

GEORGIA EAST METRO MEDICAL RESERVE CORPS NEWSLETTER

National Preparedness Month

Preparedness Starts At Home

EMERGENCY PREPAREDNESS QUICK LINKS:

[U.S. Environmental Protection
Agency](#)

[National Weather Service](#)

[American Red Cross](#)

SEPTEMBER IS DISASTER PREPAREDNESS MONTH

Mission Ready: MRC GEM Volunteers in Action

In August, MRC GEM members participated in an engaging training on de-escalation techniques, commonly known as Verbal Judo. This interactive session provided tools for handling tense situations with calm, confidence, and professionalism.

Verbal Judo is a proven communication strategy used to diffuse conflict, encourage cooperation, and maintain control under pressure, skills especially valuable during emergency responses and public events.

Participants left the training with a stronger understanding of how words can be used to build rapport and redirect negative energy into positive outcomes.

It was an insightful and practical learning experience that will serve our volunteers well in the field!



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:
Steve Inserra

Steve Inserra, a retired epidemiologist with the Agency for Toxic Substances and Disease Registry, brings a wealth of experience in disaster preparedness, response, and public health. He is named as an MRC GEM Preparedness Sponsor for 2022–2023, 2023–2024, and 2024–2025, demonstrating his ongoing commitment to community resilience.



A proud member of the MRC GEM Hall of Fame and recognized COVID-19 Hero, Steve has also contributed to FEMA Emergency Operations Centers and co-authored several scientific publications. His professional strengths include scientific grant management, while his personal passions include home repair, ministry, golf, hiking, and traveling.

We are proud to recognize him as the...

September 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!

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.



Bellefonte Nuclear Power Plant Tour

Last month, thanks to the contacts of one of our members, R. Michael Carter, several MRC GEM members had the adventure of touring the Bellefonte Nuclear Power Plant in Hollywood, Jackson County, Alabama.

This amazing facility was begun in the 1970s, but has remained unfinished and inactive since the Tennessee Valley Authority (TVA) halted its work there in 1988, when the facility was about 85% complete. Since then, it is maintained by a skeleton staff of eleven devoted employees, including those who gave us a most informative, not to mention physically challenging, tour.

Tours of the facility are rather rare, and are limited to those involved in radiation response. We also learned that there are currently ongoing efforts to revive the facility for use, which could bring thousands of jobs to the area.

Written by Judee Levinson



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

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

#MRCGEM #StayConnected

Heroes aren't born. They Volunteer!

TRAINING CORNER: SHARPEN YOUR SKILLS

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...

Liza O'Neal
Outreach
MRC GEM Member since
January 2016



Join MRC GEM at the upcoming
Public Service Festival 10:00 AM to 2:00 PM
Saturday, September 27
Coolray Field 2500 Buford, Lawrenceville, Ga

It's a great opportunity to connect with the community and
share information about MRC GEM's mission.

Want to know more about MRC GEM outreach efforts, please
email Liza O'Neal at

yorkshirerose1461@gmail.com.



Jim Newell, VP,
Chief Information Officer
MRC GEM Member since
January 2009

If you've ever wanted to get a ham radio license, now is your chance.
Sign up for a 2-day course on Saturday, October 25, and Sunday,
October 26, and then take the exam after the second class. Go to
<https://www.gars.org/gars/> and scroll down to the article titled "GARS
TECHNICIAN LICENSE HAM CRAM CLASS" and follow the directions to
sign up. More information is included on the sign up.

Please note that in addition to the class fee of \$25.00, there is a \$35.00
fee paid directly to the FCC for the Ham Radio License.

If you have questions, email Jim at

membership@mrcgem.com.

September 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.

September is **National Preparedness Month**, a reminder to take simple steps now to be ready for emergencies.

Having conversations about emergencies may feel tough, but they truly matter. The "Inner Circles" PSA
from FEMA's Ready campaign illustrates how discussing preparedness isn't just helpful—it can change
everything when disaster strikes

Start these talks when everyone is calm, give yourselves time, and focus on the steps you've taken.
Encourage questions from loved ones and involve them in preparedness planning. These small,
intentional conversations now can lead to greater safety and peace of mind later.

Want to know more ? Visit to watch the 2024 PSA: "Start a Conversation"

https://youtu.be/GIMXFxuwraY?si=MZHFVA_SSwfF2n9S

To find more resources and information shared during National Preparedness Month, please clicke the link below :
<https://www.ready.gov>

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. #J1419) 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

We appreciate your interest and support.

Heroes aren't born. They Volunteer!

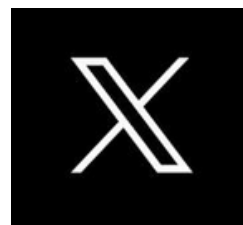
An All
VOLUNTEER
Organization

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

mrcgem.com/join



Find us on Social Media



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