



Adele Spegman | Nehalem Bay Medical Reserve Corps

It is our privilege to nominate **Adele Spegman**, RN (Retired) as our Nehalem Bay MRC volunteer for recognition.

Adele has been the NBMRC Administrator since March 2023. She has worked tirelessly on streamlining the new MRC welcome process, onboarding process and has facilitated the Annual Education "Packet" to be accessible electronically. She is also working with our MRC Education Coordinator to develop a format to document and track completed education.

She supports and assists the NBMRC Coordinator and Team with planning, projects, filling in for Coordinator as needed, and she supports and assists with events.

We are very thankful and appreciative to Adele for her skills, commitment, gift of time, and volunteer heart for our sponsor EVCNB (Emergency Volunteer Corps of Nehalem Bay), NBMRC, and community in helping ensure emergency preparedness; through preparation and response when needed!!

🚑 Velda Handler – Nehalem Bay MRC Coordinator