

# THE MRC CONNECTION

## NOVEMBER 2010

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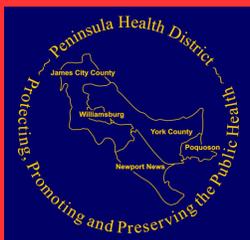
**Welcome new volunteers in October 2010:**

- Chloe Christoforou
- Diamora Fernandez
- Kristen Hamill
- Karen Hunter
- Roxanne Jules
- Donna Terry
- Kristian Walters
- Randolph Wojcik, PhD

Don't forget to sign up for your Orientation;  
See *Training Calendar* Page 4

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

# of volunteers to date: 602



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



# Volunteer Highlights

Say "Cheese MRC!" Upon completing the Peninsula MRC Orientation, the eager New Horizons Regional Education Center students were issued their MRC badges and lanyards for official identification at events.



The Criminal Justice students (above) will be trained to support the Office of the Chief Medical Examiner.



The HOSA (Health Occupations Students of America) Nurses Aides and Medical Assistants (left) will be working to support the public health infrastructure.

The HOSA (Health Occupation Students of America) Veterinary Assistants (below) will be supporting pet friendly initiatives such as pet sheltering and rabies clinics.



**Volunteers Protecting the Health of Virginia**

On October 18, PenMRC volunteers participated in a PODs Interactive class taught by Kevin Pearce, Emergency Planner



Above L to R— Sam Tate—DVM, Pat Olson—RN, and Chuck Olson discuss the contents of the medical POD



Epidemiology 101 with Cynthia Rieken—MPH PHC 's Epidemiologist

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

**PUBLIC HEALTH:**

**BP Screenings—4.5 hours (M)**

Carolyn Conley—Mennowood Newport News 10 BP's; Mary Loesch—Lexington Newport News 11 BP's and Denbigh Senior Center Newport News 17 BP's

**Peninsula Health Center—Seasonal Flu Vaccination Clinics—53 hours (42.5 NM; 10.5 M)**

**EP & R—James River Elementary—JCC and McIntosh — Newport News**

Moriah Adams, Tylar Glover, Natisha Knight, Christella Morisset, Elizabeth Scherer, Paige Smith, Brianna Williams

**Stonehouse Elementary—JCC**

Moriah Adams, Christella Morisset, Brenda Sarno—RN, Elizabeth Scherer, Georgette Watts—RN

**Crittendon Elementary—Newport News**

Dale Bull, Mary Loesch—RN, Sonja Tatum

**PROGRAM SUPPORT:**

**Administrative Support/MRC Office—6.5 hours (NM)**

Frances Doyle

**CERT Newport News—Final Disaster Scenario—20 hours (15 NM; 5 M)**

Helyana Banks, Sherri Kelley-Davis, Pat Olson—RN, Carol Perenzin

**Disaster Volunteer Day Planning—7.5 hours (6 NM; 1.5 M)**

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

**TRAINING:**

**Peninsula Medical Reserve Corps Orientation—6 hours (2 NM; 4 M)**

Linda Hairston—RN, Ashley Swingle—RN, Tina Wilson

**PODS Interactive—53 hours (41 NM; 12M)**

Moriah Adams, Taylor Barnes, Avianna Campbell, Nina Derby—RN, Tylar Glover, Shalome Hancox-Palomo, Dwaine Harrell, Marie Harrell, Sara Hendricks, Susan Jones—RN, Sherri Kelley-Davis, Janet Kosidlak—RN, Carol Lane, Rose Laramie—RN, Gelisa Lewis, Christella Morisset, Barndy Morris, Chuck Olson, Pat Olson—RN, Carol Perenzin, Taliana Rosario, Elizabeth Scherer, Barbara Smith, Paige Smith, Sam Tate—DVM, Takyra Thompson, Brandon Weiss, Brianna Williams, Keisha Williams, Meggan Williams, Kendall Williamson, Kelsea Woods.

**Epidemiology 101—42 hours (34 NM; 8M)**

Di'Erica Ashley, Taylor Barnes, Avianna Campbell, Sara Hendricks, Beth Hughes—RN, Susan Jones—RN, Janet Kosidlak—RN, Krystal Ream, Asia Scaife, Barbara Smith, Paige Smith, Takyra Thompson, Shelley Trautman, Brandon Weiss, Kathy Whitehead—RN, Keisha Williams, Meggan Williams, Kendall Williamson, Tina Wilson, Kelsea Woods, Renate Wygnanski

**Shelter Ops/Shelter Simulation—York Poquoson Chapter of the American Red Cross—28 hours (14NM; 14M)**

Nina Derby—RN, Rose Laramie—RN, Howard Masters, Annalisa Schaeperkoetter

**TOTAL HOURS: 220.5 — Medical: 59.5; Non-Medical: 161**

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

# November 2010—Public Health Events

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 BP Screenings— Berkeley Village West 10:30—12	4	5	6 Health Fair— Poquoson
7	8 HHD Seasonal Flu Clinic—Hampton High School	9	10 HHD Seasonal Flu Clinic—Bus Flu Ex	11	12 HHD Seasonal Flu Clinic—Bass Pro Shop	13
14	15	16 HHD Seasonal Flu Clinic—Bethel High School	17 BP Screenings- Clean Comfort— 9:00—10:00	18 BP Screenings— Christian Village 1:00—2:30  HHD—Seasonal Flu Clinic—Kecoughtan	19	20
21	22 BP Screenings— Langley Village 2:00—3:30	23	24 BP Screenings— Warwick SRO 2:30-3:30	25 	26	27
28	29	30 BP Screenings— Wellesley Com- mons 2:00-3:30 Mennowood 2:00- 3:30				<i>The MRC Office will be closed from November 24 thru November 30</i>

Public Health Schedule of Events—BP Screenings:
~November 3—Mary Loesch
~November 17—Need Volunteer—LPN or RN
~November 18—Mary Loesch
~November 22—Pat Wharry
~November 24—Brenda Sarno
~November 30—Mary Loesch

Public Health Schedule of Events—Messages:
<b>Thank you for providing this important public health activity!</b>
Please remember to submit your hours and # of BP's to <a href="mailto:Teresa.Blakeslee@vdh.virginia.gov">Teresa.Blakeslee@vdh.virginia.gov</a> for State and National reporting.
<b>This calendar is provided for 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.</b>

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

# November 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	8	9 PenMRC new volunteer and refresher Orientation 6 pm—9 pm	10	11	12	13
14	15 Pet Shelter Training – HOSA Veterinary students 8:30 and 12:30	16 CPR for Health Care Provider- Mary Immaculate 8am—1pm	17	18	19	20
21	22 CPR for Non-Medical - Mary Immaculate 8am—1pm	23	24	25 	26	27
28	29	30				<i>The MRC Office will be closed from November 24 thru November 30</i>

### Training Schedule of Events

- } November 2—For Health Care Providers
- } November 9—Teresa Blakeslee—Peninsula Health Center Auditorium—416 J. Clyde Morris Blvd., Newport News—This course is for brand new volunteers and volunteers who would like a refresher or want to learn about MRC operations around evolving technology.
- } November 16—Dr. Sam Tate @ New Horizons
- } November 16— For Health Care Providers
- } November 22—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

# November 2010—EP & R Exercises

} November 3—Volunteered—**Cecelia Fair, Beth Hughes, Sherri Kelley-Davis, Carol Lane, Alexis Lopez, Nichole Matern, Alissa Menga, Pat Olson, Carol Perenzin, Krystal Ream, Taliana Rosario**

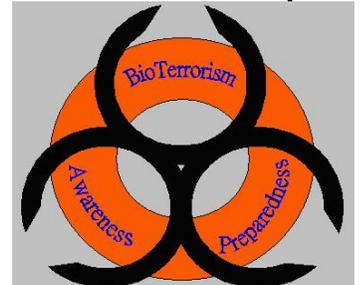
} No other EP & R Exercises have been scheduled to date.

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 Riverside Hospital Evacuation Exercise	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				<i>The MRC Office will be closed from November 24 thru November 30</i>

## 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)

**Spotlight: Category A Bioterrorism Agent: Plague - Compiled by Alicia Fritz—EP & R**

Plague is a disease caused by bacteria that live in rodents, fleas and other small mammals. Humans get the Plague from being bitten by an infected flea, being bitten or scratched by an infected animal, or if the disease gets into the lungs it can be spread from person to person through coughing. The general symptoms of the Plague include: fever, chills, nausea, headache, and body aches. However, there are three forms of the disease each with their own special symptoms. With Bubonic Plague, patients have swollen lymph nodes where they were bitten or scratched by the infected animal. With Septicemic Plague, patients develop abdominal pain, shock and bleeding into skin and other organs (some people develop black fingers and toes due to blood stream infection). Lastly, with Pneumonic Plague, patients have lung infection where the cough produces bloody or watery mucous and have difficulty breathing. Specific antibiotics are given to patients by doctors to treat Plague. However, untreated Septicemic and Pneumonic Plague is nearly 100% fatal, while untreated Bubonic Plague is about 50% fatal. Plague can be used as a terrorist weapon, especially from aerosolized bacteria - inhalation, will cause lung infections, and spread from person to person easier through coughing.

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>

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*



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Virginia Department of Health  
Peninsula Health Center  
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**Volunteers Protecting the Health of Virginia**