

THE MRC CONNECTION



AUGUST 2010



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

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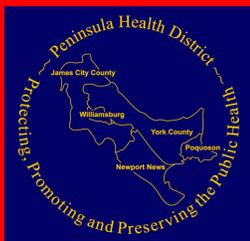
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Welcome new volunteers in July 2010:

Helayna Banks
Devita Parker, RN

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 on Page 5



Volunteer Highlights

What's coming up? *The PenMRC 'Pipeline'*

There are plenty of opportunities to keep volunteers engaged. Below is a listing of just some of what is going on day to day at your Peninsula MRC....

'Behavioral Health Community EP & R Team' (July 22 kickoff):

Regina Asaro, Dwaine Harrell, and Mary Begor
Mission: To increase behavioral health resiliency.

'Paws Preparedness and Pictures' (August 7 - Tentative):

Dr. Sam Tate, Barbara Smith, Stephanie King, and Katherine Rahman in collaboration with Care-A-Lot of Newport News, Newport News CERT, and the Hampton Roads Chapter of the American Red Cross
Mission: To provide pet owners with pet preparedness materials and pet sheltering information. Pet owners can get a photo of their pet for their pet preparedness kit. There will be fun raffles.

'Potluck in the Park' (August 30):

Carol Perenzin
Mission: This is a simple fellowship get together with other S.T.A.R. volunteers in order to get to know one another. Watch for invite!

'Pack This Not That' Campaign (September launch):

Katie Rosenbaum and April Payne (brand new volunteers)
Mission: To provide disaster preparedness kit leaflets with healthy food choices/recommendations for people with chronic health conditions such as diabetes.

'Disaster Volunteer Day' (Spring 2011):

Carol Perenzin, Winnie Bennett, Chuck and Pat Olson
Mission: To provide training opportunities for volunteers to learn about state and regional emergency planning, individual preparation responsibilities and how local volunteers can respond together.

What else is in the pipeline?

Volunteer Reception Center Strike Team formation; Volunteer Advisory Council formation; Additional Training Tracks such as Mass Casualty, Pet Sheltering, PODS.

If you are interested in serving on any of the opportunities listed, please email Teresa.Blakeslee@vdh.virginia.gov

If you have ideas that are in line with Emergency Preparedness and Response or the priorities of the Office of the Surgeon General, please let your MRC Coordinator know.

Volunteers Protecting the Health of the Peninsula

Very special thanks to each of the following
PenMRC volunteers
who trained and worked in June:

TRAINING:

Peninsula MRC Orientation: Gabriel Odekhian, Dale Bull and Miriam Dalziel
A total of 6.5 non-medical training hours.

OUTREACH:

No BP reports – volunteers please remember to submit your BP's.

Pet Preparedness for Veterinarians: Dr. Sam Tate and Barbara Smith
A total of 4 medical and 6 non-medical outreach hours.

'Pack This Not That' Campaign Kickoff: Katie Rosenbaum and April Payne
A total of 2 hours non-medical outreach hours.

Behavioral Health Community EP & R Team: Regina Asaro, Dwaine Harrell, and Mary Begor
A total of 11 medical outreach hours.

ADMINISTRATIVE SUPPORT:

*'Picnic in the Park' - Carol Perenzin, and Office help - Fran Doyle,
Winnie Bennett*
A total of 20.75 administrative support hours.

**A total of 15 medical and 35.25 non-medical Training, Outreach and
Administrative support hours – Total Hours: 50.25**

**Thank you! for your dedication and commitment
to help fulfill the MRC Mission.**

***The PenMRC is interested in your ideas for an event to
commemorate 9/11.***

Please email Teresa.Blakeslee@vdh.virginia.gov

Citizen Corps is FEMA's grassroots strategy to bring together government and community leaders to involve citizens in all-hazards emergency preparedness and resilience. CERT, like MRC is one of many Citizen Corps Programs.



ENROLL NOW! Volunteer Training for Local Community Preparedness

The Newport News Division of Emergency Management is currently enrolling new volunteers who would like to join the Community Emergency Response Team (CERT).

*Location for all classes will be at EOC
513 Oyster Point Road, Newport News*

Emergency Management Public Works Building

Register by August 27 – classes are free and open to Newport News residents – must be 18

Newport News Division of Emergency Management - Newport News Office of Emergency Management

“Survival is not about the fittest. Survival is about the best prepared.”

Class	Instructor (s)	Date	Time
Disaster Preparedness & CERT Organization	Dana Perry	9/2/10	6 – 9 p.m.
Fire Suppression	Annetta Norwood & Dana Perry	9/9/10	6 – 9 p.m.
Light S & R	Pat Burno & Dana Perry	9/16/10	6 – 9 p.m.
Disaster Psychology	Dana Perry	9/23/10	6 – 9 p.m.
Terrorism & CERT	Joe Lenderman & Dana Perry	9/30/10	6 – 9 p.m.
Medical Ops I	Joe Lenderman & Dana Perry	10/7/10	6 – 9 p.m.
Medical Ops II	Ray Ferrara & Dana Perry	10/14/10	6 – 9 p.m.
Final Scenario	Perry, Burno, Lenderman, Ferrara	10/16/10	9 - noon

CERT volunteers receive training in basic emergency skills over a seven week period. Those who complete the CERT training can help prepare individuals and organizations in their neighborhood to take care of themselves in the event of a disaster by providing or facilitating education about emergency preparedness. Upon completion of the CERT curriculum, CERT volunteers will receive specialized training in Pet Shelter Operations. In the event of a disaster, this special team will be called upon to help operate a pet-friendly shelter by registering owners and their pets and overseeing the day-to-day operations of the pet shelter until it is closed. All applicants must be at least 18 years old, pass a criminal history background check, and can have no allergies to cats and dogs.

The CERT and Pet Shelter Operations Curriculum is as follows:

- Disaster Preparedness
- Fire Suppression
- Medical Ops I
- Medical Ops II
- Light Search & Rescue
- Terrorism
- Disaster Psychology
- Disaster Simulation
- Pet Shelter Ops – Date T/B/D

Phone: 269-2904

Fax: 269-2905

E-mail: dperry@nngov.com

513 Oyster Point Road

Newport News, VA 23602



Community Emergency Response Teams (CERTs) train people in neighborhoods, the workplace, and schools in basic disaster response skills such as fire suppression, urban search and rescue, and medical operations and help them take a more active role in emergency preparedness. CERTs can give critical support to first responders, provide immediate assistance to victims, organize spontaneous volunteers at a disaster site, and help with non emergency projects to improve community safety.



**American
Red Cross**

Hampton Roads Chapter



Disaster Training Schedule

August-September 2010

Hampton Roads Chapter
4915 W. Mercury Blvd.
Newport News, VA 23605
757-838-7320 PHONE
757-838-7091 FAX

www.hrredcross.org

August 12	Fulfilling Our Mission	6:00-9:00pm
August 19	Fulfilling Our Mission	6:00-9:00pm
August 24	EOC/Incident Command Liaison (Part 1)	9:00am-2:00pm
August 25	Psychological First Aid	10:00am-2:00pm
August 25	Psychological First Aid	6:00-10:00pm
August 26	EOC/Incident Command Liaison (Part 2)	9:00am-2:00pm
August 30	DAT Workshop	9:30am-12:30pm
August 30	DAT Workshop	6:00-10:00pm
September 2	Mass Care: An Overview	9:00am-12noon
September 2	Mass Care: An Overview	6:00-9:00pm
September 7	Shelter Operations	9:00am-12noon
September 7	Shelter Operations	6:00-9:00pm
September 16	Fulfilling Our Mission	6:00-9:00pm
September 22	Bulk Distribution Operations	6:00-9:30pm

Please register with Bob Green, Disaster Services Coordinator at 757-838-7320 or bgreen@hrredcross.org

PenMRC Training Calendar - August 2010

Training is the gateway to serving with the PenMRC.

Register for a TRAINVirginia Account to sign up/take TRAINVirginia Courses: <http://va.train.org>, respond to a VVHS training alert (if applicable to MRC), or call the PenMRC office.

*Please remember to provide a copy of training certificates to the PenMRC Office upon course completion. **Complete IS-700.a, IS-100.a, and IS-200.a and receive an MRC lapel pin!***

Course/Event	Date	Time	Location	Register
CPR for Health Care Providers	Tuesday August 3	8:00 AM – 1:00 PM	Mary Immaculate Hospital Health Education Room Newport News	TRAINVirginia # 1020026 (Medical)
IS-700.a: National Incident Management System (NIMS), an Introduction *	On-line	Self-paced	Web-based	TRAINVirginia # 1020223 or http://training.fema.gov/EMIWeb/IS/IS700a.asp
IS-100.a: Introduction to the Incident Command System *	On-line	Self-paced	Web-based	TRAINVirginia # 1020223 or http://training.fema.gov/EMIWeb/IS/IS100a.asp
IS-200.a: ICS for Single Resources and Initial Action Incidents *	On-line	Self-paced	Web-based	TRAINVirginia # 1020216 or http://training.fema.gov/EMIWeb/IS/IS200a.asp
IS-22: Are you ready? An In-Depth Guide to Citizen Preparedness	On-line	Self-paced	Web-based	TRAINVirginia # 1020223 or http://training.fema.gov/EMIWeb/IS/IS22.asp
CPR for Health Care Providers	Tuesday August 17	8:00 AM – 1:00 PM	Mary Immaculate Hospital Health Education Room Newport News	TRAINVirginia # 1020026 (Medical)
Peninsula MRC Orientation Instructor: Teresa Blakeslee	Thursday August 19	10:00 AM – 12:00 PM	Peninsula Health Center – MRC Unit 416 J. Clyde Morris Blvd Newport News	TRAINVirginia # 1020223 or respond to VVHS Alert
CPR for Non-Medical	Monday August 23	8:00 AM – 1:00 PM	Mary Immaculate Hospital Health Education Room Newport News	TRAINVirginia # 1020034 (Non-Medical)
American Red Cross Training	Various Dates: August and September	See Page 4 for listing	Hampton Roads Chapter 4915 W. Mercury Blvd. Newport News, VA 23605	Bob Green, Disaster Services Coordinator at 757-838-7320 or bgreen@hredc.ross.org
CERT – City of Newport News	Thursdays 9/2 – 10/16	6 PM – 9 PM 10/16 9 AM – 12 noon	513 Oyster Point Rd EOC Newport News	Dana Perry dperry@nngov.com Or 269-2904

Peninsula MRC Medical Volunteers are required by the State of Virginia to have a current CPR certification under most circumstances.

PenMRC Emergency Preparedness & Response Exercises – August 2010

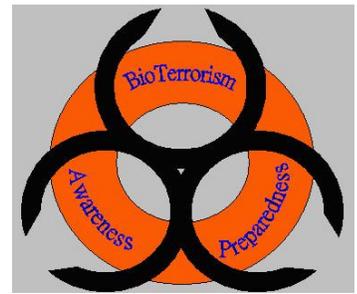
Event	Date / Time	Location	Volunteers Duties Assigned
No EP & R Exercises scheduled for August			

PenMRC Community Outreach Events – August 2010

BP Screening Volunteers – please remember to submit your volunteer hours to the PenMRC Volunteer Coordinator immediately following the outreach. These numbers are required for State and National reporting.

BP Screening and Health Info	Wednesday August 4 1:00 pm – 2:30 pm	Berkley Village South Newport News	Volunteered – Mary Loesch
BP Screening and Health Info	Wednesday August 4 10:30 am – 12:00 pm	Berkley Village West Newport News	Volunteered – Mary Loesch
BP Screening and Health Info	Friday August 6 10:00 am – 12:30 pm	Great Oaks Newport News	Volunteered – Pat Olson
BP Screening and Health Info	Tuesday August 10 2:00 pm – 3:30 pm	Lexington Commons Newport News	Volunteered – Mary Loesch
BP Screening and Health Info	Monday August 9 2:00 pm – 3:30 pm	Paula Marie Hampton	Volunteered – Pat Wharry
BP Screening and Health Info	Thursday August 12 11:00 am – 1:00 pm	Denbigh Senior Center Newport News	Volunteered – Mary Loesch
BP Screening and Health Info	Thursday August 12 1:00 pm – 2:30 pm	Medical Arts Seniors Newport News	Volunteered – Jennifer Martinez
BP Screening and Health Info	Wednesday August 18 9:00 AM to 10:00 AM	Clean Comfort 328 30 th St. Newport News	VOLUNTEER NEEDED: LPN or RN (1) Monthly – 3 rd Wednesday
BP Screening and Health Info	Wednesday August 25 2:30 pm – 3:30 pm	Warwick SRO Newport News	Volunteered – Brenda Sarno
BP Screening and Health Info	August 31 2:00 pm – 3:30 pm	Mennowood Retirement Newport News	Volunteered – Carolyn Conley
NEW OUTREACH EVENTS			
Paws Preparedness, and Pictures Bring your pet and come on out!	August 7 10 am – 2 pm	Care-A-Lot Pet Supply 301 Oyster Point Rd Newport News	Volunteered – Dr. Sam Tate, Barbara Smith In collaboration with CERT and ARC

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).

Category A Bioterrorism Agent: Botulism **by Kevin Pearce, Emergency Planner, and Toni Henry, EP & R Intern**

Botulism is considered a Class A bioterrorism agent. Category A agents pose the greatest danger, because they are easily spread and can cause the most panic (ehow.com, 2010). The symptoms of botulism can appear within hours or may take weeks to develop depending on the amount of toxin ingested. Botulism is a muscle-paralyzing disease caused by a bacterium called clostridium botulism (CDC, 2006).

There are three primary forms of botulism, they are: food borne, infant and wound botulism (CDC, 2006). Of the three food borne botulism is considered the most dangerous and the form most likely to cause a public health emergency, because the food may still be available to the public and have the potential of making more people ill. Symptoms of food borne botulism typically occurs within 12 to 36 hours and includes double and blurred vision, drooping eyelids, slurred speech, difficulty swallowing, dry mouth and muscle weakness which begins with the shoulders and works its way down the body (CDC, 2006). The muscles which control breathing can also be affected by botulism (CDC, 2006). Botulism is not spread from person to person and food borne botulism can occur at any age (CDC, 2006). Infant botulism occurs in those infants who have c. botulinum in their intestinal tracts and wound botulism occurs when a wound becomes infected with the toxin c. botulinum (CDC, 2006).

The amount of toxin needed to cause illness is very small. It is suggested that inhaling 0.7 -0.9µg would be enough to kill a person weighing 154 lbs (upmc-biosecurity.org, 2010).

References:

Center for Disease Control and Prevention (2006). Botulism. Emergency Preparedness and Response. Retrieved July 26, 2010, from <http://www.bt.cdc.gov/agent/botulism/>.

Center for Bio-security (2010). Botulism Fact Sheet. Retrieved July 26, 2010, from http://www.upmc-biosecurity.org/website/focus/agents_diseases/fact_sheets/botulinum.html

Contact Information

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416 J Clyde Morris Blvd.
Newport News, VA 23601
Main: 757-594-8045
Fax: 757-594-8612



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

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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