

# The SWVA POINT

Winter 2013

For the third year, the Southwest Virginia Medical Reserve Corps assisted throughout the region with the DEA Drug Take Back. 61 volunteers provided over 150 hours of service at 12 different drop zones. While the weather was bright and sunny, it was **COLD** and **CHILLY** as the day began and parts of Grayson County and Galax were even without power. With those challenges, 2222.6 pounds of drugs were dropped off for proper disposal by the DEA. Excellent work by everyone. Enjoy some of the photos of the day. More photos can be found on our Facebook page.



## Current Volunteer Count SWVA MRC (as of 11/21/2013)

Physicians	13
Physician Assistants	2
Nurses	475
Nurse Practitioners	11
Pharmacists	14
Dentists	6
Veterinarians	4
Mental Hlth Professionals	45
EMS Professionals	62
Respiratory Therapists	4
Other Public Hlth/Med.	69
Other Non-Public Hlth/Med.	336

## Text First. Talk Second.

The SWVAMRC has been training volunteers to **TEXT FIRST, TALK SECOND** for the past four years.

It is gratifying to see that message on the current Ready Virginia tip sheet "Communicate in an Emergency". VDEM suggests the following:

*"Text messaging, email or social media are less likely to experience network congestion. Use Social Media to let family and friends know you are okay. Keep all phone calls brief—just share vital information."*

Keep leading the way on preparedness in SWVA!

Kristina K. Morris, Volunteer Coordinator

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# The SWVA POINT News

## WHAT'S YOUR PLAN?

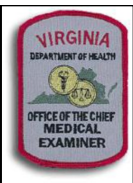
WINTER PREPAREDNESS  
WEEK IS DEC. 1 - 7

Ready  
Virginia

There is a lot of terrific information provided by the Virginia Department of Emergency Management on their webpage concerning Winter Preparedness.

<http://www.vaemergency.gov/readyvirginia/stayinformed/winter>. During the week of December 1—7, 2013, check your home, car and workplace to ensure that you are prepared for anything that Old Man Winter will throw this season.

**VIRGINIA MEDICAL RESERVE CORPS:** By the end of November, you may receive a survey, by-email, which has been designed by the Virginia Medical Reserve Corps to gather information from volunteers across the Commonwealth. The information received will assist all Virginia units in planning for trainings, exercises, orientations, and volunteer alerting procedures. Your participation in this survey will be greatly appreciated.



**Mass Fatality Response Team:** In 2012, several SWVA MRC members completed the first training for inclusion in the Mass Fatality Response Team. Next will involve on-site training at the OCME office in Roanoke which is being scheduled now. If you have an interest in participating in this team, please contact the Unit Coordinator for pre-requisite training information.

If you haven't already, PLEASE give five minutes and complete the survey shown below so the Unit Coordinator can be confident that your contact information is current: <https://www.surveymonkey.com/s/SWVAMRC2014>

In October, Southwest Virginia Medical Reserve Corps members were included in Point of Dispensing exercises with the Cumberland Plateau Health District. It was so exciting to be asked to help and the participation by Jennifer Gibson, Kathy Neace, Jackie Smith, Christine Branham, Angie Fields and Autumn Fields was greatly appreciated by the Cumberland Plateau Staff.



In the fall of 2004, the first volunteers of the newly formed Southwest Virginia Medical Reserve

Corps completed orientation. This set in motion the development of the Unit that serves today.

During 2014, the SWVA MRC will honor the 10th Year Anniversary in a variety of ways. Volunteers who would like to be involved in the celebration planning are asked to contact Kristina Morris. It is hoped the group can talk by phone in January and February.

Watch for Anniversary News and Activities!

## SAFE Talk and ASIST Training:

Apologies to those volunteers who were planning to attend the suicide awareness programs this fall. Circumstances beyond our control forced the cancellations; however, all training will be rescheduled for March/April 2014. Watch for announcements and messages to your in-box.



*10 Years.....It doesn't seem possible that 10 years ago the Southwest Virginia Medical Reserve Corps was just a plan on a grant application. Today, this Unit supports emergency responses, health department exercises and public health outreach and education events on a monthly basis. Not only are volunteers training to assist with public health emergencies, but they are training for suicide prevention, community health ambassadors, mass fatality response, Incident Command, psychological first aid. WOW!!!!*

*It has been an absolute pleasure to be the Unit Coordinator for Southwest Virginia Medical Reserve Corps. I cannot wait to see what is in store for the volunteers and this organization in the next 10 years. Come join us as we celebrate this milestone. Happy Thanksgiving, Happy Hanukkah and Merry Christmas.*

*Gratefully, Kristina*