

# THE MRC CONNECTION DECEMBER 2010

## SEASON'S GREETINGS



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



# Volunteer Highlights

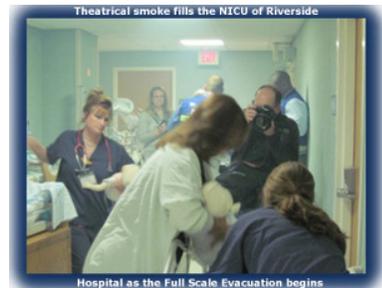
On November 3, ten MRC Volunteers participated in the Riverside Regional Medical Center Safe Evac 2010 full-scale evacuation exercise.



Riverside Hospital Safes: 10 Full Scale Exercise 11-3-2010



volunteers participate in a morning briefing pre-exercise



Hospital as the Full Scale Evacuation begins



down the stairs in a paraslider



Nichole Matern and Sherri Kelley-Davis



her 'boyfriend' down the stairs in a paraslider



Carol Lane - left and Brianna Williams center



Beth Hughes being comforted by a nurse



Carol Perenzin is cautiously escorted down the stairs



Pat Olson watches as they strap her 'son' in to the paraslider

See complete photo album on



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Welcome approved volunteers in November 2010:

Raven Brown

Don't forget to sign up for your Orientation—Classes resume in January 2011

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

# of volunteers to date: 601



Volunteers Protecting the Health of Virginia



**Very special thanks to each of the following PenMRC volunteers who helped fulfill the mission of MRC in November 2010**

**PUBLIC HEALTH—35 hours:**

**BP Screenings—2.5 hours, 25 BP's (M)**

**Mary Loesch— RN—Denbigh Senior Center**

**Carolyn Conley—RN—Mennowood Senior Center**

**Peninsula Health Center—Seasonal Flu Vaccination Clinics—32.5 hours (20.5 NM; 12 M)**  
**Grafton High School**

Dale Bull, Mary Loesch-RN, Kendall Williamson, Georgette Watts-RN

**Poquoson Elementary**

Patricia Schultz-RN, Brandon Weiss, Meggan Williams, Kendall Williamson

**Hampton Health Department—Seasonal Flu Vaccination Clinics—Deployments Only—no final names/hours report provided:**

*Hampton High School—Tylar Glover*

*Bass Pro Shop—Fran Doyle, Sonja Tatum, Renate Wygnanski*

*Kecoughtan High School—Molly Edgette— RN, Sara Hendricks, Keisha Williams*

**PROGRAM SUPPORT—61.5 hours:**

**Administrative Support/MRC Office—9 hours (NM)**

Frances Doyle

**Safe Evac—Riverside— 40 hours (32 NM; 8 M)**

Cecelia Fair, Sherri Kelley-Davis, Carol Lane, Alexis Lopez, Patricia Olson-RN, Carol Perenzin, Taliano Rosario, Brianna Williams, Elizabeth Hughes-RN, Nichole Matern.

**Get P.R.E.P.D. Peninsula Planning—12.5 hours (7.5 NM; 5 M)**

Marie Harrell, Chuck Olson, Pat Olson—RN, Carol Perenzin, Shelley Trautman

**TRAINING—125.75 hours:**

**Peninsula Medical Reserve Corps Orientation—20 hours (17.5 NM; 2.5 M)**

Karen Hunter—RN, Randolph Wojcik—PhD, Kristian Walters, Donna Terry, Sam Tate-DVM, Kristen Hamill, Chloe Christoforou, Diamora Fernandez

**Pet Sheltering Training—105.75 hours (105.75 M) - Instructor—Sam Tate-DVM**

HOSA/New Horizons Veterinary Assistants: Brandi Alexander, Katie Baker, Jennifer Barber, Heather Bell, Tabytha Bevis, Jonathan Boyd, Patrick Brosnan, Haley Bryant, Jocelyn Busby, Ashley Byrd, Sierra Carless, Sydney Charity, Kelly Connor, Kiana Cunningham, Alyssa Douglas, Tiara Easley, Sean Elim-Durden, Brittney Garrison, Brittany Gray, Bethany Heape, Gabrielle Irby, Kaylyn Jennings, Chardonnay King, Michael Leonard, Marinella Mabalot, Matt McBride, Kyia Nealy, Casey Oakley, Marquita Pritchett, Cassandra Rice, Kayzia Robinson, Taylor Ross, Megan Roy, Courtney Sexton, Ashley Steinetz, Andrett Toran, Janelle Tucker, Sequoyah Tucker, Debra Ross—Vet Tech., Tabitha Trenchalk, Angele Wright, Lorna Woodie, Shaquita Whiting, Samantha Welsh

**TOTAL HOURS: 222.25**

**Medical: 135.75; Non-Medical 86.5**

***Volunteers Protecting the Health of Virginia***

# December 2010—Public Health Events

SUN	MON	TUE	WED	THU	FRI	SAT
			1 BP Screenings— Berkeley Village South 1:00-2:30	2 BP Screenings Seton Manor 10:00-12:30	3 BP Screenings Great Oaks 2:00-3:00	4
5	6	7	8	9 BP Screenings Denbigh Sr. Ctr 11:00-1:00	10	11
12	13	14 BP Screenings Lexington Coms 2:00-3:30	15 BP Screenings- Clean Comfort— 9:00—10:00	16	17	18
19	20	21	22	23	24	25 
26	27	28	29 BP Screenings Warwick SRO 2:30-3:30	30	31	

**Public Health Schedule of Events—BP Screenings:**

- ~December 1—Mary Loesch
- ~December 2—Need Volunteer—LPN or RN
- ~December 3—Pat Olson
- ~December 9—Mary Loesch
- ~December 14—Mary Loesch
- ~December 15—Need Volunteer—LPN or RN
- ~December 29—Brenda Sarno

**Public Health Schedule of Events—Messages:**

**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](mailto:Teresa.Blakeslee@vdh.virginia.gov) for State and National reporting.

This calendar is provided for reminders or awareness of upcoming 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 this system to express your interest in serving. You will be contacted only if selected to deploy.

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

# December 2010—Training Events

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 CPR for Health Care Provider- Mary Immaculate 8am—1pm	3	4
5	6	7 CPR for Health Care Provider- Mary Immaculate 8am—1pm	8	9 CPR for Health Care Provider- Mary Immaculate 8am—1pm	10	11
12	13 CPR for Non-Medical - Mary Immaculate 8am—1pm	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### Training Schedule of Events

- } Peninsula MRC Orientation Classes will resume after January 1, 2011
- } December 2—For Health Care Provider
- } December 7—For Health Care Provider
- } December 9—For Health Care Provider
- } December 13—Heart Savers-For Non-Medical

*Special Note: Due to the volume of activities inside of the PenMRC office, training deployments or reminders are not sent. If you have clicked available in the training opportunity email alert, or signed up for the course via TRAINVirginia, please mark your calendar. Your name is automatically added to the roster and the instructor is expecting you. Please call or email the PenMRC office if you need to cancel that decision. Thanks for your understanding.*



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

Emergency Preparedness and Response - Schedule of Events

# December 2010—EP & R Exercises

} No EP & R Exercises have been scheduled to date.

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	20	21	22	23	24	25 
26	27	28	29	30	31	

**Surgeon General of the United States, Washington, DC**

Dear MRC Leaders and Volunteers,

As the 18<sup>th</sup> Surgeon General, it is an honor and privilege to know that I can count on our Medical Reserve Corps (MRC) for support as we build a stronger, healthier, and better prepared nation - one community at a time. As “America’s Doctor,” I am responsible for the health of 300 million patients. This is a big task, but I am inspired by each of you, who give so generously of yourselves to serve others, knowing you are there to help.

Like many of you, I was an MRC volunteer. I was also on the board of our local organization that helped establish our MRC unit in Southwest Alabama. The inspiration I received from my fellow MRC volunteers – men and women like you – is something that continues to give me strength and pride. The willingness of MRC volunteers to give their best efforts to help make our communities safer and healthier reflects a determined, generous spirit that I believe is our nation’s richest resource.



You continue to provide assistance and depth to our local emergency response systems. All of us - individuals, family members and communities - need to be better prepared. To accomplish this, we must continue to forge partnerships among emergency management, law enforcement, health professionals, and the uniformed services. Everyone needs to be aware of potential health threats, and we need to be trained to meet those threats in an effective, coordinated manner.

In addition, prevention is the foundation of our public health system and it is the foundation of my work as Surgeon General. I hope you will use your skills and enthusiasm to help promote our public health initiatives in your community, especially those that address prevention. Some of my prevention priorities include: obesity and overweight, violence (youth, domestic, gender and workplace), mental health, HIV/AIDS, tobacco use, and health disparities.

Again, I thank you for your service and commitment. Each of us has a role to play in helping America meet its challenges. I look forward to working with you to help us become a Healthy and Fit Nation.

With sincere thanks,  
 /s/  
 Regina M. Benjamin, MD, MBA  
 VADM, USPHS  
 United States Surgeon General

Contact Information

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*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](mailto:Teresa.Blakeslee@vdh.virginia.gov)

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*Be safe and well this  
Holiday Season*



**THE MRC CONNECTION**  
DECEMBER 2010



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**Volunteers Protecting the Health of Virginia**