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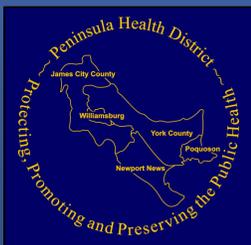
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Welcome Approved Volunteers in May 2011:

- James Burden, DDS
- Michelle Gaskin
- Juwel Jones
- Corinne Leffler
- Alison McNicholas
- Keyaira Murray
- Meredith Rash, DVM
- Anna Yankowski, RN

of volunteers to date: **633**

Thank you for helping protect the health of Virginia!



THE MRC CONNECTION - JUNE 2011

Peninsula Medical Reserve Corps, 416 J. Clyde Morris Blvd., Newport News, VA 23601

CERT SKILLS REFRESHER/PREPARED AND READY— Peninsula CERT Training Day



On May 14, 2011 CERT volunteers from throughout the Peninsula/Hampton held a full day of skills training in Advanced Medical Operations training at Grafton Middle School in York Co. This session included hands-on work stations with EMT's and Paramedics from partnering jurisdictions. MRC volunteers Larry Watson and Pam Nicholls helped provide Instructional guidance and Sherri Kelley-Davis and Carol Perenzin were among the moulage victims that helped add realism to the training.



Training included:

- Field dressings for:
 - Lacerations
 - Impaled objects
 - Burns and bleeding
- Splinting techniques for broken bones
- Performing proper head to toe assessments
- S.T.A.R.T triage



PENINSULA HEALTH DISTRICT - WOMEN'S HEALTH DAY—Keeping you healthy!

On May, 18 the Peninsula Health District staff hosted a Women's health fair. The health fair showcased vendors that provided information for women's health and informing them of available women's health services at the Peninsula Health Center. Peninsula Medical Reserve Corps volunteers provided blood pressure screenings and Emergency preparedness tips and materials.



Medical Reserve Corps volunteers on left Diamora Fernandez, RN and Mary Loesch, RN, provided blood pressure screenings. Julie Segor, PenMRC Assistant Coordinator has her BP checked.

Volunteers Protecting the Health of Virginia



Thank You For Serving

Very special thanks to each of the following PenMRC Volunteers who helped fulfill the mission of MRC in May 2011

EP & R EXERCISES—35.5 hours:

Hampton Health Dept.—Mass Dispensing Exercise Preparation—4.5 hours (M); 3 hours (NM)

Jennifer Basak, RN, Sherri Kelley Davis, Diamora Fernandez, RN, Mary Ann Loesch, RN, Lewis Nobles

Peninsula Cert Training Day—14 hours (M); 14 hours (NM)

Sherri Kelley Davis, Pamela Nicholls, Carol Perenzin, Laurence Watson

PROGRAM SUPPORT—128.25 hours:

Administrative Support/MRC Office—124.25 hours (NM)

Fran Doyle, Amber Robertson, Julie Segor, Keeyaira Murray

Get P.R.E.P.D. Strategy — 2 hours (M); 2 hours (NM)

Patricia Olson, RN, Chuck Olson

PUBLIC HEALTH—17.5 hours:

Women's Health Day Peninsula Health Dept.— BP Screenings & Forms—9.0 hours (M)

Diamora Fernandez, RN, Mary Loesch, RN, Jeni Newton, RN

BP Screenings—Total # of BP's—41:

Lafayette Village Williamsburg— 4.0 hours (M) Brenda Sarno, RN

Rivermeade—1.5 hours, Denhigh Senior Center—1.0 hours (M), Rivermeade Community Day— 2.0 hours (M) Mary Loesch , RN

TRAINING—37 hours:

IS-100—3.0 hours (M); 9.0 hours (NM)

Mark Babcock, Marie Harrell, Alison McNicholas, Anna Yankowski, RN

Peninsula MRC Orientation— 2 hours (M); 8 hours (NM)

Mark Babcock, Amanda Chavez, Binta Jalloh, Alison McNicholas, Anna Yankowski, RN

Disaster Behavioral Health—Train the Trainer—10 hours (M); 5 hours (NM)

Mary Asaro, RN, Dwaine Harrell, Psychologist, Marie Harrell

TOTAL HOURS: 218.25

53 Medical, 165.25 Non-Medical



Hurricane Season begins June 1, 2011—Are You Ready?

VDH EMPLOYEE SPOTLIGHT — Emergency Preparedness

Joyce Strong-Hurt, Purchasing Technician, Peninsula Health Center — *"Turning Information In To Action!"*



Joyce Strong-Hurt is not taking any chances when it comes to preparing for disasters, and takes emergency preparedness *very* seriously. She has every detail covered in her family preparedness plan and firmly believes *we are all responsible* for preparing ourselves and our families. Keeyaira Murray from the MRC office interviewed her on the importance of her own individual and family preparedness:

What does emergency preparedness mean to you?

We need to be self-sufficient for 3—7 days following a disaster. I make certain that I am ready well ahead of an incident by making sure my family is well prepared for any disaster, predicted or not. Preparedness is key to surviving and builds resiliency and helps us recover faster following a disaster.

What particular disaster circumstance compelled you to understand the importance of preparedness?

The two natural disasters that affected me the most were hurricane Isabel and the major ice storm in 1998 and the impact they had on our normal routine, sometimes for days and weeks.

What do you advise other people about preparedness?

I would tell everyone to prepare an emergency kit with the necessary supplies and place it in an easily accessible area in their home, car, workplace, etc. Talk it over with your family; Make sure that children, pets, and people with disabilities are considered when putting together your kit and making your plan whether that be to evacuate or shelter in place.

What do you consider the most important items in your preparedness kit?

Flashlights, batteries, radio, water, non-perishable foods, comfort items.

Next Month in
Employee Spotlight:
Hampton Health Dept.

BETTER SAFE THAN SORRY! – *What's In Your Emergency Preparedness Kit?*

There are all kinds of emergencies out there, and disasters have become more frequent and intense this year. How we prepare for them can determine survival. Every home, car, workplace should have an emergency supply and go kit and an emergency plan.

Emergency Supply Kit

- Water (1gallon per person and per pet per day)
 - Non- Perishable food items
 - Medications
- Tools and Supplies (utility knife, duct tape, battery powered or crank radio)
 - Sanitation and Hygiene (household bleach, soap, and towels)
 - Clothing and Bedding
 - Important documents in waterproof container
 - First Aid supplies

Emergency Plan

- Identify possible emergencies that can happen in the area
- Pick a meeting place for your family; tell your family ahead
- Identify emergency contacts outside of the area
 - Plan your evacuation route, and don't forget to practice!!!




Ready Hampton Roads
Prepare. Plan. Stay Informed.®

Emergencies happen somewhere everyday, so make sure your are always prepared!

It's better to be **SAFE** THAN **SORRY**!

Visit www.ready.gov. Get ready now!

Volunteers Protecting the Health of Virginia



EP & R Exercises

Title	Date/Time	Where	Who	Details/Registration
Riverside Full Scale Exercise for Workplace Violence Response Code Silver	Wednesday June 1, 2011 1 pm—4 pm	Riverside Hospital 500 J. Clyde Morris Blvd., Newport News, VA	Volunteers have been deployed	Closed
Hampton—CHEX 11—Dispensing Exercise for City Hall	Wednesday June 8, 2011 8:00 am—1:00 pm RAIN DATE: Wednesday June 15, 2011 8:00 am—1:00 pm	Start at Hampton Health Dept. End at Lincoln St	Volunteers have been deployed	Closed
Hampton—VOPEX 11—Surry Plume and KI Mass Distribution Emergency Assembly Ctr (EAC) Exercise	Monday June 13, 2011 9:00 am—1:00 pm	Hampton Coliseum	Volunteers have been deployed	Closed
Peninsula Health Dept. Evacuation Assembly Center Exercise with FEMA evaluation	Wednesday June 15, 2011	Peninsula Health Center to Gildersleeve Middle School and back	Volunteers may participate for knowledge and awareness	Alert in progress

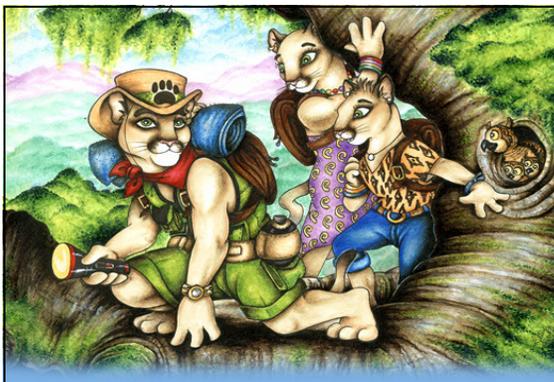
Please watch your email for additional EP & R Exercise Opportunities



FEMA READY KIDS



BE PREPARED IN EVERY SITUATION



Copy and paste this link to your URL browser for fun, on-line coloring book activities: http://www.fema.gov/kids/games/colorbk/original_color.htm

Are you ready to help your family get prepared for the unexpected? Your family can use this web site to create a plan that will help you be prepared in advance for every situation: <http://www.ready.gov/kids> You're already a great planner! Every day you get your homework done, get to music or sports practice on time, and plan where and when you'll meet up with friends. *But how do you get prepared for emergencies?*



Public Health Outreach

June 2011 Blood Pressure Screenings

Title	Date/Time	Where	Who	Details/Registration
BP Screenings and Health Information	Wednesday June 1, 2011 10:30am—12:00pm	Berkley Village South 800 Daphia Cir Newport News	Mary Loesch, RN	Deployed
BP Screenings and Health Information	Wednesday June 1, 2011 1:00pm—2:30pm	Berkley Village South St. Egnatios (off Harpersville) Newport News	Mary Loesch, RN	Deployed
BP Screenings and Health Information	Thursday June 8, 2011 11:30am—1:30pm	Lafayette Village 121 Lafayette Blvd Williamsburg VA 23188	Brenda Sarno, RN	Deployed
BP Screenings and Health Information	Wednesday June 9, 2011 11:00am—1:00pm	Denbigh Senior Center 15460 Warwick Blvd Newport News	Mary Loesch, RN	Deployed
BP Screenings and Health Information	Tuesday June 14, 2011 2:00pm—3:30pm	Lexington Commons 14532 Old Courthouse Way	Mary Loesch, RN	Deployed
BP Screenings and Health Information	Tuesday June 15, 2011 9:00am—10:00am	Clean Comfort 328 30th St Newport News	Need a volunteer, RN or LPN	Please call PenMRC @ 594-8045 for more info
BP Screenings and Health information	Thursday June 16, 2011 1:00pm – 2:30pm	Christian Village 600 Arbor Ct Newport News	Mary Loesch, RN	Deployed
BP Screenings and Health Information	Tuesday June 28, 2011 2:00pm—3:30pm	Mennowood Retirement Warwick Blvd Newport News	Carolyn Conley	Deployed
BP Screenings and Health information	Wednesday June 29, 2011 2:30pm– 3:30pm	Warwick SRO 2410 West Ave Newport News	Brenda Sarno, RN	Deployed

Thank you for providing volunteer service for these important public health activities!

Please remember to submit your BP hours and number served to Teresa.Blakeslee@vdh.virginia.gov for State and National reporting.

These listings provided for reminders or awareness of upcoming Public Health Outreach events. *Please do not self-deploy* to events; you will be notified of non-BP screening events via VVHS activation alerts; Please use that *system to express your interest in serving. You will be contacted only if *selected* to deploy. *You must have an email address in VVHS and be a level 1, 2, or 3 volunteer to receive alerts and serve.

June 2011 Public Health Outreach Opportunities—Special Events

Title	Date/Time	Where	Who	Details/Registration
York/Poquoson Relay for Life	Friday June 3, 2011 5:30 pm—8:30 pm	Tabb High School Tabb	Volunteers have been deployed	Closed
Poquoson Lions Club Sight/Hearing Van	Saturday June 4, 2011 10 am—2 pm	Poquoson Municipal Park Poquoson	Volunteers have been deployed	Closed
Rabies Free Clinic	Saturday June 25, 2011 10 am—2pm	Grove Christian Outreach Center Williamsburg	Need Vet. Tech's and General Support	Watch for VVHS Alert for details and to register

Please watch your email for additional Public Health Outreach Opportunities

Volunteers Protecting the Health of Virginia



Training Opportunities

Title	Date/Time	Where	Who	Details/Registration
CPR Health Care Providers	Thursday June 2, 2011 8am—1pm	Mary Immaculate Health Ed and Community Resource Room	Health Care Providers	TRAIN ID #1025276 Or call 757-886-6700 <i>Fee waived for MRC</i>
CPR Health Care Providers	Tuesday June 14, 2011 8 am—1pm	Mary Immaculate Health Ed and Community Resource Room	Health Care Providers	TRAIN ID #1008938 Or call 757-886-6700 <i>Fee waived for MRC</i>
CPR Heart Savers	Monday June 20, 2011 8 am– 1pm	Mary Immaculate Health Ed and Community Resource Room	Heartsavers	Train ID # 1025278 Or call 757-886-6700 <i>Fee waived for MRC</i>
Peninsula MRC Orientation <i>Mandatory for emergency and non-emergency events</i>	Please call for appointment for June, July or August	Peninsula/Hampton	If you have received a monthly alert over the past 12 mos. but have still not completed	757-594-8045 Quarterly classes will resume in September 2011

“IS-100 is now a mandatory course for Eastern Region MRC volunteers.”

Training is the gateway to serving during an emergency. All Virginia Department of Health employees, military, police/fire/rescue, and any public or private entities receiving federal grants in EP&R or public health funding must be NIMS compliant (ICS 100 and 700). Because the MRC falls under VDH, this is a requirement for all volunteers to understand communication and procedures during emergency response. The Eastern Region Health Dept. Planners have now mandated the criteria for which an MRC volunteer must fulfill in order to be deployed on a disaster, and includes ICS-100.



Below is the link to take the ICS-100 course on-line. It will take 2– 3 hours including the exam—you must achieve an 80% pass rate to receive a certificate. You will receive a certificate link via email usually within 2 business days after passing the exam. Please note, FEMA does not send the certificate to PenMRC, and I don’t have access to their database. You must forward that email or a hardcopy to me. If you have passed the exam but have not received a certificate, check your spam mail or call 301-447-1200 to have one mailed to you. MRC is not offering classroom ICS

To take the course on-line go to TRAINVirginia #1024627 or FEMA:
<http://emilms.fema.gov/IS100b/index.htm>

ICS-100.b

TRAINING MESSAGES

~*Peninsula MRC still has 268 volunteers who have not had the mandatory Orientation. This is crucial to being able to serve during a disaster and saves you volunteer processing time in the midst of an emergency. Please sign up!

~Due to the volume of activities inside of the PenMRC office, training reminders are not sent; clicking available adds your name to the roster, and the instructor is expecting you. As a courtesy to the instructor, please withdraw in TRAIN (if you registered there), or email or call the PenMRC office to cancel at least 24 hours in advance.. Thanks for your understanding.

~Please provide MRC with certificate upon completion of courses such as ICS or CPR/AED/ First Aid.



‘Training is the Gateway to Serving’ and builds confident and competent volunteers.

Please watch your email for additional Training Opportunities

Contact Information

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

Please bookmark these websites:

PenMRC Website: <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>

Receiving this newsletter by USPS? You are missing out on critical email alerts!
Please update your email address by logging in to VVHS or by calling 594-8045 or emailing Teresa.Blakeslee@vdh.virginia.gov



Search 'Peninsula Medical Reserve Corps'



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

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