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Welcome approved Volunteers in March 2011:

- Olivia Gary
- Elizabeth Gore
- Eric Masters
- Stephen Murphy, DDS
- Monique Plummer, RN
- Pamela Porter
- Katie Robinson
- Dr. Fessehaie Tekle

Don't forget to sign up for your Orientation— See training calendar and watch for alert to register.

of volunteers to date: 627

Thank you for helping protect the health of Virginia!



THE MRC CONNECTION

APRIL 2011

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



Volunteer Highlights

Riverside Hospital Emergency Response Team (H.E.R.T.)

The following PenMRC volunteers have successfully completed the MRC pre-qualifications and are now in the specialized training program with Riverside to assist their Emergency Department with surge capacity:

- Mary Begor, Fran Doyle, Diamora Fernandez—RN, Dr. Sidney Fink, Lynne Hinnenkamp, Karen Hunter—RN, Susan Jones—RN, Stephanie King—RN, Eva Leggett—RN, Mary Loesch—RN, Pat Olson—RN, Barbara Smith, Donna Terry, and Laurence Watson – EMT



Paws Preparedness, and Pictures!

Back by popular demand!

On March 19, MRC HOSA Veterinary Program students along with PenMRC's Dr. Sam Tate, Deb Rosson Vet. Tech, and Barbara Smith were on hand at Care-A-Lot Pet Supply in Newport News to tell pet owners how important it is to prepare pets for disasters. Pet owners had a chance to have their photo taken with their pet to add to their pet preparedness kit. CERT Newport News also participated to raise awareness about pet sheltering.



Volunteers Protecting the Health of Virginia



**Volunteers Make A World of Difference!
National Volunteer Appreciation Week
April 10—April 16, 2011**

Throughout our lives we often try to help along the way, special tasks give meaning to the work we do each day. Volunteering is a way to accomplish many things, it's made worthwhile especially for the satisfaction that it brings. There's a great appreciation for the work you've done this year, and Volunteers are special people, and ones we hold most dear.

Thank you for investing yourself in the lives of others. Volunteers are:

Valuable Outstanding Loyal Unique Nice Terrific Efficient Enthusiastic Ready Sensational

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

PUBLIC HEALTH—9.5 hours:

BP Screenings—9.5 hours (M) - 106 BP's

Brenda Sarno, RN—4.5 hours/36 BP's—Lafayette Village James City County, Warwick SRO, Newport News

Carolyn Conley, RN—1 hour/11 BP's—Mennowood, Newport News

Mary Loesch, RN—4 hours/59 BP's—Drug Treatment Court Health Fair, Denbigh Senior Center, and Wellesley Court, Newport News

PROGRAM SUPPORT—69.5 hours:

Administrative Support/MRC Office—37.25 hours (NM)

Fran Doyle, Sara Hendricks (HOSA), Amber Robertson

Get P.R.E.P.D. Core Committee — 4.5 hours (M); 4.5 hours (NM)

Winnie Bennett, RN, Jennifer Basak, RN, Diamora Fernandez, RN, Marie Harrell, Dale Bull, Chair Shelley Trautman

Paws Preparedness, and Pictures— Care-A-Lot Pet Supply NNews 6.25 (M); 17 hours (NM)

A collaborative event with CERT Newport News. Sam Tate, DVM, Deb Rosson, Vet. Tech, and HOSA Vet. Assistants Kiana Cunningham, Ashley Byrd, Bethany Heape, Taylor Ross, Tabitha Trenchalk. *Special thanks to Barbara Smith—MRC Animal Welfare Lead for organizing this event and to Kimberly Lerche for providing the pet photos that made the event a success!*

TRAINING—20.5 hours:

IS-100—Larry Watson, EMT—3 hours (M)

Peninsula MRC Orientation—Elizabeth Gore, Charles McLeod, Eric Masters—4.5 hours (NM)

IS-800—Fran Doyle—3 hours (NM)

BP Screener Refresher—Jennifer Basak, RN, Diamora Fernandez, RN—4 hours (M)

Psychological First Aid—Donna Terry, Teresa Vess, and Mary Begor—6 hours (NM)

TOTAL HOURS: 99.5

27.25 Medical, 72.25 Non-Medical

Volunteers Protecting the Health of Virginia



Public Health Outreach

Title	Date/Time	Where	Who	Details/Registration
National Kidney Foundation Kidney Early Evaluation Program (KEEP)	Saturday April 9, 2011 8:30am—2:00pm	Newport News—East End	Available Medical and Non-Medical Volunteers	Via VVHS Alert <i>Registration CLOSED, 10 volunteer deployments completed</i>
BP Screenings and Health Information	Tuesday April 12, 2011 2:00pm—3:30pm	Lexington Commons Newport News	Mary Loesch, RN	Deployed
BP Screenings and Health Information	Wednesday April 13, 2011 11:30am—1:30pm	Lafayette Village Williamsburg (JCC)	Brenda Sarno, RN	Deployed
BP Screenings and Health Information	Thursday April 14, 2011 11:00am—1:00pm	Denbigh Senior Center Newport News	Mary Loesch, RN	Deployed
BP Screenings and Health Information	Wednesday April 20, 2011 9:00am—10:00am	Clean Comfort Newport News	<i>Need a volunteer, RN or LPN</i>	Please call PenMRC @ 594-8045 for more info.
BP Screenings and Health Information	Tuesday April 26, 2011 2:00pm—3:30pm	Mennowood Retirement Newport News	Carolyn Conley, RN	Deployed
BP Screenings and Health information	Tuesday April 26, 2011 2:00pm—3:00pm	Wellesley Commons Newport News	Mary Loesch, RN	Deployed
BP Screenings and Health information	Wednesday April 27, 2011 2:30pm—3:30pm	Warwick SRO Newport News	Brenda Sarno, RN	Deployed

Public Health Outreach Events—Messages

Thank you for providing these important public health activities!

Please remember to submit your hours (and # of BP's) to Teresa.Blakeslee@vdh.virginia.gov for State and National reporting.

This listing is provided for reminders or awareness of upcoming Public Health Outreach events. *Please do not self-deploy* to non-BP screening 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.*

Stay tuned to your email for additional Public Health Event alerts.



Training Opportunities

Title	Date/Time	Where	Who	Details/Registration
CPR Health Care Providers	Tuesday April 5, 2011 8am—1pm	Mary Immaculate Health Ed and Community Resource Room	Health Care Providers	TRAIN ID # 1025276 Or call 757-886-6700 Fee waived for MRC
*Peninsula MRC Orientation (see message below)	Monday April 18, 2011 10am—12 pm	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 April 19, 2011 8am—1pm	Mary Immaculate Health Ed and Community Resource Room	Health Care Providers	TRAIN ID # 1025276 Or call 757-886-6700 Fee waived for MRC
CPR Heartsavers	Monday April 25, 2011 8am—1pm	Mary Immaculate Health Ed and Community Resource Room	Non Health Care Providers	TRAIN ID # 1025278 Or call 757-886-6700 Fee waived for MRC
RIVERSIDE Orientation for MRC volunteers for surge capacity/ Emergency Department	Monday April 25, 2011 6pm—8 pm	Riverside Hospital 	RIVERSIDE Hospital Emergency Response Team (MRC volunteers who have finished MRC pre-qualifications)	This training has been organized and will be presented by Carolyn Dough, Volunteer Coordinator/Riverside 757-594-3450

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



ICS-100.b

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.

**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 269 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.

New Training Lead—Welcome Charles McLeod!

Charles comes to us from Portland, OR where he was an EMT, has a lot of FEMA certifications, is heavily involved in Emergency Preparedness and Response, and is a CPR Instructor.



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

Watch your email for additional Training Opportunity alerts.

Volunteers Protecting the Health of Virginia



Emergency Preparedness and Response Events/Exercises

Title	Date/Time	Where	Who	Details/Registration
Operation Mobile Care Exercise	Saturday April 16, 2011 8:00 am—4:00 pm	Sentara CarePlex Hospital Hampton	Need up to 25 Hampton MRC Healthcare Professionals	Watch for VVHS Alert for details and to register
Peninsula CERT Medical Ops Preparedness Training Day/CERT class Final Exercise	Saturday May 14, 2011 8:00 am—4:00 pm	Grafton Middle School	Need instructors and moulage volunteers	VVHS Alert <i>In Progress</i> ; <i>Deadline to register</i> <i>April 27, 2011</i> <i>Interested in volunteering? Please</i> <i>respond to alert.</i> <i>Interested in attending? Please</i> <i>contact Dana Perry</i> <i>to register:</i> <i>dperry@nngov.com</i> <i>or 757-269-2904</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	Watch for VVHS Alert for details and to register
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 Gilderleeve Middle School	Volunteers may Participate for knowledge and awareness	Watch for VVHS Alert for details and to register

Coming to Peninsula MRC and your community soon!!



Get P.R.E.P.D.—Peninsula Resiliency Emergency Preparedness Days— A committee was formed to build prepared and resilient communities by “turning information in to action” and raising citizen awareness by providing interactive learning opportunities within the Emergency Management cycle via a community-wide event. While the mission statement is the same, instead the team is taking the ‘show on the road’ by participating in more health focused community events. The PenMRC booth at these events will provide activities for the young to the not so young that will help provide tangible opportunities to learn the inside scoop on what it takes to prevent, prepare for, respond to, and recover from disasters.

The Committee is chaired by Shelley Trautman and the team leads are: Winnie Bennett, Dale Bull, Diamora Fernandez, Marie Harrell, Dwaine Harrell, Charles McLeod, Chuck and Pat Olson. We will be expanding the team soon *and need your help with these family, fun-filled days; stay tuned!*



Power Training Days—The Eastern Region MRC Coordinators are collaborating to Re-energize Power Training Days to help provide you with one day each quarter filled with training classes to help you achieve MRC Core Competencies and specialty track training.

An Eastern Region Training Calendar is now available on the Peninsula MRC website. Click on ‘Training’ in the left frame on the PenMRC website.

<http://www.vdh.virginia.gov/MRC/peninsulamrc>

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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The MRC Connection Newsletter
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THE MRC CONNECTION



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Volunteers Protecting the Health of Virginia