



# MRC News You Can Use



**Ron Culbertson**

Cheri Patterson checks out the SWVA MRC scrapbook with images taken during the COVID-19 response as volunteers gather for the festivities at Hungry Mother.

## *Celebrating Volunteers*

A beautiful day after storms greeted volunteers of the Southwest Virginia MRC on Saturday, June 18th, as we celebrated the COVID-19 response at Hungry Mother State Park. Volunteers were treated to a talk by Ron Culbertson, lunch, and training on preparing their own Go Bag. More than 400 volunteers participated in the COVID-19 response during 2020 and 2021.



# Resources for Everyone

During the Spring, the SWVA MRC participated in three resource fairs throughout the region. On May 7, volunteers were at the Galax Resource Fair where Meagan Helmick taught Rapid REVIVE! On May 20, volunteers worked at the Hungry Mother Resource Fair and Moe Thompson taught Rapid REVIVE! And on June 9, volunteers participated in the Appalachian Substance Abuse Coalition Resource Fair at the Higher Ed Center in Abingdon.

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## Drug Take Back

Almost 30 SWVA MRC volunteers assisted with Drug Take Back on April 30 at 12 locations. More than 2350 pounds of unwanted



medications were collected. This continues to be a great service to the community.

Providing an easy drop off service for these medications ensures they will be disposed of properly.



Left to right, Jackie Smith, Ramona Boyd and Duane Blevins in Lebanon.

# MRC Interns



Ellie Ludwig

This summer the SWVA MRC has two interns who are both studying Public Health. Ellie Ludwig will be a Senior this Fall at Radford University Carilion. Izaiah Pritt will be a Junior at Virginia Tech.



Izaiah Pritt



## **Parking Patrol at Bristol Rhythm & Roots**

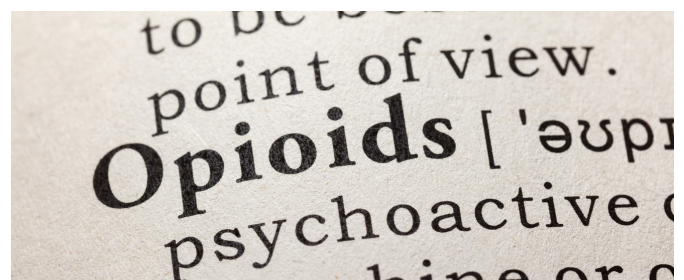
Bristol Rhythm & Roots will be held Sept. 9-11. Once again, MRC volunteers will raise money for the Friends of the SWVA MRC by collecting donations from people parking at the Bristol Health Department.

## **Spanish-Speaking REVIVE! Trainers Needed**

The SWVA MRC needs REVIVE! trainers who can present the class in Spanish.

REVIVE! teaches students to administer Narcan during a suspected opioid overdose.

If you know anyone who can present the course in Spanish, contact Pat at 804-314-5802.







# 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:

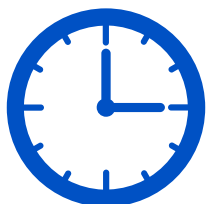
All events below are virtual. Click on the QR Code next to each class to sign up.

- Wednesday, July 13, 4-5pm - REVIVE! Training 
- Thursday, July 28, 6:30-8pm - ICS in a Nutshell for MRC Volunteers. This training is an introduction to the Incident Command System (ICS) provides real public health examples in an interactive and informative. Note: This course is an introduction to ICS concepts applied to public health. To obtain an ICS 100 certificate, attendees must complete the FEMA IS-100 online course. 
- Thursday, Aug. 11, 7-8pm - "From Drug Overdose Death to Homicide: Forensic Epidemiology and the Office of the Chief Medical Examiner's Role in Public Health" 
- Thursday, Sept. 15, 7-8pm - Until Help Arrives 

## How Awesome is the Southwest MRC?



**688**  
*Deployable Volunteers*



**432**  
*Hours served 2nd Quarter 2022*

**YOU  
ROCK!**