

# Southampton News in a Nutshell



## Prescription Discount Card program

Southampton County has joined the National Association of Counties (NACo) to permit residents to take advantage of NACo's Prescription Discount Card program. County residents who have no prescription medication coverage or are prescribed a medication that their coverage does not include can use the discount card to purchase those medications at a discount of at least 20%. Simply take the card to one of over 57,000 participating pharmacies to pay the lower of

a discounted price or the pharmacy's regular retail price. Most local and chain pharmacies participate. Check with your pharmacist.

There are no claim forms or limit to the number of times the card may be used. If you are prescribed a medication that is part of a \$4 option that many pharmacies have, you will pay either the \$4 price OR the discount price, whichever is lower. The discount does not apply in addition to the \$4 price.

**This is not insurance; it is a prescription discount program.** The plan helps residents who do not have prescription coverage or who are prescribed a medication not covered by their prescription plan to receive a discount at the pharmacy.

Cards and more information are available at the County administration building or by calling **toll-free 1-877-321-2652**. You can also see the County's website at <http://www.southamptoncounty.org/>

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### Senior Services of Southeastern Virginia (SSSEVA) news

SSSEVA will host MedCare Access and Senior Outreach to Services presentations to assist senior citizens needing help navigating Medicare, Medicare Part D and the Extra Help benefit or who want information about community resources. A presentation will be held at:

**Walter C. Rawls Library  
in Courtland  
June 22, 10AM till noon**

Call (757)328-4217 for more information.

## Summer Activities at the Library

### 2010 Summer Reading Program

Blackwater Regional Library launches the 2010 Summer Reading Program for children, teens, and adults. Children and teens are encouraged to explore the library while enjoying FREE weekly programs. The library's summer reading program is a fun way to include reading related activities

into family time. And it helps children maintain and improve reading skills while on summer break.

Of course, we didn't forget the adults... the adult summer reading program is open to anyone 18 years and older. Stop by the library, check out a great book, and enter into one of our weekly drawings for a Wal-Mart gift card. As a

special thank-you, we'll have one additional drawing at the end of the summer for an even greater prize!

Registration for all summer programs begins at all branches the week of June 28th.

Visit our website: [www.blackwaterlib.org](http://www.blackwaterlib.org) for locations of branches, calendar of events, best-seller lists, searching our

databases, and much, much more. You can also find the weekly schedule for the book-mobile at our website.

We'll see you at the library!



## You're WANTED!

With the population of the Western Tidewater area (Isle of Wight, Southampton, Suffolk, and Smithfield) increasing, there is a continual need for Western Tidewater Medical Reserve Corps (WTMRC) volunteers. Being a member of the WTMRC provides opportunities to volunteer in many capacities.

The Medical Reserve Corp (MRC) is a national program formed after 9/11 when we all felt a need to help. MRC volunteers donate their time and expertise to prepare for and respond to emergencies and promote healthy living throughout the year. MRC volun-

teers supplement public health resources, making communities more resilient if and when a disaster strikes. Preparedness is their primary focus. The WTMRC provides your uniform, badge, and basic training at no cost to you.

Recent needs for the MRC volunteers occurred after Hurricanes Floyd and Isabel affected the area. The community-wide immunization programs for seasonal and H1N1 flu vaccinations were aided by WTMRC volunteers as well. The WTMRC assists with registration, distribution of supplies, traffic control, and food ser-

vice during emergencies. Medical-related activities include patient support and medical distribution. In the event of a disaster, knowing how to respond will save lives. Volunteers train, prepare, and practice throughout the year.

WTMRC will continue to grow when generous people like you are willing to volunteer your time and talents for a good cause. Please call Vera Wright, WTMRC Coordinator at 757-514-4768 or go to [www.medicalreservecorps.gov](http://www.medicalreservecorps.gov) for more information. Let a difference start with you. Training is free; the experience is matchless. **Volunteers are PRICELESS!**

## Quick Notes

### 2010 Census Wrap-Up

As of April 27, 2010, Southampton County's mail-in participation rate for the US Census was 80%, exceeding Virginia's rate of 76% and the national rate of 72%. Census Bureau enumerators are now going door-to-door to addresses that did not return a completed census form. If an enumerator knocks on your door, they will be well-marked to identify themselves as Census employees, and will only ask the questions that appear on the census form. Your participation will help ensure the County receives its appropriate share of Federal funds to help provide schools, hospitals, public works projects and emergency services, as well as to help determine the number of seats Virginia holds in the US House of Representatives.

### Litter Control Council

The Litter Control Council is seeking new members from any area of the County. If you are interested, in participating, contact your Board of Supervisors representative. Members must be available for meetings the first Wednesday of each month at 4PM.

### Hurricane Season is here

The 2010 hurricane season runs from June 1 through November 30. Take three easy steps to protect your loved ones in the event of a storm.

1. Get a Kit
2. Make a Plan
3. Stay Informed

The Commonwealth's website, [www.readyvirginia.gov](http://www.readyvirginia.gov), provides a list of items needed to prepare a hurricane survival kit. Have supplies on hand to last at least three days for each person in your family. These items include:

- Food that does not require electricity for storage or preparation
- Manual can opener, if the food includes any canned goods
- Three gallons of water per person for drinking and sanitation
- Battery-powered or hand-cranked radio and weather radio, as well as extra batteries
- Written family emergency plan
- Full tank of gas in your car

Additions to the survival kit should include:

- Flashlights and extra batteries
- First aid kit and prescription medications
- Whistle to signal for help
- Dust mask, duct tape, plastic sheeting
- Moist towelettes, trash bags and ties for sanitation
- Wrench or pliers to turn off utilities
- Cash, as banks and ATMs may be unavailable
- Change of clothing and shoes

Additional items that may be considered are listed at the Commonwealth's website.

If you are ordered to evacuate, decide on a destination before you leave, and tell family and friends of your plans. Most local shelters do not allow pets, so make sure you have a plan for them as well. Emergency officials will announce details about shelters through the local media. Being prepared can help your family remain safe.

If your community group has an event you'd like included in the community calendar on the County's web page, please go to [www.southamptoncounty.org/comnews.asp](http://www.southamptoncounty.org/comnews.asp) to let the webmaster know.