

# THE MRC CONNECTION



JULY 2010

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

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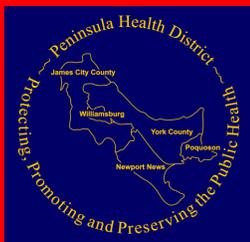
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**Welcome new volunteers in June 2010:**

- Angela Copeland
- Miriam Dalziel
- Aditi Dutt
- Susan Jones, RN
- Sheri Kelley-Davis
- Gabriel Odekhian
- Michael Parson, MD
- April Payne
- Katie Rosenbaum
- Renata Wygnanski

**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 6



## Volunteer Highlights

### H1N1 Volunteer Recognition

On June 21, volunteers were honored during a luncheon and awarded a Certificate of Appreciation and an 'H1N1 Hero' lapel pin. Additionally, volunteers were given 'Special Awards'.  
(See page 2 and 3 for program and 'Special Awards'.)  
See more photos on Facebook



30 volunteers were recognized for their H1N1 vaccination efforts that ran from October 2009 until March 2010.  
Thank you!



Enjoying lunch and some time getting to know each other.



Jennifer Freeland gives the MRC 'State of the State' address to the H1N1 volunteers.



Jennifer Freeland, VAMRC State Volunteer Coordinator awards Pat and Chuck Olson with certificates of appreciation and 'H1N1 Hero' lapel pins.



Fran Doyle receives the "Tick Tock You Rock" Award for over 200 hours of MRC administrative support.  
(See page 3 for the complete 'Special Awards' listing)



Group photo - (l to r) Jennifer Freeland, Ashlend Moise-James, Barbara Smith, Chuck Olson, Pat Olson, Teresa Blakeslee, Dwaine Harrell, Marie Harrell, Fran Doyle, Beth Hughes, Winnie Bennett, Carol Perenzin, and Carolyn Conley



**Volunteers Protecting the Health of the Peninsula**

*Medical Reserve Corps  
H1N1 Volunteer Recognition - June 21, 2010  
12:00 noon - 2:00 pm*

|  |   |
|--|---|
| <i>Opening and Welcome</i>   | <i>Teresa Blakeslee</i>                       |
| <i>Introductions - getting to know one another</i>   | <i>Everyone</i>                               |
| <i>Presentation of Awards</i>  |   |
| <ul style="list-style-type: none"><li><i>H1N1</i></li><li><i>Special Awards - Hiaku Style</i></li></ul>  | <i>Jennifer Freeland<br/>Teresa Blakeslee</i> |
| <i>Guest Speakers</i>  |   |
| <ul style="list-style-type: none"><li><i>Dr. David Trump, MD, MPH</i></li><li><i>Kevin Pearce, Emergency Planner</i></li><li><i>Cort Jensen, Emergency Planner</i></li></ul> |   |
| <i>Volunteer H1N1 Testimonies</i>  | <i>Volunteers</i>                             |
| <i>Peninsula MRC - The Way Forward</i>   | <i>Teresa Blakeslee</i>                       |
| <i>Let's Hear From You!</i>  | <i>Volunteers</i>                             |

*Thank you to all of our volunteers for working so diligently to ensure the health and safety of our community.  
"You Rock!"*

*Di'Erica Ashley, Winnie Bennett, Carolyn Conley, Christina Currin, Karla Dennard, Nina Derby, Fran Doyle, Richard Garfield, Marie Harrell, Dwaine Harrell, Lynne Hinnenkamp, Beth Hughes, Matthew Husson, Kristyn Ober, Chuck Olson, Pat Olson, Katherine Rahman, Krystal Ream, Brenda Sarno, Asia Scaife, Heather Singleton, Barbara Smith, Ray Whitney, Diane Parker, Samantha Cunningham, Rose Laramie, Ivelisse Maldonado-Ortiz, Kathy Whitehead, Trasean Robinson, and Octavia Field.*

*Special Awards - Presented by  
Teresa Blakeslee - MRC Coordinator  
'Hiaku Style'*

*\*Marie Harrell - 'Out of the Box Award' - H1N1 Tissue Box mascot  
T-Shirt and Thank You Kisses  
"Sneezes in the wind - mitigation is the key - help you and help me!"*

*\*Pat and Chuck Olson - 'No trouble double award' - H1N1 multiple  
service sites  
Junior mints - double sized  
"One, two, three or four - can there be too many more? - Where she  
goes we go!"*

*\*Winnie Bennett - 'Scrub a dub award' - database credentialing due  
diligence  
Scrub brush and chocolate mints  
"Wax on and wax off - wax on and wax off again - finally it is  
spotless!"*

*\*Fran Doyle - 'Tick Tock You Rock Award' - most Administrative  
Support hours  
Red framed wall clock  
"Time is of essence - upstairs and downstairs hustle - neat and tidy  
me!"*

*\*Kathy Whitehead - 'Lucky Rookie Award'  
Box of Lucky Charms  
"New to MRC - Students in scrubs for PODS - Lucky to have you!"*

*\*Matthew Husson - 'Heads Up Award' - giving H1N1 vaccinations  
during busiest clinics  
MRC Coin  
"This won't hurt at all - turn your head away for now - small price to  
pay!"*

*We missed those of you who could not attend!*



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

**TRAINING:**

Peninsula MRC Orientation – Newport News:  
Katie Rosenbaum, April Payne, Linda Rose – RN, Diondria Sanders, Renate  
Wyganski, Susan Jones – RN, Angela Copeland, Aditi Dutt, and Sherri  
Kelley-Davis

***A total of 5 hours medical and 17 non-medical volunteer Training hours.***

**OUTREACH:**

City of Newport News Health and Safety Day(s) – Newport News:  
Barbara Colton – RN, Lawanda Boddie, Kathy Whitehead – RN, and Katie  
Rosenbaum

BP Screenings and Health Information in underserved areas:  
***No reports – volunteers please remember to submit your BP's.***

PenMRC monthly office support – Newport News:  
Fran Doyle, Winnie Bennett, April Payne, and Shelley Trautman  
***A total of 25.5 administrative hours.***

A total of 16 medical and 53.5 non-medical Training, Outreach and  
Administrative support hours – Total Hours: 69.4

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

**New Activities:**

Community Behavioral Health Emergency Preparedness Team:  
Dwayne Harrell, Mary Begor, and Regina Asaro  
***Kick off meeting date TBD***



## **Trained Volunteers vs. SUV's - by Teresa Blakeslee, MRC Coordinator**

### **The Peninsula MRC Has 500 Registered Volunteers!**

**But will all of them be able to be 'quickly' utilized when a disaster or emergency strikes?**

*When disasters strike, many of us look for a way to contribute to the relief of the victims. Our desire to help can surface whether the disaster is natural, such as a hurricane or earthquake, or is human-caused.*

The impulse to help when other people are suffering is commendable, showing the best qualities of humanity. But there should be no illusion about disaster volunteering, either: it is dangerous, stressful work often in extreme environments. Many people, without pre-training simply aren't prepared to handle working with disaster victims and coping with the many challenges of even a short time spent in a disaster area.

Emergency managers, first responders and leaders of voluntary organizations who respond to disasters know that when a major event occurs, volunteers will come. When this happens with little planning beforehand, results have often been described as a "disaster within a disaster."

Imagine the questions that an emergency manager has that have unknown answers. How many volunteers will come? What skills and training have they had? What if there aren't enough volunteers? What if there are too many? Who will supervise them? What if a volunteer is injured, or a volunteer unintentionally injures someone? What organization is responsible for them? Who feeds or houses them?

**Out of the 500 Peninsula MRC volunteers, 230 are approved, credentialed, and have varying levels of training - Level 1, 2 or 3 (see Training Matrix on the Peninsula MRC Website), AND CAN BE SWIFTLY DEPLOYED TO A DISASTER SCENE if/when called to do so.**

**That leaves 270 volunteers that are registered but have not been trained!** They are Level 4 and Level 4 volunteers have not had the 1.5 hour PenMRC Orientation class and will not be able to swiftly report to the disaster scene such as one of the six PODS (Point of Dispensing Sites) in Hampton, and in an Anthrax attack the first 48 hours are the most critical. *Instead if they are needed, the Volunteer Reception Center (VRC) becomes the model to process these individuals, along with hundreds of other individuals who may step up to help.*

\*A VRC provides a specific location, staffed by skilled volunteer managers capable of screening, interviewing and referring citizens in a professional manner.

\*Though many are first-time disaster volunteers, they bring with them a wide range of skills and professional training, which is often in short supply after a catastrophic event.

\*Documentation of volunteer service permits a dollar value to be placed on donated services, contributing to required matching funds for reimbursement purpose, often from the Federal Government.

\*The VRC encourages collaborative planning and implementation on a county and/or regional basis to meet first responders needs, contributing to a positive public perception of cooperation on mutual concerns.

**So what is the big deal? Isn't a volunteer a volunteer?** The answer is simply no. A Level 4 MRC volunteer is considered a Spontaneous Unaffiliated Volunteer (SUV) - nearly the same as anyone walking off the street to help: untrained, uncredentialed, and unaware of risks and dangers. Many images come to mind...volunteers wearing sandals at a site littered with nails, splintered lumber and mud; citizens wanting to be trained on site when time and personnel are limited; or too-young students arriving and expecting to be fed as if they were at home. The results can be chaotic; there is little or no time or place at an active disaster site to incorporate willing but unprepared volunteers. Why, when such a response indicates good intentions and concern for those affected by a disaster, should this cause such an adverse reaction? The direct answer: emergency management requires planning, control and practice.

The point of highlighting these concerns is not to discourage anyone from getting involved in a disaster relief effort, but rather to try to ensure involvement well ahead of any disaster in order to be properly prepared.

**The short of it: It is human nature to want to help others in time of crisis - Let's get connected and properly trained NOW to be ready to help in an organized way - swiftly, safely, and effectively in times of need. The Peninsula MRC is accepting volunteers, and is willing to train; Please ask a friend or neighbor to join us!**

## PenMRC Training Calendar - July 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, 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  | Thursday<br>July 1 | 8:00 AM – 1:00 PM | Mary Immaculate<br>Hospital<br>Health Education Room<br>Newport News              | TRAINVirginia #<br>1020026<br>(Medical)  |
| IS-700.a: National Incident Management System (NIMS), an Introduction<br>* | On-line            | Self-paced        | Web-based   | TRAINVirginia #<br>1020223 or<br><a href="http://training.fema.gov/EMIWeb/IS/IS700a.asp">http://training.fema.gov/EMIWeb/IS/IS700a.asp</a> |
| IS-100.a: Introduction to the Incident Command System<br>*                 | On-line            | Self-paced        | Web-based   | TRAINVirginia #<br>1020223 or<br><a href="http://training.fema.gov/EMIWeb/IS/IS100a.asp">http://training.fema.gov/EMIWeb/IS/IS100a.asp</a> |
| IS-200.a: ICS for Single Resources and Initial Action Incidents<br>*       | On-line            | Self-paced        | Web-based   | TRAINVirginia #<br>1020216 or<br><a href="http://training.fema.gov/EMIWeb/IS/IS200a.asp">http://training.fema.gov/EMIWeb/IS/IS200a.asp</a> |
| IS-22: Are you ready?<br>An In-Depth Guide to<br>Citizen Preparedness      | On-line            | Self-paced        | Web-based   | TRAINVirginia #<br>1020223 or<br><a href="http://training.fema.gov/EMIWeb/IS/IS22.asp">http://training.fema.gov/EMIWeb/IS/IS22.asp</a>     |
| CPR for Health Care Providers  | Tuesday<br>July 20 | 8:00 AM – 1:00 PM | Mary Immaculate<br>Hospital<br>Health Education Room<br>Newport News              | TRAINVirginia #<br>1020026<br>(Medical)  |
| Peninsula MRC Orientation<br>Instructor: Teresa Blakeslee                  | Tuesday<br>July 20 | 1:00 PM – 3:00 PM | Peninsula Health Center<br>– MRC Unit<br>416 J. Clyde Morris Blvd<br>Newport News | TRAINVirginia #<br>1020223 or<br>respond to<br>VVHS Alert  |
| CPR for Non-Medical  | Monday<br>July 26  | 8:00 AM – 1:00 PM | Mary Immaculate<br>Hospital<br>Health Education Room<br>Newport News              | TRAINVirginia #<br>1020034<br>(Non-Medical)  |

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

*Mary Immaculate Hospital offers three American Heart Association CPR courses per month free of charge to Peninsula MRC volunteers. If you have a current CPR certification, please mail or fax a copy to the PenMRC Office, otherwise please see the above schedule for an upcoming class and register.*

**\*Complete IS-700.a, IS-100.a, and IS-200.a and receive an MRC lapel pin!**

*Must present certificates to Peninsula MRC Coordinator to receive pin.*

## PenMRC Emergency Preparedness & Response Exercises – July 2010

| Event                                     | Date / Time | Location | Volunteers Duties Assigned |
|---|-------------|----------|----------------------------|
| No EP & R Exercises<br>scheduled for July |             |          |                            |

### PenMRC Community Outreach Events – July 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        | Thursday July 1<br>10:00 am – 12:30 pm           | Seton Manor<br>Hampton  | <b>VOLUNTEER NEEDED:</b><br>LPN or RN (1)<br>Every other month – 1 <sup>st</sup> Thursday |
| BP Screening and Health Info        | Thursday July 8<br>11:00 am – 1:00 pm            | Denbigh Senior Center<br>Newport News                             | Volunteered – Mary Loesch   |
| BP Screening and Health Info        | Thursday, July 15<br>1:00 pm – 2:30 pm           | Christian Village<br>Newport News                                 | Volunteered – Mary Loesch   |
| <b>BP Screening and Health Info</b> | <b>Wednesday July 21<br/>9:00 AM to 10:00 AM</b> | <b>Clean Comfort<br/>328 30<sup>th</sup> St.<br/>Newport News</b> | <b>VOLUNTEER NEEDED:</b><br>LPN or RN (1)<br>Monthly – 3 <sup>rd</sup> Wednesday          |
| BP Screening and Health Info        | Thursday July 22<br>2:00 pm – 3:30 pm            | Stuart Gardens<br>Newport News                                    | Volunteered – Jennifer Martinez   |
| BP Screening and Health Info        | Monday July 26<br>2:00 pm – 3:30 pm              | Langley Village<br>Hampton  | Volunteered – Pat Wharry  |
| BP Screening and Health Info        | Tuesday July 27<br>2:00 pm – 3:00 pm             | Wellesley Commons<br>Newport News                                 | Volunteered – Mary Loesch   |
| BP Screening and Health Info        | Tuesday July 27<br>2:30 pm – 3:30 pm             | Mennowood Retirement<br>Newport News                              | <b>VOLUNTEER NEEDED:</b><br>LPN or RN (1)<br>(just for this month)                        |
| BP Screening and Health Info        | Wednesday July 28<br>2:30 pm – 3:30 pm           | Warwick SRO<br>Newport News                                       | Volunteered – Brenda Sarno  |
| <b>*NEW OUTREACH EVENTS*</b>        |  |   |   |
|                                     |  |   |   |
|                                     |  |   |   |

Contact Information

Peninsula Medical Reserve Corps  
Peninsula Health Center  
416 J Clyde Morris Blvd.  
Newport News, VA 23601  
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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](mailto: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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