



NEWS IN A "HEARTBEAT"



Peninsula MRC Volunteers to date = 305 Approved Level 1, 2, 3 volunteers

**WELCOME to Volunteers who completed Orientation:** David Alvarado, Evelyn Alvarado, Lauren Angelo, Diane Downing, Tamara Hartless, Michele Hoffman, Shelia Humphrey, Joseph Mueller, Janna Nori, Zanzi Ortiz, Nathaniel Rasmussen, Tina Rector, Misty Smith, Kristen Snider, Alison Temple, and Eric Wiebke

**THANK YOU**  
to ALL  
volunteers  
who trained  
and served!



**EVENTS:** Diabetes Alert Day, Dentistry from the Heart, Rabies Clinic, Hands Together, Project Homeless Connect, Diabetes Education, Blood Pressure Screenings, Blast Wave 2014, CPR/AED First Aid, Mental Health Preparedness Training, Blood Pressure Measurement Specialist, Psych First Aid, Orientation, IS-100, 200, 22, 700, 800, and MRC and Health District Program Support.

145 Volunteers Provided 603.5 Hours of Service; 480.75 Non-Medical and 122.25 Medical, and 17 VVHS Alerts were sent.

Total value of volunteer hours to Peninsula and Hampton Communities: **\$16,433.72**



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

**Peninsula MRC Volunteers provided 93 BP Screenings January through March 2014!**

Event Highlights...



~ Hands Together Historic Triangle ~

On February 24, Peninsula MRC, Norfolk MRC, Peninsula Health District, and Health Occupations Students of America joined together to provide nine medical stations to the homeless, precariously housed, and neighbors in need at a day-long event in Williamsburg.

- Aids Testing (21 clients)
- Art Therapy (40 clients)
- Blood Pressure Screenings (30 clients)
- Body Mass Index (18 clients)
- General Health Assessments (5 clients)

- Glucose Testing (30 clients) – supplies in-kind from Lion's Club Sight and Hearing
- Hygiene Education (18 clients)
- Podiatry Screenings (8) – for Diabetes related issues
- STI Testing (0)
- Vaccinations (10 TDaP and 8 Flu)
- Totals:** 32 Volunteers, staff, HOSA, provided 231 hours of service (Aids Connect 6 hours); MRC Volunteers = 69.5 hours



~ Rabies Clinic—Hampton ~

On March 15, 17 Peninsula MRC Volunteers came out on a windy Saturday to vaccinate 200 cats and dogs from all over the

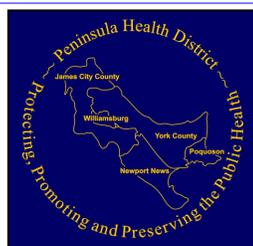
area. Funds for this clinic were provided by the City of Hampton Animal Control.



~ Blast Wave 2014 ~

On March 26, Riverside Regional Hospital conducted a full scale Blast Wave Mass Casualty exercise. 100 patients were processed through the emergency department where Peninsula MRC Hospital Emergency Response Team volunteers were able to assist in providing Psychological First Aid, Minor Wound Care, and Patient Advocacy.

Stay tuned to your VVHS alerts for more exciting opportunities! Please remember...do not delete the alert; please select available or unavailable.



**Peninsula Pipeline: Peninsula CERTEX 14—May 17. Volunteers will be needed to role-play as victims for this important, annual CERT training. Stay tuned to VVHS alerts for details.**

Peninsula Medical Reserve Corps - Peninsula and Hampton Health Districts

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



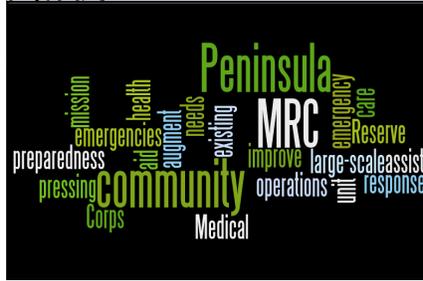
*The Peninsula MRC Needs Leadership Volunteers...*

Are you a go getter? Do you have drive and motivation? Are you interested in learning leadership skills that you can apply in real-life situations? Are you interested in working alongside of VIP's in Emergency Management?

Peninsula MRC is a very robust, progress/forward thinking Unit.

PenMRC is also located in a very transient (i.e. Military) area where volunteers often "pass through". However, PenMRC is looking for volunteers to empower who are willing to grow and develop both personally and professionally while at the same time help build capacity for the MRC.

Give me a call today!  
Teresa: 757-594-8045



*Exercises...*

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

*Public Health Outreach...* Is still a big part of the day to day operation in Peninsula MRC.

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

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

*Training...*

Is still the gateway to rapid deployment during a disaster.

[Eastern Region Training Calendar](#)

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

**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>



*Peninsula Medical Reserve Corps Virginia*



E-NEWS FLASH FROM PENINSULA MRC — SPRING 2014

**Volunteers Protecting the Health of Virginia**