

The SWVA POINT

December 2010

As the fall season closes, we roll out the welcome mat for winter (even if sometimes only grudgingly). December 5th – 11th is Winter Preparedness Week in Virginia, and a great time to stock up on winter necessities for your home, office and vehicle. After last year's record breaking mid December snowstorm of over a foot, stranding hundreds in the region, be safe and be prepared!

According to the Virginia Department of Emergency Management:

Make a plan. Decide on a meeting place outside of your neighborhood if your family is separated and cannot return home because of closed roads. Choose an out-of-town relative or friend to be your family's point of contact for emergency communications. With your family, write down your emergency plan – get a free worksheet at www.ReadyVirginia.gov.

Get a kit. Here are basic supplies for winter weather: three days' food; three days' water (a gallon per person per day); a battery-powered and/or hand-crank radio with extra batteries; and your written family emergency plan. After you have these essential supplies, add a first aid kit, medications if needed, blankets and warm clothing, supplies for members of your household with special needs, and pet items.

Stay informed. Before, during and after a winter storm, you should listen to local media for information and instructions from emergency officials. Be aware of winter storm watches and warnings and road conditions. You can get road condition information 24/7 by calling 511 or checking www.511Virginia.org.

For more tips, visit www.ReadyVirginia.gov.



Welcome New Members!

Over fifty new volunteers have joined the SWVA MRC since September 1st, 2010, leading to a total of 917 members! New members come from:

- Lindsey Wilson College
- The Tri-College Nursing Program
- Mountain Empire Community College
- Wytheville Community College
- Southwest Virginia Community College
- National Business College (Bristol, TN)
- The Nickelsville Rescue Squad
- HOSA Chapters throughout Southwest Virginia

Current Volunteer Count

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| Physicians | 15 |
| Physician Assistants | 2 |
| Nurses | 410 |
| Nurse Practitioners | 14 |
| Dentists | 8 |
| Pharmacists | 26 |
| Veterinarians | 4 |
| Mental Health Professionals | 48 |
| EMS Professionals | 80 |
| Respiratory Therapists | 3 |
| Other Public Hlth/Med. | 53 |
| Non-Public Hlth/Med. | 254 |



The SWVA POINT News

Thank You! –Thank you for all the help this fall. 25 volunteers logged over 76 hours! SWVA MRC members prepared and aided in flu vaccinations and flu exercises on behalf of the LENOWISCO Health District, the Mount Rogers Health District, in conjunction with the Remote Area Medical (RAM) Expedition in Buchanan County and several local schools. Volunteers also participated in the Text First, Talk Second exercise held on September 11th and the SWVA Regional HOSA Conference in October.

Interview With Susan Austin, SWVA MRC Volunteer - Susan Austin, a native of Smyth County, attended the 2010 MRC Federal Deployment Training this past August in Washington D.C. as one of 30 participants.



Susan Austin (center) during class exercise

Selected from over 250 applicants, Susan is the manager of the emergency services program at the Mount Rogers Community Services Board and has volunteered with SWVA MRC since its founding in 2004. Currently assisting with the Strategic Action Plan, Susan sees her role as bringing a behavioral health perspective to the largely medical model of disaster response. Notably, Susan is also a crisis counselor and has participated in the aftermath of incidents at the Pentagon, Appalachian School of Law, Virginia Tech and Northern Illinois University.

In Washington DC, Susan learned about the principles of public health emergency management over five days through meetings, trainings, teamwork and a tour of the HHS Operations Center and Federal Medical Station. Sessions were focused on the health impact of natural, technological and hybrid disasters; and led by a two person CDC International Preparedness Response Team who shared their experiences responding to disasters in Indonesia and other areas. Culminating in a mass casualty drill on the national mall (Susan's favorite part of the week), participants were assigned roles and divided into two groups. Two drills were conducted using the Triage, Treatment and Transport models learned earlier in the week.

Susan's goal was to bring information back to her community and promote public health initiatives, advocating advance training and working collaboratively as the key to a successful response.

It is hard to believe that 2010 is almost over. The SWVA MRC had an extremely busy and productive year and I look forward to continuing the work in 2011. From H1N1 to snowstorms to health fairs to exercises, SWVA MRC volunteers have been available for a wide range of activities.

I hope that readers noticed a change in the newsletter. Not only is the newsletter sporting a new logo and branding, but a newsletter editor! Jason Richie, from Pittsboro, North Carolina, answered an ad for a "virtual volunteer". Jason has done an excellent job on his first newsletter and I would like to offer him a big "THANKS". There are other "virtual" volunteer opportunities available, so if there is interest, give me a call. May your holidays be happy and safe, Kristina

National MRC Volunteer Spotlight

Doris Reimer, RN. Martinsburg, West Virginia. Director of Special Population for Shenandoah Valley Medical Systems, and a MRC volunteer since 2006!

For more information on Ms. Reimer, or past MRC volunteers, please visit:

www.medicalreservecorps.gov/Spotlights/Volunteer/2010/Fall

SWVA MRC Strategic Action Plan

The SWVA MRC has been busy creating a strategic action plan. We hope to continue to receive volunteer input and/or assistance as we establish an advisory board and begin to implement Action Steps. For more information on volunteering or joining the board, please contact Kristina Morris at 276-274-0555.

Spring 2011 Events/Trainings

National Kidney Foundation Event:

More Information will be available after the date for this event is finalized.

IS-700A: The SWVA MRC is offering an online course in conjunction with FEMA's Emergency Management Institute. Conducted by FEMA, IS-700A is an independent study, three hour introduction to the national incident command system and the core principles and doctrines of collaborative incident management. Please contact Kristina Morris at 276-274-0555 for further details.

