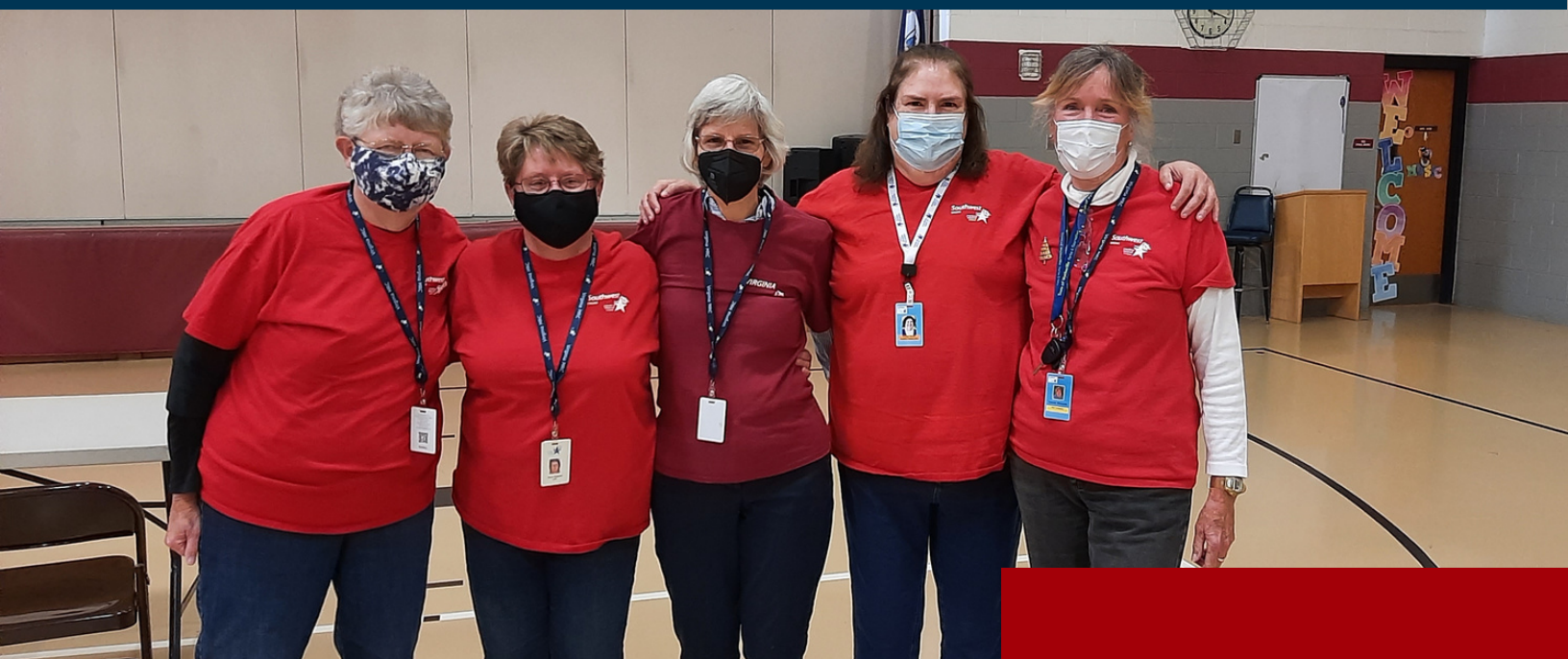


# MRC News You Can Use



## Volunteer Appreciation Month!

SWVA MRC volunteers are, quite literally, the reason Kristina & Pat come to work every day! On behalf of the entire team, thank you for all you have done and continue to do in support of community health!

Do you have a treasured MRC volunteer memory or story? Please use [this form](#) to share your anecdotes with VA MRC - so your volunteer impressions can be preserved!



"THE BEST WAY  
TO FIND  
YOURSELF IS TO  
LOSE YOURSELF  
IN THE SERVICE  
OF OTHERS."

-Mahatma Gandhi

# Southwest MRC Hall of Fame

In 2003, the President's Council on Service and Civic Participation founded the President's Volunteer Service Award to recognize the important role of volunteers in America's strength and national identity.

This award honors individuals whose service positively impacts communities in every corner of the nation and inspires those around them to take action, too.

**The following SWVA MRC volunteers have been awarded the Presidential Service Award for 2021! Congratulations!**



## PRESIDENTIAL SERVICE AWARDS FOR 2021

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James Bangle  
John Carter  
Ann Childress  
Jean Cook  
Linda Davis  
Ron Davis  
Heidi Dixon-White  
Sarah Dutton  
Beth Funkhouser

Cathy Gent  
Gus Janson  
Ann Jernigan  
Lee Johnson  
Valerie Mesedahl  
Morgan Morris  
Jean Palfrey  
Wade Peery  
Peggy Pickard  
Donna Rigolizzo

Kenneth Slater  
Bill Smith  
Michele Strouth  
Jeff Summey  
Melanie Summey  
Kari Tudor  
Sandra Weddle  
Franklin White  
Karen Wood

# Welcome our New State MRC Coordinator: Mike Wagner!



Mike has been with the VDH Emergency Preparedness and Response since 2004. He has served VDH with distinction, in various capacities, to include Local Emergency Coordinator, Assistant Director in the Office of Emergency Preparedness and, most recently, as the Central Region Emergency Coordinator. While Mike was a Local Health Emergency Coordinator in Henrico, he also stood up the MRC program in that District.

Mike is concurrently serving as a Colonel in the U.S. Army Reserves, having served for almost 26 years, and recently commanded an Army Reserve hospital unit until September 2021. Mike's operational deployments include service in Afghanistan in 2008. Mike holds a Master of Public Health degree from Eastern Virginia Medical School and a Bachelor of Science from Virginia Tech.

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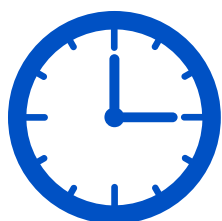


## How Awesome is the Southwest MRC?



**683**

*Deployable Volunteers*



**665**

*Hours served 1st Quarter 2022*

**YOU  
ROCK!**

# Volunteer Self-Care

Each of us all been through a lot in the past few years! Don't forget to take time out to take care of yourself as you make your way through each day. **Click here** for some great ways you can inject a little self-care into your daily routine!



## Training Opportunities

One of the mainstays of VA MRC is that volunteers remain trained and prepared to be ready in the event of a public health emergency. Keep an eye on your volunteer alerts for upcoming training in Southwest Virginia!

**The Southwest Virginia MRC has numerous training opportunities coming up:**

All events below are virtual. Links will be sent out before the event.

Saturday, April 30, 9-11am - CBERS Mental Health and Wellness

Monday, May 9, 6-8pm - REVIVE! Lay Community Training

Saturday, May 21, 9:30-10:30am - Until Help Arrives - Regional Training

# A note from your unit coordinators

## **Kristina said...**

**It is just amazing to stop and realize all that the SWVA MRC has accomplished over the past two years. As was discovered during the After Action review, there are areas of improvement needed, but so many more major accomplishments.**

**In 2022, take time to recuperate and then decide how you want to continue to contribute to the unit. There is an exciting new opportunity being developed, so watch for news.**

**Have a wonderful spring and stay healthy!**

## **Pat said...**

When I became a MRC volunteer in 2016, I had no idea how much work went into setting up one event. From coordinating with the health department staff to recruiting volunteers, making sure volunteers are trained, and then recording hours, it is a very involved process.

The SWVA MRC would not be where it is today without your passion for helping your community.

Thank you!

## **Save the Date!**

**A volunteer appreciation event and training will be held on Saturday, June 18, at Hungry Mother State Park. Ron Culberson, a nationally recognized motivational speaker, will be the guest speaker.**

**Click on the link if you think you can be there.**

**Formal invite to come!**

**<https://tinyurl.com/msfc752k>**

**Southwest**  
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