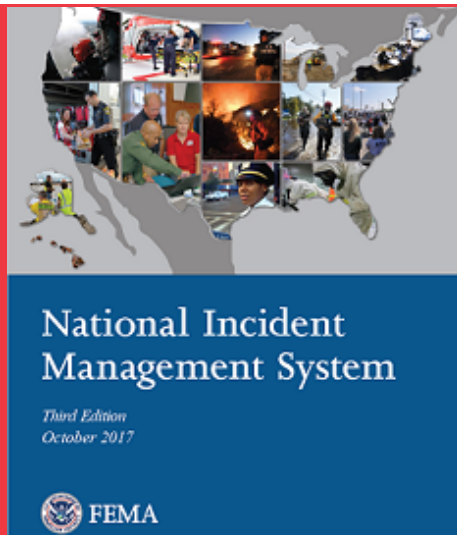


## GEORGIA EAST METRO MEDICAL RESERVE CORPS NEWSLETTER

### FEMA Emergency Management Institute

#### National Incident Management System (NIMS) 2017 Learning Materials



### Mission Ready: MRC GEM Volunteers in Action

MRC GEM volunteers gathered on July 19 for an accelerated 3-hour training designed to build foundational emergency response knowledge. The course condensed content from FEMA's IS-100, IS-200, and IS-700 independent study programs, offering participants a fast-paced, hands-on introduction to the core principles of the Incident Command System (ICS) and the National Incident Management System (NIMS).

Attendees explored key concepts such as the structure and roles within ICS, including chain of command, span of control, and leadership strategies critical in real-world emergencies. The training also provided insight into how NIMS integrates coordination across local, state, tribal, and federal response efforts. This essential training ensures MRC GEM members are better equipped to support and operate within emergency management systems during disasters of all types and sizes.

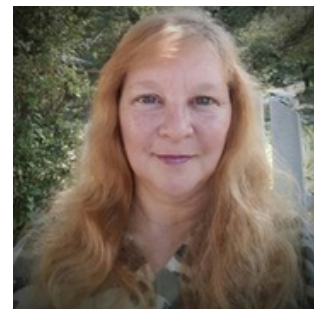


We are excited to welcome our new  
Editor-in-Chief for  
MRC GEM Newsletter,  
**Dr. Stacia Wilson**

### A Hero Among Us

MRC GEM Volunteer Spotlight Featuring:  
**Jamie Smith**

Jamie Smith serves as Vice President of Operations, our corporate treasurer, and has been an MRC GEM member for over 11 years, playing a vital role in disaster preparedness and humanitarian response. As a Strike Team leader for Radiation Response, Jamie consistently leads with excellence in high-stakes situations. She has logged over 100 volunteer hours during the COVID-19 pandemic and was honored as a COVID-19 Hero, recognized for her unwavering service. Her impressive accolades also include the 2017 MVP – Max Volunteer Presence Award, President's Volunteer Service Award (2018), and a well-earned spot in the MRC GEM Hall of Fame. Jamie's dedication, leadership, and passion continue to inspire everyone across the MRC GEM community. We are proud to recognize her as the...



**August 2025 MRC GEM Hero Among Us!**

**MRC-GEM is an all-volunteer nonprofit** whose mission is to augment community health operations during large-scale emergencies, aid response to pressing health care needs, and improve community emergency preparedness. Our volunteers speak over 70 different languages and dialects, allowing us to serve Georgia's Gwinnett, Newton, and Rockdale Counties, a highly diverse population of well over 1.2 million people. COVID is a perfect example.

**Heroes aren't born. They Volunteer!**

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## *The Preparedness Pot: Insight & Inside MRC GEM*

*Where we stir together timely updates, expert insights, and must-know information to keep you ready and in the know.*

### **MRC GEM Participates in the Region D Healthcare Coalition Exercise**

Region D Healthcare Coalition held its annual medical response and chemical decontamination surge exercise at the GNR District Health Office in Lawrenceville. The four-hour event was hosted by Mark Reiswig and Lori Wood who presented a fictional chemical release scenario which engaged the team in discussions involving WebEoc db data entry, collaborative aid availability from each agency, and communication to and from the JIC. The 80+ participants were from many Region D agencies including Grady, Emory, metro-Atlanta county directors of emergency management, and other response organizations. Because the gathering was so large, the event was more of a group discussion where different agencies described their processes to maximize information distribution and improve response activities.

Steve Inserra and Tony Varamo represented MRC GEM and received education on how the WebEOC database works, how Region D is organized, and how emergency responders plan for events such as this. The event finished up with a “hot-wash” and lessons learned from the drill.

Region D Healthcare Coalition was established in 2012 and funded by the Office of the Assistant Secretary for Preparedness and Response (ASPR), the RDHC serves more than three and a half million citizens residing within eight metro-Atlanta counties: Clayton, DeKalb, Fayette, Forsyth, Fulton, Gwinnett, Newton, and Rockdale. Their purpose is to combine effective communication, strategic acquisition and management of resources, and collaborative prevention, mitigation, preparedness, response, and recovery to apply a coordinated response to healthcare events that occur within the region.

Written by Anthony Varamo  
(MRC GEM Executive Director)

#### Got a Story to Share?

We'd love to hear from you! If you would like to submit an article to be considered for the MRC GEM Newsletter, please email Stacia Wilson at [stacia@mrcgem.com](mailto:stacia@mrcgem.com)

Your contributions help keep our community informed, engaged, and prepared!

#MRCGEM #StayConnected

## TRAINING CORNER: SHARPEN YOUR SKILLS

De-escalation Technique Training

August 16, 2025

18th Annual Volunteer Appreciation Picnic

(For members & their immediate family)

Pinckneyville Park -Medlock Corporate Pavilion

4758 S Old Peachtree Rd, Norcross, GA, 30071 Sept. 14, 2025

WMD

October 18, 2025

FEMA Training

November 15, 2025

Volunteer Recognition Holiday Luncheon (MEMBERS ONLY)

December 13, 2025

Unless otherwise noted, programs are on the third Saturday of each month, from 9 AM to 12 noon, at GNR Public Health 2570 Riverside Parkway, Lawrenceville, GA 30046.

Members' guests and prospective members are welcome to join us on a space-available basis for most programs.

To add events to your calendar or to find out more about upcoming member events, Click the link below:

**MRC GEM Schedule**

From the Desk of...

Laura Darr  
MRC GEM Member  
since January 2016



### Safety Tip: Change Your Voicemail in an Emergency

If you're ever lost while hiking, stranded with a broken-down car, or in a remote area with no signal and a low phone battery, this tip could help save your life:

Change your voicemail greeting to include your approximate location, time, date, your situation (lost, out of gas, injured, etc.), and any instructions (e.g., staying with the car or walking to town). Even if your phone dies, your voicemail will still work. Anyone calling you will hear your message and know how to help or where to send assistance.

Originally shared on social media.

Please share this simple, brilliant, and effective tip with your friends and family.

### August Preparedness

Stay prepared year-round with free tools from the U.S. Department of Homeland Security. Click each link below for quick list of activities to keep you and your family ready.

On **August 31 of each year, International Overdose Awareness Day (IOAD)** is recognized globally as a day to remember and grieve those that we've lost, take action to encourage support and recovery, and help end overdose by spreading awareness about drug overdose prevention.

<https://www.cdc.gov/overdose-prevention/prevention/index.html>

#SummerReady aims to raise awareness and help vulnerable communities stay prepared for extreme heat.

To find simple steps to stay prepared, visit: <https://www.ready.gov/summer-ready>

PUBLIC HEALTH EMERGENCIES Call 1-866-PUB-HLTH anytime, 24/7.

**Heroes aren't born. They Volunteer!**

Stronger Together:  
MRC & Partners in Preparedness  
**COMMUNITY & CORPORATE PARTNERSHIPS**

THANK  
YOU



Your Kroger Plus Card can help support our programs at no cost to you. Go to [Community Rewards](#) to enroll your card in support of MRC GEM. After registering your Kroger Plus Card, search for MRC GEM (org. #JI419) and select us as your supported organization. Once you do, Kroger will donate a percentage of what you spend to MRC GEM.

Click each logo to learn more !



Support MRC GEM every time you shop. Donate spare change by automatically rounding up your orders to the nearest dollar at checkout. Go to [Walmart Spark Good](#) for more information and to enroll in the program.



*"Empower our community's emergency preparedness—your donation today helps build a safer, more resilient tomorrow."*

<https://mrcgem.com/donate>

**We are pleased to recognize our valued donors in these ways:**

**For a donation of \$ 1000 or more**, the donor's name and logo will be displayed as a Principal Sponsor at all meetings as well as on the donor web page. Your donation will provide a weekend of in-depth training for 4 or more volunteers.

**For a donation of \$ 500 – \$ 999**, the donor's name and logo will be displayed as Sustaining Sponsor at one monthly meeting and on our donor web page. Your donation will provide a weekend of in-depth training for 2 – 4 volunteers.

**Supporting (\$ 250 – \$ 499) and Preparedness (up to \$ 249) donors** will be recognized on our donor web page. Your donation will help us provide regular monthly training sessions for our volunteers.

To verify us directly with the IRS, click the link below:

<https://apps.irs.gov/app/eos/>

Search for EIN 26-1280067.

**Donate**

If you prefer to mail a check, please make it out to  
"MRC GEM" and mail to:  
MRC GEM  
2700 Braselton Hwy, Ste 10-193  
Dacula, GA 30019-3262

Platinum  
Transparency  
2025

**Candid.**

**Stronger Together**

MRC GEM (East Metro Health District Medical Reserve Corps, Inc.) is a Georgia non-profit corporation with IRS 501(c)(3) approval. Donations are tax-deductible as provided by the Federal and State tax codes.

Your gift, no matter how large or small, helps us make our community a safer place for all of us. Since we are an independent nonprofit with no paid staff, we depend entirely on the generosity of donors like you. Every penny you donate goes directly to fulfilling our mission.

You can donate cash directly and conveniently through the PayPal giving fund using your credit card or PayPal account. The full donation amount comes to us; PayPal charges no fee for this service.

**Donate**



<https://www.paypal.com/fundraiser/charity/63682>

If you have any questions about donating, please email us at [donations@mrcgem.com](mailto:donations@mrcgem.com)

**We appreciate your interest and support.**

**Heroes aren't born. They Volunteer!**

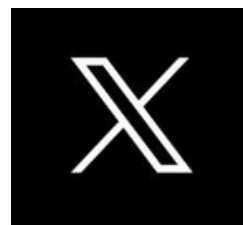
An All  
**VOLUNTEER**  
Organization

Visit our website to find out more about becoming a MRC GEM volunteer.  
Become an MRC GEM HERO TODAY!

[mrcgem.com/join](http://mrcgem.com/join)



Find us on Social Media



**Heroes aren't born. They Volunteer!**