



An All Volunteer - Nonprofit Organization

Heroes aren't born. They volunteer!

FACTS

- Most often affect **men**, prostate, colorectal, lung, and skin cancers.
- Most often affect **women**, breast, colorectal, endometrial, lung, cervical, skin, and ovarian cancers.

QUICK LINKS:

- [GNR Public Health](#)
- [Healthcare Coalition - Region D](#)
- [MRC GEM](#)
- [MRC GEM Calendar](#)
- [Alerts and Warnings](#)
- [National MRC](#)

FEBRUARY | 2023 | ISSUE #19

In the know:

- February 25 - Cultural Awareness Training
- March 18 - Emergency First Aid/Stop the Bleed
- April 15 - CPR / AED Training
- May 20 - PPE (Personal Protection Equipment)
- June 24 & 25 - Annual Volunteer Summit

FEBRUARY NATIONAL CANCER PREVENTION MONTH



WHY JOIN MRC GEM? (thoughts from an "old" member)

By Judee Levinson

VOLUNTEER

In the words of that literary giant, Pete the Cat, "There's something everyone can do!" I'd like to remind readers that this IS true, for those with or without a medical background, by recalling a few of the ways that I personally have been able to serve MRC GEM in the past 15 years:

Learned, and practiced CPR, PPE, and AED (the miracle of the 21st century...it tells you exactly what to do!) Volunteered in a shelter housing displaced hurricane victims. Shopped for food and gift cards for MRC GEM events. Delivered extra event food to neighborhood fire stations. Folded literally hundreds of MRC GEM T-shirts. Written, co-written, and proofread grant proposals. Helped clean out and organize MRC GEM storage units. Modeled preparedness (always having a supply of food, water, matches, space blankets, and a "bugout bag") to my friends, neighbors, and acquaintances. Introducing/explaining MRC GEM at community events and schools, as well as in stores and businesses I patronize. Appeared in a professionally produced film which is still used for trainings. Dressed in a full panda costume in Walmart to promote pandemic flu shots (years ago, before any of us knew what a REAL pandemic was, but we certainly did learn!)

I could go on and on, but surely, the point is made. HOWEVER, no matter how willing a person is to help, those in charge cannot utilize the skills of an "SUV" (Spontaneous Uncredentialed Volunteer) who just "shows up" in an emergency situation. That's why I urge you to model preparedness behavior and encourage those in your circle of influence to join MRC GEM, follow us on social media, and support our work with donations.

DID YOU KNOW?

- Research has shown that more than 40 percent of all cancers diagnosed and nearly half of all deaths from cancer in the United States can be attributed to preventable causes - things like smoking, excess body weight, physical inactivity, and excessive exposure to the sun.
- Your water heater can be a life-saving source of fresh water in an emergency? If there's a problem with your water supply, (1) shut off the electric or gas to the water heater, (2) shut off the water valve leading into the water heater, (3) drain a cup or so of water from the spigot at the bottom to make sure all the silt is removed. Once clear water is coming out of that spigot at the bottom, you'll have 30-50 gallons of clean water!

New Teams - supporting GNR

1. Community Health Mobile Team

Participate with mobile units visiting communities in assisting with women's health, children, vaccinations, etc.

2. Opioid Crisis Education Team

Opportunity to speak to schools, churches, and communities, and support GNR's education with the Opioid crisis.

For more info or to be added to a team, Contact patty@mrcgem.com

CULTURAL AWARENESS TRAINING

Saturday, February 25 | 9:00am-12:00pm | Monthly Meeting

Cultural awareness can be defined as being aware of and respecting the impacts and influence of different cultures. Our training session this month will teach you how to help avoid needless conflict and misunderstanding as you interact with various religious and cultural groups in high-stress situations such as POD's, mass vaccination sites, and emergency shelters. By the end of this training session, you should have a much better understanding of what cultural awareness is, and how to apply it not only to your everyday life, but in your response as an MRC GEM volunteer. [Sign up is now available.](#)

UPCOMING EVENTS MRC GEM IS PARTICIPATING IN



February 3, 2023

Southwest Gwinnett Chamber [First Friday Speaker event](#). MRC GEM will be hosting the nonprofit table showcasing our programs and recruiting additional volunteers.

February 6, 2023

Gwinnett Citizen Corps Council quarterly meeting.

March 20, 2023

DHEART (District Health Emergency and Assessment Resource Team) partnership bi-monthly meeting with GNR Public Health.

March 23, 2023

Community Foundation for Northeast Georgia Nonprofit Academy

April 4-6, 2023

National Radiation Emergency Response conference in Indianapolis has several members attending.

April 23-27, 2023

NACCHO [Preparedness Summit](#) where MRC GEM will have 5 members participating all week in visiting the tradeshow, attending conference sessions and networking with industry peers.

April 23, 2023

Radiation Workshop and CRC Train-The-Trainer with programs having three members participate.

MEMBER SPOTLIGHT

Dr. Terry Eng is a retired pediatrician and a former Army medical officer. She joined MRC GEM in 2019, after volunteering as a potential anthrax victim in a POD exercise for its annual Summit training. MRC GEM



allows her to pursue a lifelong interest in learning new skills and knowledge, community service, disaster relief and public health. The Covid pandemic response showed her how rewarding it is to be part of a team that has a great partnership with the health department it augments. Meeting other volunteers and training with a group of committed members are the highlights for her.

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



Email us your MRC GEM testimonial. We will use a cross section of entries on the new website! response@mrcgem.com

SUPPORT MRC GEM



By shopping with Amazon or Kroger, at no cost to you, they will donate a portion to MRC GEM. Little acts like this can mean a lot to nonprofits like ours. [Click on the images above to get started...](#)



[LOOKING FOR A NEW JOB?](#)

