



In the know:

- December 4 - Annual Holiday Luncheon
- January 15 - Family Disaster Planning
- February 19 - Mental Health During Emergency Response: before, during and after
- March 19 - Tour, Morgan Falls Hydro Plant
- April 23 - CPR/AED Certification Class
- May 21 - Advanced First Aid

An All Volunteer - Nonprofit Organization

Heroes aren't born. They volunteer!



Mark Your Calendar!

GNR Health will have a special event on December 10, 11, 12

to vaccinate a large portion of the community. Many volunteers will be needed! Look out for Signup soon....

QUICK LINKS:

- [New...GNR Dashboard](#)
- [2021 Preparedness plans](#)
- [GNR Health](#)
- [Emergency Planning for family](#)
- [Alerts and Warnings](#)
- [National MRC](#)



MRC GEM MEMBERSHIP LEVELS

(some requirements may have been waived during the pandemic emergency response)

Level 1 - Novice Member

In order to receive an official MRC GEM identification card and to be eligible for limited local deployment after completing registration and doing background check or supplying a current GA healthcare/medical license, you must:

- Review and familiarize yourself with the Incident Command System, National Incident Management System and the National Response Framework by visiting [Disaster & Emergencies](#) and [National Response Framework](#).
- Review and familiarize yourself with Personal Protective Equipment (PPE) and infection control by visiting [MRC GEM's PPE PowerPoint](#), and [PPE video](#).

Level 2 - Intermediate Member

In order to become an intermediate member, and be eligible for deployment within the Gwinnett Newton Rockdale area, you must:

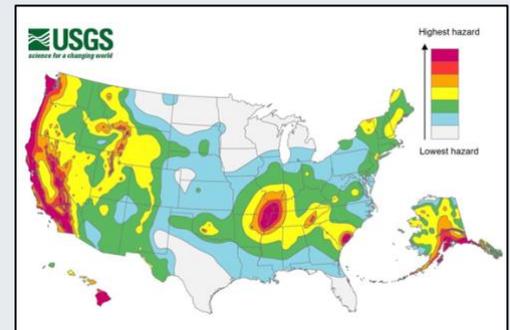
- Attend MRC Personal Protection Equipment and Infection Control training, available as a classroom course only. Volunteers who can show successful completion of CERT training may waive this requirement.
- Take and pass HIPAA Training Course, available [online](#) (This is a free class, but you must set up account with TRAIN).
- Pass IS-100.c Introduction to Incident Command System, available [online](#) and may be offered in a classroom setting periodically.
- Read and familiarize yourself with [MRC Deployment Ready Guide](#).

Level 3 - Advanced Member

In order to become an advanced member, and be eligible for deployment within state and EMAC area, you must:

- Pass IS-700.b National Incident Management System (NIMS), An Introduction, available [online](#) and may be offered in a classroom setting periodically.
- Be AHA CPR/AED certified, (certification class typically offered by MRC GEM once each year).
- Take one of the following classes: Disaster First Aid, Stop the Bleed or Mass Casualty Response (may be offered in a classroom setting periodically).

DID YOU KNOW?



2018 Long term National Seismic Hazard Map

Earthquake hazard map showing peak ground accelerations having a 2 percent probability of being exceeded in 50 years, for a firm rock site. The map is based on the most recent USGS models for the conterminous U.S. (2018), Hawaii (1998), and Alaska (2007). The models are based on seismicity and fault-slip rates and take into account the frequency of earthquakes of various magnitudes. Locally, the hazard may be greater than shown, because site geology may amplify ground motions.

About 25% of critical infrastructure, such as police stations, airports, and hospitals, are at risk of being rendered inoperable due to flooding



Importance of Deployable Members

By Jim Newell, VP Membership, MRC GEM



I'm Jim Newell, VP of Membership for MRC GEM. I started with MRC GEM in January of 2009, and we had about 140 volunteers. Now, we have over 1300 deployable volunteers. We have both medical and non-medical members from all walks of life. The common thread with all our people is their determination to help make our community a safer and healthier place. MRC GEM has helped with projects such as the [COVID-19 response](#), [radiation screening](#), and various other activities such as [Point of Dispensing](#) assistance for the Gwinnett, Newton and Rockdale Health Department. In addition, we have helped with [evacuation shelters](#) when persons are displaced due to inclement weather.

I'd like to point out that we are always actively recruiting new members. We realize that not everyone can help every time there is a need, so the more volunteers we have, the better coverage we can offer. Please get the word out to your family and friends as you are the best ambassadors we could hope for.

On a personal note, I have been married to my wife Deborah (also an MRC volunteer) for 21 years, with 4 children and 9 grandchildren. I've been in the transportation industry for almost 40 years and am looking forward to retiring in the next several years.

5 Things High-Performing Teams Do Differently



1. High-Performing Teams Are Not Afraid to Pick Up the Phone
2. More Strategic with Their Meetings
3. Invest Time Bonding Over Non-Work Topics
4. Give and Receive Appreciation More Frequently
5. Are More Authentic at Work

Researchers have long appreciated that three psychological needs are essential: autonomy, competence, and relatedness. Decades of research demonstrate that when people feel psychologically fulfilled, they tend to be healthier, happier, and more productive.

[Read full article](#)



MEMBER SPOTLIGHT

Mary Hudgins has been a registered nurse for 42 years and still working full time in a local hospital. Because she works in healthcare, she was able to receive the COVID vaccine in late 2020 - earlier than many people. She wanted to fight COVID and help others fight any way she could. When Mary saw the opportunity to join the vaccine effort with the DPH and MRC-GEM she said, "I knew I had to do it. I had to help others get their life back". She sent many folks to the vaccine centers and will continue to push this as our best way to end this pandemic. She looks forward to other volunteer opportunities with MRC-GEM!



We would like to spotlight a member each month in our newsletter. [Tell us a little about yourself.](#)



2022 TRAINING

- > Family Disaster Planning
- > Mental Health During Emergency Response
- > Morgan Falls Tour
- > CPR/AED Certification
- > Advanced First Aid
- > Hazardous Materials Awareness Training
- > Annual Volunteer Summit
- > Disaster Communication
- > Annual Volunteer Appreciation Picnic



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We are an all-volunteer 501(c)(3) nonprofit with no paid staff

A portion of your purchase with these two groups will go towards MRC GEM

- ▶ Shop at [amazon.com](https://www.amazon.com)
- ▶ Link your Kroger card organization J1419

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