



## In the know:

November 19 - Opioid Crisis & Narcan Training

December 10 - Annual Holiday Luncheon

## An All Volunteer - Nonprofit Organization

*Heroes aren't born. They volunteer!*

### FUN FACT

- **November 6** at 2 A.M. is the **end of Daylight-Saving Time**

### QUICK LINKS:

- [National Hurricane Center](#)
- [Shelter Status](#)
- [GNR Health](#)
- [MRC GEM](#)
- [MRC GEM Calendar](#)
- [Alerts and Warnings](#)
- [National MRC](#)



## OPIOID CRISIS & NARCAN TRAINING November 19, 2022 Member Event

Come learn about the Opioid Crisis in our community - where we came from, where we are, and where we see this heading in Gwinnett County, the state of Georgia, and the entire country.

## DID YOU KNOW?



Narcan (Naloxone) is an opioid antagonist. It dislodges opioid molecules from the brain's receptors and blocks them from binding again. This effect can quickly restore a person's breathing to normal if that person's breathing has slowed down or stopped because of an opioid overdose. Naloxone WILL NOT improve breathing in people who have overdosed on other substances (such as alcohol) or for other reasons (such as asthma).

**REVERSE OPIOID OVERDOSE  
WITH NALOXONE**



As part of this meeting, we will be training everyone on the usage of Narcan and each person attending will receive a FREE Narcan Nasal Kit donated by Georgia Overdose Prevention. You will hear from *Tom Branch, Opioid Surveillance and Prevention Unit Director with GNR Public Health*, and *Brian Kowitzke, Diversion Community Outreach Coordinator- Drug Enforcement Administration (DEA) Atlanta Division*.

This is a MUST NOT MISS event! Make sure to sign up when it is emailed out, as space will be limited.

## MRC GEM TO RECEIVE A PROCLAMATION



All our members are invited to attend Gwinnett County presenting MRC GEM a proclamation by County Chairwoman, Nicole Love Hendrickson for the support we have given GNR Public Health these past 15 years. Including, the 17,000 plus hours our members volunteered in the Covid-19 pandemic response.

*We would love to have a large support of our volunteers wear your MRC GEM shirts!*

**Tuesday, November 15, 2022 | 2:00PM at 75 Langley Drive, Lawrenceville**



## OCTOBER MEETING ON STROKE AWARENESS A SUCCESS

We are so grateful to have such a passionate speaker, Patricia Donnelly, RN, BSN, SCRNP, CNRN, with Northside Hospital Gwinnett come and speak to us on stroke symptoms, causes, prevention and much more. Such a wealth of knowledge! I know everyone that attended came out with something.

**B**alance **E**yes **F**ace **A**rms **S**peech **T**ime

VOLUNTEER GWINNETT

## Free! VOLUNTEER APPRECIATION PARTY

November 20 | 2:00pm – 5:00pm

To thank you for your dedicated service, we're celebrating you!  
**Games | Food\* | Entertainment | Kids Activities | And more!**

RSVP by November 11  
VolunteerGwinnett@GwinnettCounty.com  
770.822.7955  
\*While supplies last

ISAAC ADAIR HOUSE  
On the Preservation Lawn  
15 South Clayton Street, Lawrenceville  
Please, follow all public health guidance.



## MEMBER SPOTLIGHT

**Catalina Dulling** is a newer member who joined in May 2022. As someone who's interested in working in public health, Catalina has enjoyed gaining insight into the field with the monthly trainings, as well as the recent volunteer opportunities with the Monkeypox vaccine clinics. She looks forward to gaining more knowledge and skills, and to continue serving her community.



*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](mailto: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....*

