>

Peninsula MRC Volunteers provided 21 BP Screenings in November.

Updating your profile information for 2013, is the first line of business that we would like to do prior to the beginning of the new year. Throughout the year we lead such busy lives and tend to forget to edit personal information as it changes. Have you moved, changed jobs, retired, received a medical license, had a medical license expire, received an updated CPR card, completed an ICS course, changed home and/or cell phone numbers? Please email, fax, or call Julie.Segor@vdh.virginia.gov, 757-594-8612-fax, 757-594-7811-phone and send her the updates. Please take this time before the holidays get into full swing to send your new information because when a disaster strikes we want to be able to notify you immediately for deployment.

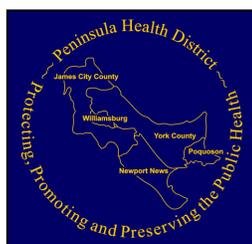
ICS-100. If you have not completed and turned in an ICS-100 certificate to PenMRC, please take care of that by going to <http://training.FEMA.gov/EMIWeb/IS/IS100.b.asp>

This course only needs to be taken once either in the classroom or on-line. Classes are offered once a month (watch your VVHS alerts), but the on-line course is available 24/7.

Failure to complete these items could mean that you will not be selected to deploy for disasters or other non-emergency events.

Celebrating Successes: We are planning a Volunteer Awards and Recognition program Saturday, February 2nd, from 10am-2pm, the location is still to be determined. It's going to be a "Pot Luck" lunch with several activities. This is a time to celebrate our successes as a unit and attempt a look into the crystal ball to and learn more about the Peninsula MRC vision for the new year. Please keep a look out for alerts coming from VVHS for this event and don't forget we are evaluated on volunteer response rate so you will need to click "available" or "unavailable".

On behalf of the Peninsula MRC we wish you and your family a happy, healthy, and prosperous holiday season!



www.ReadyHamptonRoads.org

This website provides needs assessment tools for individuals, families, and businesses to use to tailor disaster preparations to their own unique circumstances.

Peninsula Medical Reserve Corps - Peninsula and Hampton Health Districts

Volunteers Protecting the Health of Virginia



Contact Information

Peninsula Medical Reserve Corps
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Search/Like 'Peninsula Medical Reserve Corps'



<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—DECEMBER 2012

Newport News Family & Community Day - 11/3/2012



Rabies Clinic - 11/17/2012



Photos by Julie Segor, Shelley Trautman, and Teresa Blakeslee

Volunteers Protecting the Health of Virginia