

# Southwest Virginia Medical Reserve Corps



## Virginia Volunteer Health System

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During the past year the Medical Reserve Corps program in Virginia has undergone some significant changes and developed new systems to assist all the units in the Commonwealth, including the Southwest Virginia MRC .



The most significant new initiative is the Virginia Volunteer Health System (VVHS) <https://vms.vdh.virginia.gov/vms/> which was finalized for use in October 2008.

This new secure volunteer management system allows the current MRC volunteer to update his/her own contact information on-line. It provides the Volunteer Coordinator with a more efficient manner to note deployment activities, volunteer training and volunteer assignments. As with the previous system, only the local Volunteer Coordinator and the State MRC Volunteer Coordinator will have access to the information stored in the VVHS.

On the back page of this newsletter is located **Approved First Time User Instructions** and step-by-step information to access personal volunteer records. Members with an e-mail address on file should have already received a "Welcome Letter" from VVHS. If not, please contact Kristina Morris as soon as possible to obtain your user name and temporary password. SWVA MRC volunteers who **do not** currently have an e-mail address listed with the unit will receive this information by mail.

During the process to approve all current SWVA MRC members, it has been discovered that some members records are missing ID photos. The Volunteer Coordinator will be scheduling picture sessions in the spring.

The SWVA MRC hopes that all volunteers will find this new system easy-to-use; however, if any problems are experienced or if there are suggestions for improvement, please share the information with the Volunteer Coordinator. VDH and the Virginia MRC is still fine-tuning this system and the hope is to develop an easy-to-access and easy-to-use system for all Virginia's volunteer health care professionals.

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Another significant change for the SWVA MRC is the updating of the local unit website, [www.vdh.virginia.gov/mrc/swvamrc](http://www.vdh.virginia.gov/mrc/swvamrc). In order to comply with state website regulations, the local website received a major facelift in December 2008. Volunteers will still be able to check on local training opportunities and locate contact information for health district personnel, as well as, link to the Virginia MRC website and the Virginia Volunteer Health System (VVHS) website.

The look of the SWVA MRC website, the Virginia MRC website and the VVHS website are all similar to the art work at the top of the page. The expectation is that this branding of Virginia's MRC logos will help current and new members feel connected not only to their local unit, but to the entire Virginia MRC family.

Please take the opportunity to visit the local website and make it one of your favorites: [www.vdh.virginia.gov/mrc/swvamrc](http://www.vdh.virginia.gov/mrc/swvamrc).

### WELCOME!!!

In July 2008, the LENOWISCO Health District was pleased to welcome back **Dr. Eleanor S. Cantrell** as their Health Director. Dr. Cantrell had been serving as the President of the University of Appalachia's College of Pharmacy for the past two years and was thrilled to return to the Virginia Department of Health. Dr. Cantrell can be reached at 276-328-8000.

Also during the summer of 2008, VDH welcomed **Jennifer Freeland** as the new State Volunteer Coordinator. Jennifer began her work with the MRC as the Volunteer Coordinator first for the Western Tidewater unit and later for the Peninsula unit. We are so pleased to have such a strong voice for the MRC in the Central Office. Jennifer can be contacted at [Jennifer.freeland@vdh.virginia.gov](mailto:Jennifer.freeland@vdh.virginia.gov) or 804-396-0543 or 757-594-7840.

**Julia Banks**, a SWVA MRC member, was named as Epidemiologist for the Mount Rogers Health District in October 2008. Julia had been serving in a substitute capacity for the Marlene Peters. We look forward to continuing to work with Julia in her new role. Julia can be reached at [Julia.banks@vdh.virginia.gov](mailto:Julia.banks@vdh.virginia.gov) or 276-728-2166.

At the end of 2008, **Kristina Morris**, returned to the Southwest Virginia Medical Reserve Corps as the Volunteer Coordinator. Kristina is pleased to be back in this capacity and is looking forward to the new challenges ahead for our local unit. Kristina can be contacted at 276-274-0555, [kristina.morris@vdh.virginia.gov](mailto:kristina.morris@vdh.virginia.gov) or [swva.mrc@vdh.virginia.gov](mailto:swva.mrc@vdh.virginia.gov).

Also, at the end of 2008, the Cumberland Plateau Health District welcomed **Marquis (Mark) Bolton** as the new District Emergency Planner. Mark has a wealth of experience with state agencies, including the VDH, and is pleased to return to Virginia after caring for a family member in Colorado for several years. Mark can be reached at [marquis.bolton@vdh.virginia.gov](mailto:marquis.bolton@vdh.virginia.gov) or 276-889-7621.




In October 2008, animal lovers from East Tennessee & SWVA Virginia organized the **Animal Disaster Mountain Empire Response Committee (ADMERC)** to prepare our local communities to assist people and their animals during disasters and emergencies.

If you are interested in being a part of this dynamic new response group, the next meeting is scheduled for 11:30 on Tuesday, March 10, 2009 at the Bristol, Virginia Police Department. To be included on their mailing list, please contact Dr. Kate Zimmerman at

[wondervet@yahoo.com](mailto:wondervet@yahoo.com).

*FYI—The American Humane Society has scheduled a two-day disaster training event in Bristol, Virginia, April 25-26, 2009. Check the SWVA MRC website for more information.*

**American Heart Association**   
*Learn and Live.*

Kristina Morris, SWVA MRC Volunteer Coordinator, is available to conduct CPR/AED instruction to MRC members, and health care providers, as well as Heartsaver CPR and Family and Friends instruction. The cost is \$1.00 for each certification card, plus additional costs for student materials. To schedule instruction, please contact Kristina at 276-274-0555.

### SAVE THE DATE—Upcoming Training Opportunity

The Southwest Virginia Hospital Preparedness Commission has invited the SWVA Medical Reserve Corps to a training event on **Thursday, April 16th**. During this event, SWVA MRC members will have the opportunity to view the disaster preparedness trailers which are placed at strategic locations throughout the region.

These trailers include a wide-inventory of equipment and supplies that hospital personnel and SWVA MRC members may be called upon to use during local disasters. This training event will provide our members with an up-close look at the inventory, the opportunity to ask questions and familiarize themselves with trailers. Please check the website or call the Volunteer Coordinator for details on time and place.



## Save the date

### Family Fun Day

Saturday, April 18  
3–6 pm  
Emory & Henry College

More details forthcoming  
Questions now? Contact Robin Grossman,  
[rgrossman@ehc.edu](mailto:rgrossman@ehc.edu) or 276-944-6748

2009 marks the twentieth anniversary of Family Fun Day, a time for all families to come out and enjoy the afternoon together through games, activities, and access to resources provided by regional non-profit organizations and agencies. Family Fun Day will be held from 3-6 pm, Saturday, April 18, on the campus of Emory & Henry College in Emory, VA.

### WATCH FOR ADDITIONAL INFORMATION:

VDH Spring Seminar Series, 2009—Emergency Response and Food Safety. This series of free seminars will be presented in April and May throughout the Commonwealth. Check the SWVA MRC website for details.

*“Given the crisis that we are in and hardships that so many people are going through, we can’t allow any idle hands. Everybody’s got to be involved. Everybody’s going to have to pitch in.”*

President Barak Obama, January 19, 2009

## Virginia Volunteer Health System (VVHS) Approved User Instructions

### **Step 1: Go to the VA MRC website ([www.vamrc.org](http://www.vamrc.org))**

Once at the VA MRC website, you will notice VA Volunteer Health System to the left. Select this link and the Virginia Volunteer Health System website will open.

### **Step 2: Log onto the VVHS for the first time**

Select: **If you already have a VVHS login and password please LOGIN** (Located in the middle of screen, not on the left side)

A logon prompt box will appear on your screen. Type your user name and temporary password into the corresponding fields. Click **OK**.

User names may be in all capital letters and passwords are case sensitive.

### **Step 3: Change Password**

When logging into VVHS, you will be prompted to change your password. Password requirements are as follows:

Passwords MUST be a minimum of FIVE characters in length;

Passwords must also contain at least ONE NUMERIC character;

Your last THREE previously used passwords are not permitted.

### **Step 4: Change My Profile**

Go to **Change My Profile** and edit your basic information in VVHS. This includes Volunteer Details; Credentials; Emergency Contact Details; Summary Information, Security Question and Answer. Make sure your contact information was converted correctly.

### **Step 5: Sign Out**

Sign out allows you to log out and close the window to VVHS. Upon selecting Sign Out, you will be asked, "Are you sure you want to exit the application?". Select "OK" to exit the VVHS system.



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### *What's Inside:*

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