

THE MRC CONNECTION

OCTOBER 2010



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

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Welcome new volunteers as of September 2010:

Annie Holloway
Ashley Swingle
Tina Wilson

AND 109 New Horizons Criminal Justice, HOSA—Nurse Aid, Medical Assistant, and Veterinary Students

See Page 7 for complete listing

We look forward to working with you to help Protect the Health of Virginia!

Don't forget to sign up for your Orientation;
See Training Calendar Page 5



Volunteer Highlights

Peninsula MRC Leadership Teams are in the process of being defined based on the needs of the Health Districts that Peninsula MRC supports as well as the needs in the communities the unit serves. Below is a tentative list. These specialized teams will allow volunteers the ability to enhance their training beyond core competencies, and be more confident and competent serving in the field.



Volunteers Protecting the Health of Virginia

6 classes in 3 days! 109 New Horizons Students receive the Peninsula MRC Orientation: 39 Criminal Justice, 25 HOSA Nurse Aid and HOSA Medical Assistant and 45 HOSA Veterinary Assistant students



Top photo: Criminal Justice afternoon class
Bottom photo: HOSA Veterinary Assistant afternoon class

Very special thanks to each of the following PenMRC volunteers for their time and effort in September 2010

PUBLIC HEALTH:

BP Screenings—2.5 hours (M)

Denbigh Senior Center—Mary Loesch—18 BP's
Wellesley Commons—Mary Loesch—8 BP's

Peninsula Health Center—Seasonal Flu Vaccination Clinics—25 hours (10M;15NM)

Mary Begor, Molly Edgette, Marie Harrell, Toni Henry, Mary Loesch, Jeni Newton, Carol Perenzin, and Barbara Smith

Riverside Cancer Center—Men's Health Event—10 hours (NM)

Miriam Dalziel, and Loretta Washington

Pack This Not That Campaign—Preparedness for the top 5 chronic health conditions—4 hours (NM)

April Payne

PROGRAM SUPPORT:

Administrative Support/MRC Office—21hours (NM)

France Doyle (15.5), and Carol Perenzin (5.5) - binder building for New Horizons Orientation class

9/11 Freedom Walk—15 hours (6M;9NM)

Beth Hughes, Ashlend Moise, Frances Moore, Chuck and Pat Olson

Hampton Citizen Corps Programs Showcase event—5 hours (M)

Stephanie Gomez

Recruitment Strategy Meeting—2.5 hours (NM)

Sherri Taylor

MS Challenge Walk—Yorktown—7.5 hours (NM)

Lisa Schaeperkoetter

TRAINING:

Peninsula Medical Reserve Corps Orientation—217.5 hours (1.5M; 261NM)

109 New Horizons Students, 6 classes, 3 days
Criminal Justice: 39 students
HOSA Nurse Aid and Medical Assistant: 25 students
HOSA Veterinary: 45 students
(see complete list of students on page 7)

Stephanie Gomez—Vet. Tech

TOTAL HOURS: 310

Medical: 25

Non-Medical: 285



Volunteers Protecting the Health of Virginia

9/11 Phone Alert—Lessons Learned

Text First. Talk Second. When an organization undertakes an emergency response exercise, there is always the expectation of learning and improving through Lessons Learned for the next exercise and the next real event. Frequently, during exercises, problems can occur which are unexpected and this forces the organization to find solutions for an im-

proved outcome the next time around. We experienced major phone server issues that caused a major delay in processing the phone alert, often calling volunteers in the middle of the night. The alert was meant to hit phones at 9:11 am on 9/11, not to startle volunteers and their families. I hope you accept my sincere apologies for this

huge inconvenience, and understand that steps are being taken to avoid this in the future. Many who received the alert had great success in bringing texting awareness to family and friends. PenMRC Volunteer Fran Doyle testified that she had "selected 11 members to conduct this exercise, and they all participated." When other friends and family members found out that she did not include them, they asked her how to get A-listed to be contacted!



"I hope you accept my sincere apologies for this huge inconvenience and understand that steps are being taken to avoid this in the future."

*Teresa Blakeslee,
MRC Coordinator*

...Why Texting Is Important

When disasters strike, voice networks can become congested with people trying to call each other for non-vital communications. This can result in people in desperate need of help being unable to contact those they need to reach, such as emergency services, friends or loved ones. In some instances, this may also result in emergency

service personnel being unable to communicate with each other.

Safe America created the Text First. Talk Second. to raise public awareness around the importance of utilizing text messaging for non-emergency communications during a disaster.

Please consider 'Text First. Talk Second'.

<http://www.safeamerica.org/index.php>

PenMRC Volunteers Walking for Freedom

The MRC program found its roots as a result of 9/11 and so it was fitting that Volunteers came out on 9/11/2010 to honor the lives of those lost, and those who serve to protect our freedom today.

Peninsula MRC raised awareness of the MRC Program, and provided preparedness materials.



Participants say that the event truly demonstrated the MRC program's vision for building strong, healthy and more resilient communities.

OCTOBER 2010 PUBLIC HEALTH EVENTS

Watch your email for additional Public Health Events and register if you can serve.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Seasonal Flu Clinics alerts will be sent as MRC is needed.					1 BP Screening Great Oaks 2pm - 3:30pm	2
3	4	5	6 BP Screening Berkley Vlg 1pm—2:30pm	7 BP Screening Seton Manor 10am - 12:30 pm	8	9
10	11 BP Screening Paula Marie 2pm - 3:30pm	12 BP Screening Lexington Commons 2pm - 3:30pm	13 Seasonal Flu Clinic after- school Stone- house	14 BP Screening Denbigh SC 11am—1pm Medical Arts 2pm - 3pm	15	16
17	18	19	20 BP Screening Clean Cornf 9am—10 am	21	22	23
24 31	25	26 BP Screening Mennowood 2pm - 3:30pm	27 BP Screening Warwick SRO 2:30pm - 3:30pm	28 BP Screening Stuart Gardens 2pm - 3:30pm	29	30

Public Health Schedule of Events

- } October 1 - Pat Olson
- } October 6 - Mary Loesch
- } *October 7 - Need RN or LPN*
- } October 11 - Pat Wharry
- } October 12 - Mary Loesch
- } *October 13—Need RN*
- } October 14 - Mary Loesch

Public Health Schedule of Events—continued

- } *October 20 - Need RN or LPN*
- } October 26 - Carolyn Conley
- } October 27 - Brenda Sarno
- } October 28 - Jennifer Martinez

Thank you for providing this important public health activity!

Please remember to submit your hours and # of BP's to Teresa.Blakeslee@vdh.virginia.gov

Volunteers Protecting the Health of Virginia

OCTOBER 2010 TRAINING CALENDAR

Watch your email for additional Training opportunities alerts and register if you can attend.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 CPR - Medical 8am - 1pm	6	7	8	9
10	11	12	13	14	15	16 Mass Casualty Incident Man- agement— Mod 1—Triage 9am—2pm
17	18 PODS Interac- tive Training 1pm - 3pm	19 CPR - Medical 8am - 1pm	20	21	22	23
24 31	25 CPR - Non- Medical 8am - 1pm	26 MRC Orienta- tion 10 am - 12 pm	27	28 Epidemiology 101 1pm - 3pm Shelter Ops/ Sim— 9am—4:15 pm	29	30

Training Schedule of Events

- } October 5 - Mary Immaculate - Health Ed Room—TRAINVirginia #1020026
- } October 18 - Peninsula Health Ctr/Conf Room 1 - 2nd floor - Instructor Kevin Pearce - Emergency Planner—TRAINVirginia #1020218
- } October 16— Tidewater EMS—6353 Center Dr., Norfolk Ste 101—TRAINVirginia #1020220—Must register via train or directly at TidewaterEMS.org. Click on Training Calendar; scroll calendar to October 16.
- } October 19 - Mary Immaculate - Health Ed Room—TRAINVirginia #1020026
- } October 25 - Mary Immaculate - Health Ed Room—TRAINVirginia #1020034
- } October 26 - Peninsula Health Ctr/Pen MRC Unit Conf Room - 2nd floor - Instructor Teresa Blakeslee, MRC Coordinator—TRAINVirginia #1020123
- } October 28 - Peninsula Health Ctr/Conf Room 1 - 2nd floor - Instructor - Cynthia Rieken - Epidemiologist
- } October 28—York/Poquoson Chapter of the American Red Cross, 6912 Geo Wash Mem Hwy., Yorktown



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

Watch your email for EP & R Alerts and register if you can participate.

EP & R Schedule of Events

- } October 19—James River and McIntosh Schools
- } NOVEMBER 3—Riverside Hospital Evacuation Exercise—respond to alert in early October.

OCTOBER 2010
EMERGENCY PREPAREDNESS & RESPONSE EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19 Seasonal Flu Clinic Exercise—after school event	20	21	22	23
24	25	26	27	28	29	30

Bioterrorism Agents

What are they?

Bioterrorism agents are typically biological materials, such as bacteria or viruses, that are used in acts of warfare against a country or group of people. Sending anthrax spores through the U.S. mail system in 2001 was the first such use of a bioterrorism agent against our country. Besides the U.S. mail, biological weapons may be carried in food products, drinking water, and animal herds.

The Centers for Disease Control and Prevention (CDC) categorize biological agents according to the risk they pose to the public. Those that pose the highest risk, because they can be easily disseminated and could result in high mortality, are classified as Category A. These agents include bacteria and viruses that cause diseases such as:

anthrax, botulism, plague, tularemia, smallpox, and viral hemorrhagic fever (such as hantavirus and ebola)

Spotlight: Category A Bioterrorism Agent: Anthrax - Compiled by Alicia Fritz—EP & R

“Anthrax is a disease that is caused by spores created by a certain bacteria. Anthrax occurs naturally in certain wild and domestic animals like sheep, goats and so on and humans become exposed when they come into contact with infected animals or their products, like wool from a sheep with Anthrax. There are three ways a person could become infected with Anthrax: when spores enter the body through a cut or sore, when undercooked meats are eaten with spores in them, and when spores are inhaled or breathed in. When Anthrax spores enter the body through cuts and sores, the nearby patch of skin becomes infected and turns black. When infected meats are eaten, symptoms of nausea, loss of appetite, vomiting, vomiting of blood and severe diarrhea result. When Anthrax is inhaled, this is the most serious, because after flu like symptoms - difficulty breathing, exhaustion, chest discomfort, extreme sweating begin after this phase most individuals only have 24 hours to live if they are not treated. Since Anthrax is caused by bacteria spores, a certain antibiotic can cure it, but the key is early treatment, especially when the spores are inhaled. Because Anthrax can cause increased illness and death in a population, it could be used as a terrorist weapon; however, the good news is that Anthrax hardly ever is spread from person to person, and there is a vaccine for anthrax that is currently given to high risk individuals like veterinarians, post office workers, military personnel but could be given to general population if a threat arose.”





Illuminating Minds....Igniting Passions....Shaping Futures

Committed to Preparing a World Class Workforce for the 21st Century

The Peninsula Medical Reserve Corps welcomes 109 Students

Peter Mercier, Instructor

Criminal Justice:

- Aaron Boyters
Alexander Briggs
Laranda Bright
Megan Cain
Breonna Gatling
Anita Grubbs
Brooke Haden
Jade Holzer
Natisha Knight
Ruslan Komynarets
Nicholas Maltos
Corey Miller
Jordan Miller
Kristen Proctor
Sabrina Thomas
Amelia Valadez
Micah VanNess
Lacy Volonino
Joshua Whitaker
Lajoya Wright
Precious Alford
Edward Barber
Austin Bucklin
Tyler Dalton
Colette Gaddis
April Gilchrist
Blake Geiger
Alan Hancock
Holly Husky
Janel Jackson
Kiara Jones
Kiana Jones
Tiana Mapp
Alexandra Miller
Alyssa Pachot
Leslie Postell
Mariah Rivera
Alexis Warner
Savannah Weisner



Kathy Whitehead, Instructor

Nurse Aid:

- Moriah Adams
Charkeyla Atkins
Akeera Gilbert
Tylar Glover
Carol Lane
Gelisa Lewis
Alexis Lopez
Nichole Matern
Alissa Menga
Brandy Morris
Christella Morisset
Kayretha Nelson
Taliana Rosario
Elizabeth Scherer
Brianna Williams

Medical Assistant:

- Taylor Barnes
Avianna Campbell
Akeera Gilbert
Tylar Glover
Sara Hendricks
Taliana Smith
Takyra Thompson
Brandon Weiss
Keisha Williams
Meggan Williams
Kendall Williamson
Kelsea Woods

Deb Rosson, Instructor

Veterinary Assistant:

Katie Baker

- Jennifer Barber
Heather Bell
Tabytha Bevis
Jonathon Boyd
Patrick Brosnan
Ashley Byrd
Sierra Carless
Alyssa Douglas
Tiara Easley
Michael Leonard
Marinella Mabalot
Matthew McBride
Casey Oakley
Cassandra Rice
Megan Roy
Courtney Sexton
Andrett Toran
Janelle Tucker
Sequoyah Tucker
Angele Wright
Brandi Alexander
Haley Bryant
Jocelyn Busby
Sydney Charity
Kelly Connor
Kiana Cunningham
Sean Elim-Durden
Brittany Gray
Bethany Heape
Gabrielle Irby
Louis Jackson
Kaylyn Jennings
Chardonnay King
Kyia Nealy
Marquita Pritchett
Kayzia Robinson
Taylor Ross
Jennifer Savage
Ashley Steinetz
Tabitha Turenchalk
Samantha Welsch
ShaQuita Whiting
Lorna Woodie

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>

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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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Teresa D. Blakeslee
Peninsula MRC Coordinator/Volunteer Management
The MRC Connection Newsletter Editor
Teresa.Blakeslee@vdh.virginia.gov
Cell: 757-570-2918



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

Volunteers Protecting the Health of Virginia