



### NEWS IN A "HEARTBEAT"



**Peninsula MRC Volunteers to date = 334 Approved Level 1, 2, 3 volunteers**

**WELCOME MAY VOLUNTEERS:** Tacarra Barrett, Nora Ellison, Linda Erdman-Cline, Matthew Ernesto, Martha Haley, Ed Higgins, Travis Mitchell, Sabrina Newman, and Miles Wong.

**THANK YOU:** Volunteers who served or trained in **June:** Marnie Blalock, Michelle Donnell, Fran Doyle, Sharon Driscoll, Erick Dunn, Linda Erdman-Cline, Matthew Ernesto, Edward Higgins, Veronica Ingram, Kaylene Landers, Brandon Killian, Melissa Kinkoph, Mary Loesch, Alice Madison, Jenny Moyer, Sabrina Newman, Pat Olson, Jacqueline Peyton, Monica Richardson, Katie Rosenbaum, Sarah Rozycki, Brenda Sarno, Claudia Spurill, Sam Tate, Mary Washington, Larry Watson, Tammy Whitaker, Danielle White, and Tim Winstanley.

Events: Mass Fatality, CPR & First Aid, ICS-22, 100, 200, 700, 800, Orientation, VOPEX 13 Exercises, BP Screenings, Program Support.  
**75 Volunteers Provided 225.50 Hours of Service; 202.25 Non-Medical and 23.25 Medical and 5 VVHS Alerts were sent**



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

**Peninsula MRC Volunteers provided 106 BP Screenings in June 2013.**

### Peninsula MRC CPR & First Aid Trainer...

Peninsula MRC officially has its own certified CPR & First Aid Trainer. Mary Begor who also teaches Psychological First Aid, taught her first class Saturday, June 8th. Five volunteers including Teresa Blakeslee acquired their certifications. We anticipate offering the course once a quarter with the next class taking place in the fall.



### Exercise Highlight...

On, June 6th & 19th two Registered Nurse volunteers participated in the Surry Power Station Exercise Out of Sequence Demonstrations at Tabb High School in Yorktown and Hines Middle School in Newport News. The Peninsula Health Department conducted a simulated medication dispensing of Potassium Iodide after a radiological event had taken place. It was a great opportunity for our volunteers to get hands on experience distributing the medication.



### Hurricane Storm Surge...

The greatest potential for loss of life related to a hurricane is from the storm surge! Storm surge is simply water that is pushed toward the shore by the force of the winds swirling around the storm. This advancing surge combines with the normal tides to create the hurricane storm tide, which can increase the mean water level to heights impacting roads, homes and other critical infrastructure. In addition, wind driven waves are superimposed on the storm tide. This rise in water level can cause severe flooding in coastal areas, particularly when the storm tide coincides with the normal high tides. Because much of the United States' densely populated Atlantic

and Gulf Coast coastlines lie less than 10 feet above mean sea level, the danger from storm tides is tremendous.

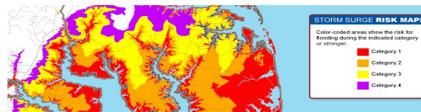
### In the Pipeline...

Risks and Response to Bioterrorism, Healthy Me! Move In To Health, and Million Hearts Challenge launch, Tactical Social Media planning, Whole Community Preparedness with FEMA HQ and Regional Offices, in-house, Women's Pampering Day, Rock-n-Roll Half Marathon Regional Event, Volunteer Responder Deployment Care, Community Health and Preparedness Fair-Kmart. Please stay tuned to your email alerts for more information and to register.



### Storm Surge Maps:

<http://readyhamptonroads.org/Resources/StormSurge.aspx>



Peninsula Medical Reserve Corps - Peninsula and Hampton Health Districts

**Volunteers Protecting the Health of Virginia**  
(read more on Page 2)



## Training...

Is still the gateway to rapid deployment during a disaster. Peninsula MRC is working on putting together some Just In Time Training resources to help refresh your training disaster-side, and enhance your training in order to step in to a specific function at the time you are needed.

[View Eastern Region MRC Training Calendar calendar](#)

## Public Health Outreach...

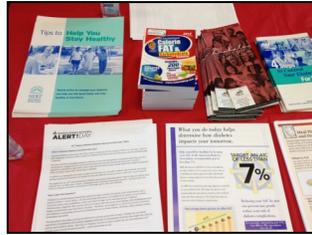
Is still a big part of the day to day operation in Peninsula MRC.

Peninsula MRC is engaging in a new **Million Hearts Campaign** Challenge and is making important connections in the community to increase and enhance services to the homeless and our Veterans. If you would like to know how you can help, please contact Teresa.

To learn more about the Million Hearts Campaign visit:  
<http://millionhearts.hhs.gov/index.html>

To see where we are providing important services in the near future, visit:

[View Peninsula MRC Public Health and Outreach Calendar calendar](#)



Information distributed at Diabetes Alert day. (Photo by Maggie McNeely)

## Exercises...

We have the FEMA graded Surry exercises coming up this Spring. Keep an eye on what is coming up:

[View Peninsula MRC EP & R Exercise Calendar calendar](#)

*(Please note, if the links to the calendars do not work on your computer, please visit our website to see them.)*

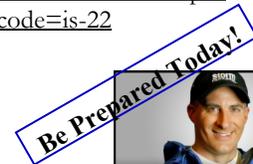
## Emergency Response...



It does seem like disasters are on the rise...

Fortunately we don't have a calendar of events for this one. But **be prepared** because your help will be needed. Take a free on-line course to be better prepared. Copy and paste this link in to your browser, or come in to the Peninsula MRC Office to pick up the study manual.

<http://www.training.fema.gov/EMIWeb/IS/courseOverview.aspx?code=is-22>



### Contact Information:

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### 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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<http://www.youtube.com/watch?v=uPq-WRAARTw&feature=youtu.be>



E-NEWS FLASH FROM PENINSULA MRC—JULY 2013

Volunteers Protecting the Health of Virginia