

## Courses:

### **March 16, 2011**

Terrorism Security Awareness Orientation Polycom Course

Location: Lynchburg Health Department

Time: 6-8pm

VATRAN Course ID:1004702

\*Volunteers interested in the above polycom course, register via VATRAN\*

### **March 28, 2011:**

What: MRC Orientation

Place: Dolan Conference Room at Lynchburg

General Hospital

Time: 7-9 pm

Please email me at [Lindsay@vaems.org](mailto:Lindsay@vaems.org) if you will be attending.

**\*If you already have gone to an orientation, you do not need to attend.**

### **March 31, 2011:**

What: Melissa Foster from Emergency Services Department speaking on Personal and Family Preparedness

Place: Dolan Conference Room at Lynchburg General Hospital

Time: 7-9 pm

This will count towards the IS-22 Family and Personal Preparedness core competency class!

### **April 2, 2011:**

#### **American Red Cross Course:**

What: Shelter Operations Course

Place: TBA

Time: 9am-5pm

Register By **March 25, 2011** with Beverly Gaydas at (434) 845-1234 or email to [gaydasb@historicvaredcross.org](mailto:gaydasb@historicvaredcross.org)

#### **Address to Lynchburg General Hospital:**

Physical Address: 1900 Tate Springs Road, Lynchburg, Virginia, VA 24501

Go to: <http://lgh.centrahealth.com/about-us/general-information>

For exact directions from your location to Lynchburg General Hospital or email Lindsay Mackey at [Lindsay@vaems.org](mailto:Lindsay@vaems.org) with any questions or concerns.

## Blue Ridge Medical Reserve Corps

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434-947-3987

# Blue Ridge

VIRGINIA



## Hello MRC Volunteers!!

Did you know that it's National Nutrition Month? We did and we want you to learn more!

According to [eatingright.org](http://eatingright.org), "Nation Nutrition Month® is a nutrition education and information campaign sponsored annually by the American Diabetic Association. This campaign is designed to focus attention on the importance of making informed food choices and develop sound eating and physical activity habits."

So why is this important?!

We want our MRC Volunteers to be educated about healthy choices so they can inform their families and friends!

See Next Page for informative tips on eating well!

Sincerely,

Lindsay Mackey, Blue Ridge MRC Coordinator

#### **In This Issue:**

- National Nutrition Month
- Quarterly Meetings
- Blue Angels Air show
- Check Website for Current Newsletters and Calendar
- Fun Facts
- Upcoming March events





## Did You Know?!

**It takes approximately 12 hours for food to entirely digest.**

**When you take a step, you are using up to 200 muscles.**

**Blueberry juice boosts memory.**

### Check out these informative tips for eating out:

- Instead of a large entrée, order an appetizer and a leafy green salad or choose two appetizers for a meal.
- Start with a small serving like a cup of soup, a junior burger or a small order of fries. If you are still hungry, order something else.
- Order a kid's meal at a fast-food restaurant. Many now offer a choice of low-fat milk and fruits or vegetables instead of fries.
- Eat half your meal at the restaurant, then take the other half home to enjoy.
- Order one appetizer for the whole table and then order one dessert with multiple forks.
- Share an entrée.



### Setting Quarterly Meetings!

Starting April, I would like to start quarterly meetings with all volunteers. Before we set a certain meeting day and time for each quarter, I would like to get a consensus on what days and times works best for the majority of you all. At these quarterly meetings we will discuss what is coming up and leadership roles.

As Blue Ridge MRC Volunteers, it is very important to make these meetings so you can learn on how to get more involved!

Please email Lindsay Mackey at [Lindsay@vaems.org](mailto:Lindsay@vaems.org) or call at the office number 434 947 5934.

**Tell your friends and family! MRC Volunteers may be called upon to dispense medications, administer vaccinations, provide care to evacuees living in emergency shelters, or assist in many other ways.**

**So Visit [www.vamrc.org](http://www.vamrc.org) for more info and how to become a volunteer !**



## The Blue Angels

### ... Come to Lynchburg!

Honor, Courage, and Commitment. Three core words that describe the United States Navy's Blue Angels team.

The Blue Angels will be putting on a show in Lynchburg from May 18-21 at the Lynchburg Airport! And we need volunteers to help with the Medical area. Centra Health will be setting up a STIP unit (a mini portable hospital) to the show. If you are interested in volunteering for this event, please contact me!

The United States Navy's Flight Demonstration Squadron, also known as the Blue Angels, are known for their aerobatic stunts. Currently, they are the oldest formal flying aerobatic team.

The team's six demonstration pilots fly the F/A-18 Hornet in more than 70 shows at 34 locations throughout the United States each year. Since their establishment, the Blue Angels have flown a variety of different aircraft types for more than 427 million spectators worldwide.



### Remember to check the website and Facebook Page!

**Plases check the website for the most current newsletter and monthly calendars with courses and trainings and any announcements at [www.vamrc.org](http://www.vamrc.org)!**



Find us on Facebook!