



## An All Volunteer - Nonprofit Organization

Heroes aren't born. They volunteer!

### Fun Fact About MRC

Blanca Lewis is the new GA state MRC coordinator. She has 19 years public safety and training related career experience and positions held in government, healthcare, and services sectors.

### QUICK LINKS:

- [New...All Hazard Preparedness Guide](#)
- [GNR Health](#)
- [MRC GEM](#)
- [Emergency Planning for family](#)
- [Alerts and Warnings](#)
- [National MRC](#)

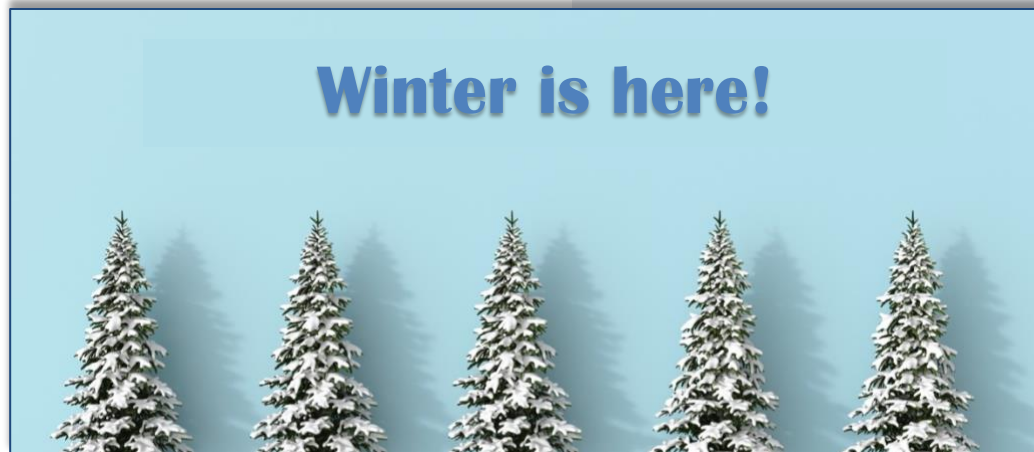
### In the know:

February 19 - Heart Disease | Mental Health During Emergency Response: before, during and after

March 19 - Tour: Morgan Falls Hydro Plant

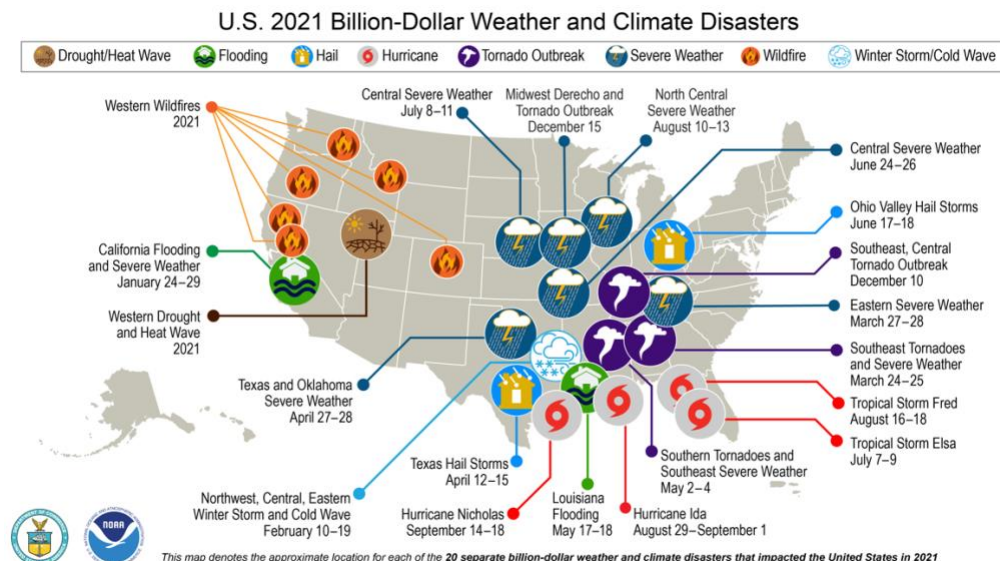
April 23 - CPR/AED Certification Class

May 21 - Advanced First Aid



## 2021 Weather and Climate Disasters in U.S.

This map denotes the approximate location for each of the 20 separate billion-dollar weather and climate disasters that impacted the U.S. in 2021. Source: NOAA National Centers for Environmental Information (NCEI) U.S. Billion-Dollar Weather and Climate Disasters (2022). <https://www.ncdc.noaa.gov/billions/>, DOI: 10.25921/stkw-7w73



### WINTER PREPAREDNESS

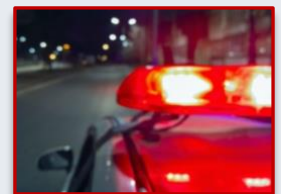
Some key provisions to have in the car:

- First-aid kit
- Phone charger
- Flashlight with extra batteries
- Non-perishable food items, like protein bars (*switch out every few months*)
- A couple bottles of drinking water
- Extra pet food, if applicable
- Shovel or ice scraper

### DID YOU KNOW?

February is Central U.S. Earthquake Awareness Month

### PORTABLE GENERATOR HAZARDS



The primary hazards to avoid when using a generator are carbon monoxide (CO) poisoning from the toxic engine exhaust, electric shock or electrocution, fire and burns.

## Tennessee Association First to Use Drone in Disaster Relief Efforts



An Emergency Responder with Nolachucky Baptist Association Disaster Relief used this technology assisting in finding a missing girl in the Tennessee mountains in 10 minutes in what would have taken 2 hours on foot. They have been able to locate people after natural disasters in tornadoes, floods and hurricanes, as well as locating the source of flooding in Waverly, Tennessee. They've also been using it as an assessor to help them get the full picture of the disasters, so they know where to begin. They are developing a water rescue team that can work in tandem with the drone. [Read the full story](#)

## MONTHLY MEMBER MEETING– Saturday, February 19 | 9:00am - 12:00pm

### 9:00am - 10:00am - Heart Disease for Community Awareness

Mary Hudgins, RN, & Jolly Parayil, APRN - Northside Gwinnett and Duluth Hospitals

*Risky Business: Know Your Risk and Get Down to Business*

- The prevalence of cardiac diseases - Coronary artery disease and Heart Failure
- Risk factors
- Prevention and lifestyle changes
- Recognition of a Heart Attack
- Importance of Bystander CPR

### 10:00am - 12:00pm - Mental Health During Emergency Responses: before, during and after

Anne McMicken, LCSW, Team Lead Law Enforcement Co-Responder Program, View Point Health

Anne will speak on her experience with mental health during emergency responses such as Covid-19 response with both patients and health staff/volunteers. View Point Health has been an integral partner of GNR and Anne has personally been involved assisting in their programs. View Point has also taken part in a pilot program with local police departments on answering calls where mental health strategies are needed.



## MEMBER SPOTLIGHT

Arnie Zwickel has been an active member since 2008, and will be 80 years old in a few months. He plans to stay active as VP of Planning for as long as possible.



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



# DONATE



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
- ▶ Link your Kroger card organization J1419

**Donate Directly To MRC GEM**

Follow us

