

THE MRC CONNECTION - JULY 2011

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

Free Rabies Clinic – *Keeping Your Pets Healthy*

On Saturday, June 25 the Peninsula Medical Reserve Corps held a rabies clinic at Grove Community Outreach Center in James City County. MRC Volunteers Sam Tate, DVM, and Deb Rosson, Veterinary Technician vaccinated 123 dogs and cats. MRC volunteers helped with registration and set up: Keeyaira Murray, Katherine Rahman, Julie Segor and Barbara Smith., and Diane Abdelnour represented JCC CERT and provided preparedness materials and discussed James City County specific preparedness and response plans with citizens.

This clinic was made possible through a grant from the Junior Women’s Club of Williamsburg providing funding for vaccine, rabies registration books, and rabies tags. A respite shelter/cooling station was kindly provided by Gibson Management Properties. Financial and in-kind support helps protect the health of Virginia by allowing MRC to provide important services in underserved areas in our communities. Thank you for your support!

Keeping your pets safe from the rabies virus is very important and can be life threatening for both the pet and pet owner. According to the Center for Disease Control and Prevention (CDC) defines the Rabies virus as “a preventable viral disease of mammals most often transmitted through the bite of a rabid animal”. The rabies virus infects the central nervous system, ultimately causing disease in the brain and death. When any animal is bitten or scratched by a wild carnivorous mammal, the animal should be regarded as having been exposed to rabies. Prevention from the rabies virus is simple, never walk up to or feed a wild animal, be careful of pets you do not know, and if a animal is seen acting strangely call the local animal control officer. It is also very important to keep you and your pet vaccinated from this virus! Rabies is 100% preventable, animals as well as people can be vaccinated and individuals who have been bitten by a rabid animal should receive treatment.



Medical Reserve Corps volunteers on left: Dr. Sam Tate, DVM and Veterinary Technician Deb Rosson readying the vaccine. Middle: Dr. Sam Tate vaccinates the first dog. Medical Reserve Corps volunteers on right: Barbara Smith and Katherine Rahman assist with vaccination registrations.

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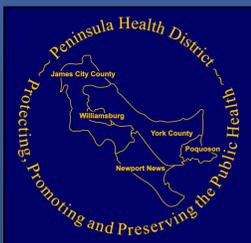
Welcome Approved Volunteers in June 2011:

Todd Ben
David Markle, LPN
Julia Miles, RN
Sarah Ortiz, RN
Theresa Penalosa
Kimberley Roche
Kathleen Seignourie, LPN
Eva Waters

of volunteers to date: **639**

(368 active)

Thank you for Helping Protect the Health of Virginia!



Volunteers Protecting the Health of Virginia

Emergency Assembly Center (EAC) Drills—*Prepared and Ready—Hampton and Peninsula*

On June 13 the Hampton Health Department held its Surry Nuclear Power Plant exercise. This was a successful test and evaluation of the district's KI distribution plan at Hampton Coliseum—the designated EAC. MRC volunteers Dale Bull, Sherri Kelley-Davis, Patricia Olson—RN, and Carol Perenzin assisted the HHD staff. FEMA inspectors gave an overall good report of the exercise and were pleased with the large turnout and efficiency.



Medical Reserve Corps volunteers on left Carol Perenzin, Sherri Kelley-Davis, and Dale Bull are filling out information. Patricia Olson, RN assists with dispensing KI that helps protect the thyroid.

On June 15 the Peninsula Health Department held a FEMA/VDEM EAC Drill. This was also a successful test of KI medication distribution at Gildersleeve Middle School designated as an EAC. MRC volunteers present: Fran Doyle, Sherri Kelley-Davis, Mary Loesch, Alison McNicholas, Patricia Olson—RN, Sarah Ortiz—RN, Sidney Fink—POD Leader, and Carol Perenzin.



Medical Reserve Corps volunteers on left Shelley Trautman, Sherri Kelley-Davis, Carol Perenzin, and Fran Doyle. Julie Segor, PenMRC Assistant Coordinator being scanned for radiation.

Please Note: As the PenMRC engages in strategic planning in July and August, there will not be an August newsletter. We may also be transitioning from a monthly to quarterly publication.

Please see Page 7 for more details on “The Way Forward”.

As always, your feedback is appreciated.

Volunteers Protecting the Health of Virginia



Thank You For Serving

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

EP & R EXERCISES—105.25 hours:

Hampton Health Dept.—Vopex 11 Surry Plume KI distribution—4 hours (M); 12hours (NM)

Dale Bull, Sherri Kelley-Davis, Patricia Olson,, RN, Carol Perenzin

Hampton Health Dept— Dispensing Exercise —10.5 hours (M); 15.25 hours(NM)

Jennifer Basak, RN, Sherri Kelley- Davis, Molly Edgette, RN, Susan Edgette, Carol Perenzin

Peninsula FEMA/VDEM EAC Drill —16.5 hours (M); 18 hours (NM)

Sherri Kelley Davis, Frances Doyle, Sidney Fink, Mary Loesch, RN, Allison McNicholas, Patricia Olson, RN, Sarah Ortiz, RN, Carol Perenzin,

Riverside Hospital— Workplace Violence— 11 hours (M); 18 hours (NM)

Sherri Kelley Davis, Frances Doyle, Karen Hunter, RN, Stephanie King, RN, Eric Masters, Howard Masters, Patricia Olson, RN, Carol Perenzin, Monique Plummer, RN, Shelly Trautman

PROGRAM SUPPORT—179.5 hours:

Administrative Support/MRC Office—175 hours (NM)

Fran Doyle, Keeyaira Murray

VRC Strike Team Strategic Planning — 4.5 hours (NM) Amanda Chavez

PUBLIC HEALTH—51.25 hours:

Rabies Clinic —10.25 hours (M) 16 hours (NM)

Katherine Rahman, Debra Rosson, Vet Tech, Barbara Smith, Samuel Tate, Vet, Keeyaira Murray

Poquoson Lions Club— Sight and Hearing van— 8 hours (M)

Diamora Fernandez, RN, Patricia Olson, RN,

York/Poquoson— Relay For Life— 14 hours (M)

Jennifer Basak, RN, Karen Hunter, RN, Patricia Olson, RN, Georgette Watts, RN

BP Screenings—Mennowood Retirement Community— 1.5 hours (M) Carolyn Conley, RN; Denbigh

Senior Center—1.5 hours (M) Mary Loesche, RN

Total # of BP for June 167

TRAINING—38 hours:

Nuclear and Radiation Overview—14 hours (M); 10 hours (NM)

Mary Asaro, RN, Sheryl Burrell, RN, Benjamin Burrell, Frances Doyle, Dale Bull, Mary Loesch, RN, Jeni Newton, RN, Timothy McNeely, Michael Parson, MD, Beth Sigler, Mazhar Talibi, MD, Georgette Watts, RN

Riverside H.E.R.T. Phase 2 and Phase 3 Training—6 hours (M); 2 hours (NM)

Frances Doyle, Stephanie King, RN, Mary Loesch,, RN, Patricia Olson, RN,

Peninsula MRC Orientation—4 hours (M); 2 hours (NM)

Michelle Gaskin, Julia Miles, RN, Sarah Ortiz, RN

TOTAL HOURS: 374

101.25 Medical, 272.75 Non-Medical





VDH Employee Spotlight

Cindy Richards-Myles, Health Educator—Obesity Program Coordinator – Nutrition and Health Peninsula Health Center



Cindy Richards-Myles is no stranger to discussing nutrition and incorporating it into her everyday routine. She is currently in charge of three programs here at the Peninsula Health District, “Kids Kick Start”, “I am Moving, I am Learning”, as well as partnering with WIC in conjunction with CHKD by supplying the materials for the “Countdown to Family Fitness 54321”. These programs deal with child as well as adult nutrition, physical activity, along with providing educational materials. Keeyaira Murray, intern for Peninsula MRC interviewed Cindy on the importance of good nutrition:

How long have you been working with the Health Department and what is your current job title ?

I have been working for the Health Department since December 2007, and I am currently a Health Educator and Obesity Prevention Coordinator.

What compelled you to promote nutrition?

I decided to focus on nutrition because there is currently a very high obesity rate in the Peninsula Health District along with young children being diagnosed with high cholesterol. By teaching children healthy eating habits, you can keep them at a healthy weight. Also, the eating habits your children pick up when they are young will help them maintain a healthy lifestyle when they are adults.

What advice do you have for our community about eating healthy and staying fit during the summer?

Make sure you eat plenty of fruits and vegetables, lean meats, whole grains, low fat/fat free dairy products, and stay away from drinks loaded with sugar! Don't forget to drink plenty of water especially when working out.

What is most rewarding about your job?

I consider my greatest reward talking with the parents and putting together an action plan. Watching the plan being utilized while seeing the effects of those changes are always rewarding.

Summertime, Summertime, Fun, Fun Summertime

Top 10 Safety Tips for a Safe Summer

1. *Be safe on road trips—plan ahead, and buckle up!*
2. *Make travel time a time to de-stress—take the road less traveled*
3. *Protect yourself against the burning rays of sun*
4. *Work out early mornings or late evenings when the day is cooler*
5. *Grilling foods can be a healthier alternative to fast/fried*
6. *Be safe at the pool, and keep an eye on children*
7. *Keep bug spray nearby at outdoor activities*
8. *Do not underage drink*
9. *Always keep cool—seek shade whenever possible*
10. *Keep your pets hydrated too!*





Public Health Outreach

July 2011 – Blood Pressure Screenings

Title	Date/Time	Where	Who	Details/Registration
BP Screenings and Health Information	Wednesday July 6, 2011 10:00am—11:00am	Clean Comfort 328 30th St Newport News	Monique Plummer, RN	Deployed
BP Screenings and Health Information	Thursday July 7, 2011 1:00pm—2:30pm	Seton Manor Retirement Community 215 Marcella Rd Hampton	Need a volunteer, RN or LPN	Please call PenMRC @ 594-8045 for more info
BP Screenings and Health Information	Wednesday July 13, 2011 11:30am-1:30pm	Lafayette Village 121 Lafayette Blvd Williamsburg	Brenda Sarno, RN	Deployed
BP Screenings and Health Information	Wednesday July 13, 2011 11:00am—2:00pm	Yorktown/Rivermeade 100 Rivermeade Ct. Yorktown	Mary Loesch, RN	Deployed
BP Screenings and Health Information	Thursday July 14, 2011 11:00am—1:00pm	Denbigh Senior Center 15460 Warwick Blvd Newport News	Mary Loesch, RN	Deployed
BP Screenings and Health information	Tuesday July 26, 2011 2:00pm – 3:00pm	Mennowood Retirement Warwick Blvd Newport News	Carolyn Conley	Deployed
BP Screenings and Health Information	Tuesday July 26, 2011 2:00pm—3:00pm	Wellesley Commons 51 Wellesley Dr Newport News	Mary Loesch, RN	Deployed
BP Screenings and Health Information	Wednesday July 27, 2011 2:30pm—3:30pm	Warwick SRO 2410 West Ave Newport News	Brenda Sarno, RN	Deployed

Thank you for providing volunteer service for these important public health activities!

Please remember to submit your BP hours and number served to Teresa.Blakeslee@vdh.virginia.gov for State and National reporting.

These listings provided for reminders or awareness of upcoming Public Health Outreach events. *Please do not self-deploy* to 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.

July 2011 – Other Public Health Outreach

Title	Date/Time	Where	Who	Details/Registration
Paws Preparedness <i>A pet preparedness event Bring your pets!</i>	Saturday July 30, 2011 10:00am—2:00pm	Care-A-Lot Pet Supply 301 Oyster Point Rd. Newport News	Dr. Sam Tate, Barbara Smith, Julie Segor	Deployed <i>(want to help? Contact PenMRC)</i>

Please watch your email for additional Public Health Outreach Opportunities

Volunteers Protecting the Health of Virginia



Training Opportunities

Title	Date/Time	Where	Who	Details/Registration
CPR Health Care Providers	Friday July 1, 2011 8am—1pm	Mary Immaculate Health Ed and Community Resource Room	Health Care Providers	TRAIN ID #1025276 Or call 757-886-6700 <i>Fee waived for MRC</i>
CPR Health Care Providers	Tuesday July 19, 2011 8 am—1pm	Mary Immaculate Health Ed and Community Resource Room	Health Care Providers	TRAIN ID #1008938 Or call 757-886-6700 <i>Fee waived for MRC</i>
CPR Heart Savers	Monday July 25, 2011 8 am- 1pm	Mary Immaculate Health Ed and Community Resource Room	Heart Savers	Train ID # 1025278 Or call 757-886-6700 <i>Fee waived for MRC</i>
Peninsula MRC Orientation <i>Mandatory in order to serve in emergency and non emergency events</i>	Please call for appointment for July or August	Peninsula/Hampton	Level 4 volunteers who have never completed orientation and have received an orientation training alert	757-594-8045 Quarterly classes will resume in September 2011

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

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.



ICS-100.b

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 271 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, and the instructor is expecting you. As a courtesy to the instructor, please withdraw in TRAIN (if you registered there), or email or call the PenMRC office to cancel at least 24 hours in advance.. Thanks for your understanding.

~Please provide MRC with certificate upon completion of courses such as ICS or CPR/AED/ First Aid.



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

Please watch your email for additional Training Opportunities

Volunteers Protecting the Health of Virginia



EP & R Exercises

Title	Date/Time	Where	Who	Details/Registration
Emergency Operations Center (EOC) Stand-up / Surry Exercise	Tuesday July 19, 2011 8:00 am—4:00 pm	EOC's in Peninsula Health District	Volunteers have been deployed	Closed

Peninsula Medical Reserve Corps — The Way Forward — Teresa Blakeslee, MRC Coordinator

As you know, the Medical Reserve Corps exists to pre-credential and pre-train volunteers to help them become better equipped both mentally and physically to engage in opportunities to strengthen public health, respond to emergencies, and help build community resiliency. Through pre-credentialing and pre-training, volunteers can more rapidly be a resource on the ground through the ESF #8 function (Public Health). You may also know that all of the funding that allows MRC units to function in order to reach this goal comes entirely from grants. The Peninsula Medical Reserve Corps relies on grants from the Hampton Roads Metropolitan Medical Response System, active local Citizen Corps Councils, National Association for City and County Health Officials, and others who desire to support specific programs such as free rabies clinics.

You are well aware that the economic times are impacting us as a Nation, as families, and as individuals. Local funding streams are being substantially cut, and utilizing grant funding is, as it should be under close scrutiny to ensure that the granted dollars are being spent to operationally support the programs they are intended for. Times are not only tough with economics, but you've witnessed in inordinate amount and intensity of storm related disasters over the past 6 months. Terrorism activities lurk ever more on the horizon, and efforts are being stepped up in light of recent uprisings and war on terrorism.

In the past year, the Peninsula Medical Reserve Corps has increased partnerships in the Hampton and Peninsula Health Districts exponentially. These partnerships collaborate resources so as to lean on each other to continue the important work that we do for the citizens we serve. Credit is given to you, as an active volunteer for being ready to serve and with excellence, utilizing your skills and expertise to support important public health activities with quality partners have seen, both in emergency and non-emergency situations. **Your shining skills and expertise are highly sought after by community partners.** Going forward I need to make certain that we do not dilute the mission of the Medical Reserve Corps/Peninsula Medical Reserve Corps, and we **step up to and in support of activities that protect our homeland here at home and encourage resiliency through preparedness, planning for rapid and effective response, and remaining vigilant.** Requests for volunteers that I receive in PenMRC will now be scored against a decision tool to ensure we are working within the mission/scope of the Medical Reserve Corps, in alignment with grant funding, and as a result can receive continued and additional funding to do so.

I will be taking much time throughout July and August to do **strategic planning** to ramp up in areas where MRC support has been requested, and **your help is needed:**

**Volunteer Reception Center Strike Teams (James City, Williamsburg, York, Poquoson, Newport News, Hampton) - to help check-in spontaneous unaffiliated volunteers, and re-credential, and place qualified MRC volunteers when/where they are needed most.*

**Hospital Emergency Response Team (H.E.R.T.) - Acute Care facilities/Emergency Departments such as Riverside, Sentara, Bon Secours - Hospital Surge Capacity. This program has expanded to include providing assistance for any level 2 (non-declared) emergencies when the ED staff is overwhelmed.*

**Instructors with experience in Disaster Services (James City, Williamsburg, York County, Poquoson, Newport News, Hampton) - to assist in teaching MRC Core Competencies and Specialty Training classes.*

**Federal Medical Station set-up/logistics Team (Newport News) - an alternate care site that can hold up to 250 hospital beds and provide medical care using Federal Assets.*

**State Managed Shelter Team (Newport News) - similar to a Federal Medical Station but utilizing State assets.*

**Emergency Assembly and Citizen Reception Center Teams (Hampton, Newport News) - can be utilized for a general population shelter, or as an Emergency Assembly Center for decontamination and medication dispensing.*

**Get P.R.E.P.D. Team - Peninsula Resiliency Emergency Preparedness Days - turning information in to action by bringing interactive learning opportunities around the entire Emergency Management Cycle (prevention/mitigation, preparedness, response, recovery) to citizens that attend community health events.*

I need leaders, I need you, and I need more willing leaders like you to help plan/develop/implement/support these areas of critical need. Thank you for your continued interest and support. I look forward to working alongside of you in these endeavors.

Volunteers Protecting the Health of Virginia

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



Due to rising printing costs, this will be the last time you will receive The MRC Connection via USPS. Please update your email address to receive an electronic copy, or view the newsletter on PenMRC web-site.

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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THE MRC CONNECTION—JULY 2011

Peninsula

VIRGINIA



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