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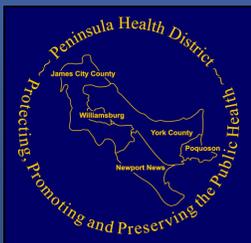
Welcome Approved Volunteers in April 2011:

Amanda Chavez
Binta Jalloh
William Stiff, DVM

Please see Page 6 for next Orientation Training.

of volunteers to date:
628

Thank you for helping protect the health of Virginia!



THE MRC CONNECTION - MAY 2011

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

Activation 101—Understanding MRC Volunteer Disaster/Emergency Activation

Because of the austere conditions following 9-11 and their effects both mentally and physically, the Medical Reserve Corps, under AmeriCorps and Citizen Corps was put in to place to **pre-credential** and **pre-train** volunteers to serve in emergencies. By participating in training and emergency preparedness and response exercises, volunteers gain awareness and become better prepared for what they could undoubtedly experience at a disaster scene.

As an 'extension' of the Peninsula and Hampton Health Districts (under the auspices of the Commonwealth of Virginia, Virginia Dept. of Health), and a National Incident Management System (NIMS) compliant organization, MRC is subjected to the protocol of the Incident Command System structure. If you have taken the ICS courses (100 and 700) that are mandatory for Eastern Region MRC volunteers, you have a good understanding of that structure, and understand too that every disaster response starts on a local level. As local resources become overwhelmed, the need for support increases and may come first from regional, then state, then federal resources.

But what kind of support and when? The Dept. of Health is one of over a dozen Emergency Staffing Functions (ESF's) that may become activated for disasters, especially where public health support is needed under ESF #8. MRC volunteers may be needed to "extend the reach" of public health staff.

Additionally, Peninsula MRC offers unique 'niche' training for specific response needs such as Hospital Emergency Response Teams (H.E.R.T) for surge capacity, Pet Sheltering, or Medical Needs Shelters, etc.

For liability purposes, at NO time will any member of the Peninsula Medical Reserve Corps self-deploy to an emergency. Regardless of where or what volunteers may go or do during an emergency the MRC volunteer activation process is the same. Below is a flow process example: Emergency Operations Center Activated → Public Health response need is identified and ESF #8 is activated → A request for medical or medical support volunteers comes in to the Incident Commander who will route that request to ESF #8 for review and alert determination → If MRC volunteers are targeted as needed, the MRC Coordinator is informed to send an alert to the volunteers who qualify based on the request details → in an emergency, appropriate volunteers will be alerted via phone and provided deployment instructions. If MRC volunteers are not requested through the NIMS/ICS process, or as the Health Districts Directors/Planners deem appropriate, it is because a need has not been identified for their service. The same applies to non-emergency events. This helps assure you can safely deploy in an organized manner and helps with staffing levels in order for you to be quickly and effectively utilized to support events.

Do you want to increase your chances of being utilized during an emergency? Get the training you need now to save valuable volunteer processing time and allows for a more rapid response. "Don't Wait, Affiliate!"

Volunteers who are affiliated with an organization and are trained have a much greater chance of serving in times of need. Go ahead, tell a friend about MRC and share this video:

<http://youtu.be/Cpo5PMGjtm5> Thank you for choosing the MRC....

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 April 2011

EP & R EXERCISES—3 hours:

Hampton Health Dept.—Mass Dispensing Exercise Preparation—1.5 hours (M); 1.5 hours (NM)
Lewis Nobles, Patricia Wharry, RN

PROGRAM SUPPORT—59 hours:

Administrative Support/MRC Office—50 hours (NM)
Fran Doyle, Amber Robertson, Julie Segor

Get P.R.E.P.D. Core Committee — 4.5 hours (M); 4.5 hours (NM)
Winnie Bennett, RN, Diamora Fernandez, RN, Pat Olson, RN, Marie Harrell, Charles McLeod,
Chair Shelley Trautman

PUBLIC HEALTH—30 hours:

BP Screenings—2.0 hours (M) - 19 BP's
Mary Loesch, RN—Yorktown/Rivermeade

National Kidney Foundation—Kidney Early Evaluation Program (KEEP) - 5.5 (M); 22.5 (NM)
Mary Loesch, RN, Dale Bull, Renate Wagnanski, Carol Perenzin, and Sherri Kelley-Davis

TRAINING—25.5 hours:

IS-100—3 hours (M)

Dwaine Harrell, Psychologist

Peninsula MRC Orientation—5 hours (M); 2.5 hours (NM)

Denise Cunningham, LPN, Monique Plummer, RN, Adyam Redae—

IS-200—3 hours (NM)

Charles Olson

Shelter Operations—York/Poquoson ARC—3 hours (M); 3 hours (NM)

Jennifer Basak, RN, Tim McNeely

Shelter Simulation—York/Poquoson ARC—3 hours (M); 3 hours (NM)

Jennifer Basak, RN, Tim McNeely

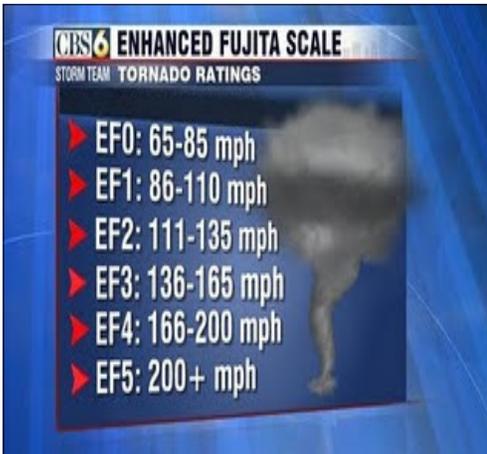
TOTAL HOURS: 117.5

27.5 Medical, 90 Non-Medical



Tornados—Nature's Most Violent Storms

As National Weather Service survey teams continue to assess Saturday's storm damage in Virginia, our official tornado tally rises. As of Wednesday morning, April 20 there were ten confirmed tornadoes in Virginia from Saturday, April 16. Two EF0s (Loudon Co & Rockbridge Co), four EF1s (Augusta Co, Dinwiddie Co, Lunenburg Co, and Middlesex Co in Church View area), three EF2s (Middlesex Co in the Deltaville area, Halifax Co, and Isle of Wight Co), and one EF3 (Gloucester tornado that tracked through Surry, James City, York, Gloucester, and Mathews Counties).



EF-0. Light damage

Causes some damage to siding and shingles

EF-1. Moderate damage

Considerable roof damage. Winds can uproot trees and overturn single-wide mobile homes. Flagpoles bend.

EF-2. Considerable damage

Most single-wide mobile homes destroyed. Permanent homes can shift off foundation. Flagpoles collapse. Softwood trees debarked.

EF-3. Severe damage

Hardwood trees debarked. All but small portions of houses destroyed.

EF-4. Devastating damage

Complete destruction of well-built residences, large sections of school buildings.

EF-5. Incredible damage

Significant structural deformation of mid- and high-rise buildings.

It should be noted that the Enhanced F-scale is a set of wind estimates (not measurements) based on damage. It uses three-second estimated gusts estimated at the point of damage. These estimates vary with height and exposure. Forensic meteorologists use 28 damage indicators and up to 9 degrees of damage to assign estimated speeds to the wind gusts. As demonstrated by the recent tornados, the only preparation for tornados occurs ahead of time. It Could Happen Tomorrow; Be Prepared TODAY.

Hurricane Season 2011 Expected To Have More Impact On U.S. Coasts, AccuWeather Predicts

The 2011 hurricane season, which starts June 1, should be active, with more impact on U.S. coastlines than the average season.

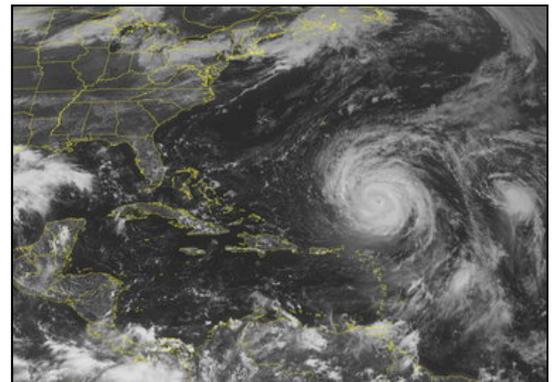
AccuWeather forecasts that there will be a total of 15 named tropical storms, 8 of which will reach hurricane status and with 3 becoming major hurricanes. While a normal season averages 10 tropical storms, the prediction for 2011 still marks a decrease from the 2010 season, which was of historic proportions.

In 2010, there were 19 named storms and the season ranked as the third most-active season on record. Despite that distinction, many of the storms spiraled at sea and there was little impact on the United States.

Who should worry? AccuWeather says the early season threat will be to the western Gulf of Mexico and the southern Caribbean, with the higher concern for landfalls along the Texas and Louisiana coastlines. In mid- to late season, the eastern Gulf and Caribbean will be at higher risk.

AccuWeather's forecast, issued March 30, 2011 is similar to the pre-season prediction made in December by the Colorado State University hurricane research team led by William Gray and Philip J. Klotzbach. In that forecast, the Colorado State team said, "We foresee an above-average Atlantic basin tropical cyclone season in 2011 and anticipate an above-average probability of U.S. and Caribbean major hurricane landfall."

The Colorado State team, which will update its forecast closer to the start of hurricane season, predicted slightly higher numbers than AccuWeather: 17 named storms, 9 hurricanes and 5 major hurricanes. Be Prepared!

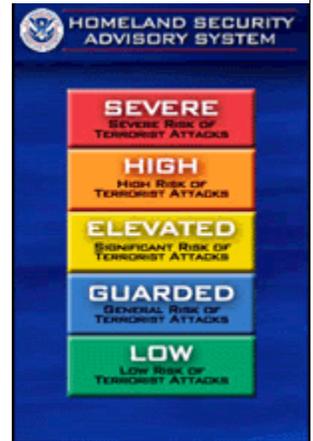




In The News

Secretary Napolitano Announces Implementation of National Terrorism Advisory System (NTAS)

The National Terrorism Advisory System, or NTAS, **replaces the color-coded (right) Homeland Security Advisory System (HSAS)**. This new system will more effectively communicate information about terrorist threats by providing timely, detailed information to the public, government agencies, first responders, airports and other transportation hubs, and the private sector. It recognizes that Americans all share responsibility for the nation's security, and should always be aware of the heightened risk of terrorist attack in the United States and what they should do.



Release Date: April 20, 2011—NEW YORK—Secretary of Homeland Security Janet Napolitano today will announce the implementation of the Department of Homeland Security's (DHS) National Terrorism Advisory System (NTAS)—a robust terrorism advisory system that provides timely information to the public about credible terrorist threats and replaces the former color-coded alert system.

“The terrorist threat facing our country has evolved significantly over the past ten years, and in today’s environment – more than ever – we know that the best security strategy is one that counts on the American public as a key partner in securing our country,” said Secretary Napolitano. “The National Terrorism Advisory System, which was developed in close collaboration with our federal, state, local, tribal and private sector partners, will provide the American public with information about credible threats so that they can better protect themselves, their families, and their communities.”

Under NTAS, DHS will coordinate with other federal entities to issue detailed alerts to the public when the federal government receives information about a credible terrorist threat.

NTAS alerts provide a concise summary of the potential threat including geographic region, mode of transportation, or critical infrastructure potentially affected by the threat, actions being taken to ensure public safety, as well as recommended steps that individuals, communities, business and governments can take to help prevent, mitigate or respond to a threat. NTAS Alerts will include a clear statement on the nature of the threat, which will be defined in one of two ways:

- “Elevated Threat”: Warns of a credible terrorist threat against the United States
- “Imminent Threat”: Warns of a credible, specific, and impending terrorist threat against the United States

if you
SEE
something
SAY
something™

NTAS: National Terrorism Advisory System
www.DHS.gov/alerts

Report suspicious activity
to local law enforcement or
call 9-1-1 in case of emergency.





Public Health Outreach

May 2011 Blood Pressure Screenings

Title	Date/Time	Where	Who	Details/Registration
BP Screenings and Health Information	Thursday May 5, 2011 10:00am—12:30pm	Seton Manor Retirement Hampton	Need a volunteer, RN or LPN	Please call PenMRC @ 594-8045 for more info
BP Screenings and Health Information	Monday May 9, 2011 2:00pm—3:30pm	Paula Marie Hampton	Pat Wharry, RN	Deployed
BP Screenings and Health Information	Wednesday May 11, 2011 11:00am—2:00pm	Yorktown/Rivermeade Yorktown	Mary Loesch, RN	Deployed
BP Screenings and Health Information	Wednesday May 11, 2011 11:30am—1:30pm	Lafayette Village Williamsburg (JCC)	Brenda Sarno, RN	Deployed
BP Screenings and Health Information	Thursday May 12, 2011 11:00am—1:00pm	Denbigh Senior Center Newport News	Mary Loesch, RN	Deployed
BP Screenings and Health Information	Wednesday May 18, 2011 9:00am—10:00am	Clean Comfort Newport News	Need a volunteer, RN or LPN	Please call PenMRC @ 594-8045 for more info.
BP Screenings and Health information	Wednesday May 25, 2011 2:30pm—3:30pm	Warwick SRO Newport News	Brenda Sarno, RN	Deployed
BP Screenings and Health Information	Tuesday May 31, 2011 2:00pm—3:30pm	Mennowood Retirement Newport News	Carolyn Conley, RN	Deployed
BP Screenings and Health information	Tuesday May 31, 2011 2:00pm—3:00pm	Wellesley Commons Newport News	Mary Loesch, RN	Deployed

Thank you for providing these important public health activities!

Please remember to submit your 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

Title	Date/Time	Where	Who	Details/Registration
York/Poquoson Relay for Life	Friday June 3, 2011 5:30—8:30	Tabb High School Tabb	Need RN's to conduct Blood Pressure and Glucose Screenings	Watch for VVHS Alert for details and to register
Poquoson Lions Club Sight/ Hearing Van	Saturday June 4, 2011 10 am—2 pm	Poquoson Municipal Park Poquoson	Need RN's to conduct Blood Pressure and Glucose Screenings	Watch for VVHS Alert for details and to register
Rabies Free Clinic	Saturday June 25, 2011	Grove Christian Outreach Center Williamsburg	Need Vet. Tech's and Gen- eral 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	Tuesday May 3, 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>
Disaster Behavioral Health Train the Trainer	Saturday May 14, 2011 8 am—12 pm	Hampton Health Dept. Auditorium	Behavioral Health Professionals who want to teach DBH	TRAIN ID #1008938 Or call 757-594-8045
Peninsula MRC Orientation <i>(see message below)</i>	Tuesday May 17, 2011 11:30am—1:30pm	PenMRC Unit, 2nd floor Peninsula Health Center 416 J. Clyde Morris, Nnews	Level 4 MRC Volunteers	VVHS Training Alert or TRAIN ID #1020123
CPR Health Care Providers	Tuesday May 17, 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 Heartsavers	Tuesday May 23, 2011 8am—1pm	Mary Immaculate Health Ed and Community Resource Room	Non Health Care Providers	TRAIN ID #1025278 Or call 757-886-6700 <i>Fee waived for MRC</i>

“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 courses at this time.

ICS-100.b

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

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. As a courtesy to the instructor, please withdraw in TRAIN (if you registered there), or email or call the PenMRC office to cancel. 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

Volunteers Protecting the Health of Virginia



EP & R Exercises

Title	Date/Time	Where	Who	Details/Registration
Preparation for Hampton—CHEX 11—Dispensing Exercise for City Hall., Hotels, Nursing Homes	Tuesday May 10, 2011 9 am—4 pm	Hampton Health Dept. 3130 Victoria Blvd., Hampton, VA	Need volunteers to label and package M & M containers for simulated Mass Dispensing Exercise	VVHS Alert In Progress <i>Interested in volunteering?</i> <i>Please respond to alert.</i>
REMINDER Peninsula CERT Medical Ops Preparedness Training Day/Exercise	Saturday May 14, 2011 8:00 am—4:00 pm	Grafton Middle School	Need instructors and moulage volunteers	<i>Dana Perry</i> <i>dperry@nngov.com</i> <i>or 757-269-2904</i>
Riverside Full Scale Exercise for Workplace Violence Response	Wednesday June 1, 2011 1 pm—4 pm	Riverside Hospital 500 J. Clyde Morris Blvd., Newport News, VA	Need 20 general support volunteers for event day messaging	VVHS Alert In Progress <i>Interested in volunteering?</i> <i>Please respond to alert.</i>
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.	Need 14 volunteers	VVHS Alert In Progress <i>Interested in volunteering?</i> <i>Please respond to alert.</i>
Hampton—VOPEX 11—Surry Plume and KI Distribution Emergency Assembly Ctr (EAC) Exercise	Monday June 13, 2011 9:00 am—1:00 pm	Hampton Coliseum	Need 12 volunteers	Watch for VVHS Alert for details and to register
Peninsula Health Dept. Evacuation Assembly Center Exercise with FEMA evaluation	Wednesday June 15, 2011 Time/TBD	Peninsula Health Center to Gildersleeve Middle School	Volunteers may Participate for knowledge and awareness	Watch for VVHS Alert for details and to register

Please watch your email for additional EP & R Exercises

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

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THE MRC CONNECTION—MAY 2011

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Virginia Department of Health
Peninsula Health Center
416 J. Clyde Morris Blvd.
Newport News, VA 23601

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