



An All Volunteer - Nonprofit Organization

Heroes aren't born. They volunteer!

Did you know?

- The worst natural disaster in Georgia history was the Sea Islands Hurricane in August 1893

QUICK LINKS:

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



FULL HOUSE AT OUR FEBRUARY MEETING

We had an incredible day with Gwinnett County Sergeant, Eric Rooks, diving into **Active Violence Response Training**. Grateful for our engaged group members who showed up in full force to listen and learn from this exceptional speaker.



MRC GEM Management/Board



The Federal Emergency Management Agency ([FEMA.gov](#)) and the Rosalynn Carter Institute for Caregivers (RCI) ([rosalynncarter.org](#)) created these helpful resources:



- [FEMA Disaster Preparedness Guide for Older Adults](#)
- [FEMA Disaster Preparedness Guide for Caregivers](#)

MARCH TRAINING Stop the Bleed - March 16



This course shows how to stop bleeding through compression, packing, and application of a tourniquet. A certificate and bleeding control kit will be provided upon completion. [Sign up now!](#)

MRC GEM PARTICIPATED IN THE SOUTHWEST GWINNETT CHAMBER OF COMMERCE FIRST FRIDAY BREAKFAST

By Liza O'Neal



Carmen Alonso and Liza O'Neal shared information about MRC GEM to the South West Gwinnett Chamber of Commerce participants on Friday, March 1st, at the Hilton hotel, in Peachtree Corners. The keynote presentation was given by Homeland Security Advisor, Stanton Gatewood on cybersecurity, which was fascinating, and somewhat alarming!



MEMBER SPOTLIGHT

Andrea Andrews, MD feels fortunate to count herself as a member of the MRC GEM Volunteers.



"The team leaders that coordinate educational activities throughout the year are the epitome of what makes a good community. We learn new things and get to work along with each other, this is essential for the unfortunate likelihood of a natural disaster or emergency. These meetings are vital to keep us informed, how to handle the biopsychosocial stressors that people will be experiencing in the time of emergencies. MRC GEM looks at the broad picture as well as the day to day tools with home inspections of fire alarms, access to COVID vaccines, CPR, tours of the nuclear plant, managing the stressed out person in the community with the Verbal Judo workshop, dealing with diverse populations with Diversity Equity Inclusion and the ones I mention are just the tip of the iceberg, those are the few workshops I was able to attend, I hope to remain healthy so that when I retire, I can spend more time continuing the program with the same enthusiasm, and welcoming environment of MRC GEM Volunteers."



2024 Spring into Health Saturday

A festival for all Gwinnett students and families to get out, have fun, and get connected with resources in Gwinnett.

**Games Giveaways
Food Trucks
and More!**

Saturday, March 9
from 9 a.m. to 1 p.m.
at the

Norcross HS Football Stadium
5300 Spalding Dr., Norcross, GA 30092

Everyone is welcome!

Scan the QR code for more information.



Gwinnett Safety 411 covers a variety of topics with tips from our Police, Fire and Emergency Services, and Water Resources departments and the Office of Emergency Management to keep you safe during a severe weather event. Select the links below to learn how you can be prepared for severe weather events. In addition, [sign up for email newsletters](#) to receive the latest news when inclement weather occurs in Gwinnett County.

Winter Safety Tips:

- [Winter safety](#)
- [Safety during winter weather](#)
- [Safe driving in winter weather](#)

