

# The SWVA POINT

## National Preparedness Month—

### ”Are you prepared to respond?”



Over the past several years, the Southwest Virginia Medical Reserve Corps has spent a lot of volunteer time sharing the preparedness message with our home communities. **But how good of a job is being done by volunteers to make sure Corps members are prepared to respond?** How would you answer these questions?

⇒ **Does the Volunteer Coordinator have my current email address and phone number?**

If you haven't received an email from the SWVA MRC this year, you probably need to update your email address. Send it to [swva.mrc@vdh.virginia.gov](mailto:swva.mrc@vdh.virginia.gov).

⇒ **When an alert is received from the Virginia Volunteer Health System (VVHS) do I know how to respond?**

Whether you are available or not, it is IMPERATIVE that all volunteers reply to each alert that is sent. The SWVA MRC does not send alerts frequently, only when absolutely necessary, so response is critical. Guidance on responding can be found in the Volunteer Handbook, <http://www.vdh.virginia.gov/mrc/swvamrc/publications.htm> or by calling the Volunteer Coordinator

⇒ **Have I accessed my volunteer account, updated my password and completed all necessary information?**

The Volunteer Coordinator is happy to reset passwords on volunteer accounts so that permanent passwords can be set and all information can be updated.

⇒ **Did I send in a copy of my most current CPR certification?**

Copies can be mailed, faxed, scanned and emailed to the Volunteer Coordinator.  
15068 Lee Hwy, Bristol, VA 24202 FAX: 276-645-1994

⇒ **Do I know where my SWVA MRC ID Badge is located?**

During an emergency response on a Sunday evening, a volunteer needed her ID badge and realized it was locked up in her office. Keep the ID badge in a location that be accessed by you anytime. If you need a new one, just let the Volunteer Coordinator know.

The Southwest Virginia MRC needs to be ready to respond to our communities when requested. Please take the time to make sure you are as fully prepared as possible to meet the need when requested.

### Current Volunteer Count SWVA MRC (as of 9/9/2013)

Physicians	14
Physician Assistants	2
Nurses	469
Nurse Practitioners	11
Pharmacists	14
Dentists	6
Veterinarians	4
Mental Hlth Professionals	45
EMS Professionals	64
Respiratory Therapists	4
Other Public Hlth/Med.	69
Other Non-Public Hlth/Med.	381

## Text First. Talk Second.

ALL volunteers should be prepared to take part in the 3rd Annual **Text First/Talk Second** alert exercise. Once again, this exercise will be held during the month of September.

All members with an email address will receive an alert advising them to text "IMOK RUOK?" to at least one friend or family member. Talk with this designated person before the alert so they will know to respond with "IMOK".

This is a tried and true way to check on family and friends during an emergency or disaster and not tie up overwhelmed telephone lines.

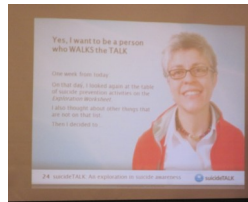
# The SWVA POINT News

## Got Drugs?



**SAVE THE DATE:** DEA Drug Take Back is scheduled for **Saturday, October 26th from 9:00 a.m. until 2:00 p.m.** The SWVA MRC will once again be helping law enforcement to accept old and unused medications. If volunteers cannot help on the day of the Take-Back, please help to spread the word in your community and with family and friends. The broader the message is spread of the importance of properly cleaning out medicine cabinet, the healthier southwest Virginia will become.

**Suicide TALK Training** — During the summer months of July and August, The Crisis Center presented Suicide TALK training to approximately 50 SWVA MRC and community members. Because southwestern Virginia has the highest suicide rate in the Commonwealth of Virginia, this training was extremely well-received and additional training in Safe TALK and ASIST are currently being planned. If you missed the Suicide TALK training, please let the Volunteer Coordinator know of your interest. If there is enough interest, additional classes can be scheduled. Much thanks to Katie and Emily Anne from The Crisis Center for offering this opportunity for SWVA MRC Members.



**NIMS in a Nutshell for MRC Volunteers:** This popular MRC video conference training is once again being offered to MRC volunteers. The class will be conducted on Wednesday, October 9th beginning at 6:00 p.m.. This course will provide volunteers with an overview of the National Incident Management System and help to prepare volunteers to complete the IS-700a course. All registrations for Course **#1033676** must be completed through Virginia TRAIN, <https://va.train.org>. For assistance in setting up a TRAIN Account, a user guide is provided on the SWVA MRC website page under Publications.

**30 Days, 30 Ways**—It is not too late to participate in this fun and educational preparedness website. Each day, you are emailed a preparedness task for the day. Come join the fun and let your creative juices flow!



The SWVA Medical Reserve Corps is now on Twitter!! If you are a Twitter subscriber, please follow Unit Tweets **@swvamrc**.

Twitter will be used to promote activities, share information about upcoming events and training opportunities, as well as provide current information on volunteer deployment during emergency responses, wait-times during dispensing operations and critical information during deployments.

If you would like to become a Twitter user and need a little guidance, please let Kristina Morris know. Twitter classes could easily be set up to get more volunteers Tweeting!



Jackie, Casey, Paul & Nathan working @ the Tazewell Farmer's Market .

*Each year when September 11th approaches, I think back to where I was when I heard the awful news and how during the entire Fall of 2001 there were so many other tragedies that weighed heavily on our Nation. One positive outcome of those events was the birth of the Medical Reserve Corps and the strengthening of public health to respond to public health crises if diseases might be used as weapons of mass destruction.*

*As the Nation once again remembers the lives lost on September 11, 2001, take pride in the fact that you joined the Medical Reserve Corps. You made a commitment to help your community when disaster strikes and support your local public health departments when your help is requested. In 2014, the Southwest Virginia Medical Reserve Corps will be celebrating it's 10th anniversary and that would not have been possible without each volunteer's commitment to the cause. Thank you for all you do. Kristina*