

SWVAMRC Point

Spring 2015



Since the spring of 2011, the Southwest Virginia Medical Reserve Corps has assisted with the collection of over 10,000 pounds of old and unused prescription and Over-The-Counter medications. For the past five years, the Drug Enforcement Agency has led these efforts across the Nation and State of Virginia; however, the effort to continue Drug Take Backs is now the responsibility of local law enforcement agencies and partners.

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Work is currently underway to plan and offer a regional Drug Take Back event in Southwest Virginia before the fall of 2015. Many volunteers have asked about this necessary and enjoyable event. Please be assured as soon as a date is set for the event, all Southwest Virginia Medical Reserve Corps members will be notified. These events couldn't operate without the help and support of our members, along with other substance abuse coalitions, law enforcement and pharmacies. If there are SWVA MRC members who are interested in working on the planning team, please send a message to Kristina Morris. *"Many hands make light work."*

In the meantime, if you know of someone who wants to properly dispose of a small amount of prescription medicines in their home, feel free to share this document with them from the Federal Drug Administration—<http://www.vdh.virginia.gov/mrc/swvamrc/documents/2015/pdf/FDA%20Drug%20Disposal.pdf>

[Click Image to Download Flyer](#)

In February 2015, a severe winter storm struck our region and hit Wise County especially hard with ice on top of snow, on top of rain, on top of more snow. Many roofs collapsed and buildings were destroyed, including the Wise County Food Bank. This left many local residents without needed food for their family for several weeks. With the generosity of Mountain States Health Alliance, a new home has been found for the Wise County Food Bank.

The Southwest Virginia MRC is proud to be helping restock the shelves with healthy foods donated by volunteers and community members. This food drive will be open until May 22nd. Anyone from outside the Wise/Norton area who would like to contribute contact the Unit Coordinator to discuss pick and delivery of items.

"Healthy Restock" for Wise County Hosted by SWVA Medical Reserve Corps

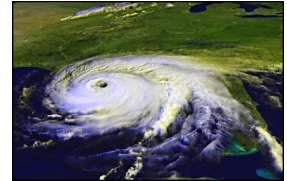
The Southwest Virginia Medical Reserve Corps is proud to lend a hand to the Wise County Food Bank as they restock their new shelves. Please consider dropping off some of the healthy food items listed below to any of the following locations between Monday, April 20 and May 22nd.

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| <p>Meat & Protein Sources:</p> <ul style="list-style-type: none"> ✓ Canned tuna ✓ Canned salmon ✓ Canned chicken ✓ Canned or dried beans ✓ Canned baked beans ✓ Canned beef stew or chili ✓ Peanut butter ✓ Nuts (lightly or unsalted) <p>Milk Sources:</p> <ul style="list-style-type: none"> ✓ Powdered milk ✓ Shelf stable, boxed milk ✓ Evaporated milk <p>Vegetables & Fruit:</p> <ul style="list-style-type: none"> ✓ Canned vegetables ✓ Vegetable/Tomato juice ✓ Pasta Sauce ✓ Canned fruit in (its own juice) ✓ 100% fruit juice ✓ Raisin/other dried fruit ✓ Fruit cups (good for kid's lunches & snacks) | <p>Grains:</p> <ul style="list-style-type: none"> ✓ Oatmeal ✓ Cream of Wheat® ✓ Cereal – low sugar/high fiber like Cheerios®, Shredded Wheat®, Kix®, Bran Flakes ✓ Brown rice ✓ Pasta, preferably whole grain ✓ Whole grain crackers like Triscuit® ✓ Graham crackers <p>**Please note:</p> <ul style="list-style-type: none"> ✓ Choose low-sodium options for vegetables, beans and soups when possible. <p>QUESTIONS? –
Contact 276-274-0555 or swva.mrc@vdh.virginia.gov</p> |
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- Donations will be accepted at:
1. Wise Co. Behavioral Health, 43 Champions Ave, Big Stone Gap
 2. Wise Co. Health Dept., 134 Roberts St, Wise
 3. C Group Insurance, 401 Wood Ave., Big Stone Gap
 4. Pound IGA, 11133 Indian Creek Road, Pound



Hurricane Preparedness May 25–31, 2015



From the to Va. Dept of Taxation: *"Legislation enacted by the '15 General Assembly combines three existing sales tax holidays into one starting in 2016. In 2015 ONLY, Hurricane and Emergency Preparedness Equipment Sales Tax holiday will be held May 25–31, 2015."*

What's Exempt: Purchases of certain supplies and equipment needed for hurricane preparedness will be exempt from sales tax. The list of items is included here:

<http://tinyurl.com/mfmo3yn>



THANK YOU to Wellmont Health Systems for the generous grant award to allow for the purchase of t-shirts for volunteers! If you are a Wellmont employee, please tell them "Thanks" in the Foundation office.

Kristina K. Morris, Volunteer Coordinator

Kristina.morris@vdh.virginia.gov or 276-274-0555

EXERCISE ANNOUNCEMENT—VOLUNTEER OPPORTUNITY

Sullivan County, Tennessee Health Department has invited Southwest Virginia Medical Reserve Corps members to participate in a full-scale Point-of-Dispensing exercise on Tuesday, June 16, 2015. Volunteers will need to be in place by 12:30 p.m., and the exercise will end at 3:30 p.m. This will take place at Sullivan South High School in Kingsport. If there is enough interest, it may be possible to work out carpooling arrangements. During the exercise, volunteers will serve as mock patients to move through the clinic. Obviously, there is a need for a lot of patients to test the process and dependent upon how many arrive, some volunteers may go through the clinic more than once. Lunch will be on-your-own.

Members should wear red t-shirts, jeans/Capri, comfortable shoes and SWVA MRC ID Badge. Those who are interested in joining this event, please respond to the alert or notify the Unit Coordinator at 276-274-0555 or swva.mrc@vdh.virginia.gov.

In 2015, volunteers can expect MONTHLY exercise alerts. It is important to respond in some way to each and every one!!!



"Captain—One who leads or guides others, especially the designated leader of a team."

For the past three years, the County Captain team has provided help and support to this Medical Reserve Corps on a variety of events. Monitoring email and Facebook chatter during a deployment to Carroll County, visiting a health fair to meet volunteers and thank them for their time, delivering supplies, representing the Unit at local meetings and being a sounding board for new ideas.

Currently there is a need for County Captains in Buchanan, Dickenson, Russell, Lee, Scott, Wythe, Bland Counties and the Cities of Galax and Bristol. Typically this takes a couple of hours each month and the willingness to receive, read and respond to emails from the Unit Coordinator and volunteers. If this might be a good fit for you, please contact Kristina as soon as possible for a full job description.

Upcoming events:

Dickenson County Health Fair – Volunteer Opportunity

Date: Saturday, May 23, 2015

Time: 10:00 a.m. until 3:00 p.m.

Where: Clintwood High School, 141 Green Wave Drive, Clintwood

Description: Dickenson County EMS is sponsoring a Community Health Fair. SWVA MRC volunteers are needed to staff a preparedness information table, and SWVA MRC nurses are needed to help with a Million Hearts blood pressure management activity. Volunteers interested in working should contact Kristina Morris at 276-274-0555 or swva.mrc@vdh.virginia.gov for additional information.

Public Health Outreach Education for MRC Volunteers [Click to Download Flyer](#)

Date: Thursday, June 11, 2015

Time: 6:30 p.m. until 8:00 p.m.

Where: Your home or office computer. This is a webinar training opportunity.

Description: This interactive webinar will introduce volunteers to health communication principles and demonstrate outreach strategies which can be applied in your community. This is especially important training for volunteers who may find themselves conducting outreach at a local health fair or preparedness event. To register for Course #1057345, visit <https://va.train.org>. Webinar connection instructions will be sent prior to the evening presentation.



During the winter storms in February when different areas of the region were experiencing snow, flooding, rains, fires and deteriorating road conditions all on the same day, the SWVA MRC was busy on Twitter sharing road closure information from VDOT, pictures of flooded buildings from volunteers, office closure information from VDH and news from local news sources. Using Twitter during a rapidly evolving situation can provide valuable information to our community. Please consider joining the Southwest Virginia MRC on Twitter, especially during local emergencies and events. Our handle is [@swvamrc](https://twitter.com/swvamrc). Come see what it is all about.