



NEWS IN A "HEARTBEAT"



Peninsula MRC Volunteers to date = 324 Approved Level 1, 2, 3 volunteers

WELCOME MAY VOLUNTEERS: Marnie Blalock, Brandon Burr, Honoria Bush, Jennifer Butler, Ronnie Davis, Michelle Donnell, Sharon Driscoll, Genesis Eastwood, Linda Hall, Adgeline Hill, Kaylene Landers, Jenny Moyer, Zanzi Ortiz, Jacqueline Peyton, Stacey Shuler, Shawni Thomas, Romeo Toro McKenzie, Mary Washington, Danielle White

THANK YOU: Volunteers who served or trained in **May:** Marnie Blalock, Carolyn Conley, Miriam Dalziel, Ronnie Davis, Michelle Donnell, Fran Doyle, Sharon Driscoll, Sidney Fink, Virginia Gamble, Adgeline Hill, Sherri Kelley-Davis, Stephanie King, Mary Loesch, David Neidlinger, Charles Olson, Pat Olson, Monica Richardson, Sarah Rozycki, Joicel Riviera, Stacey Shuler, Barbara Smith, Claudia Spurill, Sam Tate, Romeo Toro McKenzie, Alexis Upton, Mary Washington, Larry Watson, Chuck White, Danielle White, and Tim Winstanley. Events: Med Surge, ICS-100, 200, 700, Orientation, SMS Exercise, Women's Health Day, BP Screenings, Program Support.

54 Volunteers Provided 141 Hours of Service; 101.5 Non-Medical and 39.5 Medical and 4 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 20 BP Screenings in May 2013.

Peninsula MRC Team Liaisons...

Ambitiously we now have 22 teams defined for the Peninsula MRC. The following teams have been assigned a Liaison who have given four of the teams (so far) momentum: **Public Health Outreach**—Claudia Spurill

Preparedness—Ronnie Davis
Regional Hospital Coordinating Center—Chuck White

Shelters—Linda Rose (Tent.)
Training—Larry Watson
Liaisons will be helping with team development to include tools and resources to equip team members to serve in disaster and non-disaster events, and developing strike teams where needed. Liaison will assist the MRC Coordinator in keeping momentum and this may involve working directly

with our community partners. You may be getting an alert to serve on a team to help complete some short term tasks, to serve at specific events, and to become equipped to serve during a disaster. Please consider helping out. *Many hands make light work and we've got an abundance of work and your help is needed.*

Exercise Highlight...

On May 22, volunteers assisted in a Full Scale Exercise (FSE) for the Christopher Newport University State Managed Shelter. Volunteers, acting as evacuees arriving at the shelter were provided acting roles to help bring realism to the exercise. (Picture next column: Stephanie King acting ill is being helped by Public Health Nurses

Hurricane Storm Surge...

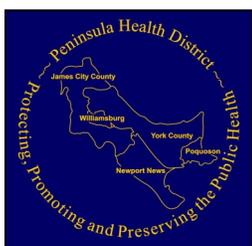


The greatest potential for loss of life related to a hurricane is from the storm surge! Storm surge is simply water that is pushed toward the shore by the force of the winds swirling around the storm. This advancing surge combines with the normal tides to create the hurricane storm tide, which can increase 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.

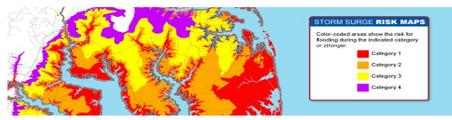
In the Pipeline...

Surry Nuclear Power Plant FEMA graded exercises, 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 CPR/AED and First Aid, 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:

Peninsula Medical Reserve Corps
Peninsula Health District
416 J Clyde Morris Blvd.
Newport News, VA 23601
Main: 757-594-8045
Fax: 757-594-8612

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>

Teresa Blakeslee
MRC Coordinator/Program Manager
Teresa.Blakeslee@vdh.virginia.gov
757-594-8045 (Office)

Julie Segor
Assistant MRC Coordinator/Volunteer Manager
Julie.Segor@vdh.virginia.gov
757-594-7811 (Office)

Kevin Pearce
Emergency Planner, Peninsula Health District—Program Director, Peninsula MRC
Kevin.Pearce@vdh.virginia.gov
Office: 757-594-7515
Cell: 757-218-9439

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



E-NEWS FLASH FROM PENINSULA MRC—JUNE 2013

Volunteers Protecting the Health of Virginia