



CELEBRATING SWVA MRC VOLUNTEER SUCCESSSES IN 2022!



January 2023 | Southwest VA MRC

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Hearing Screenings for Washington Co. Public Schools

RETURNING TO A STEADY-STATE

At the close of 2021, SWVA MRC volunteers wrapped up the public COVID-19 vaccination campaign. While there was still clean-up work to be accomplished, volunteers began to participate in other non-COVID related activities. Masks could be removed; however, virtual trainings were still necessary. In-person trainings and events were able to be held during the year, including a gathering at Hungry Mother State Park in June 2022. Here is the opportunity to look back at 2022 and remember some of the outstanding work accomplished by the best cadre of volunteers in the MRC network!

#MRCROCKS

DRUG TAKE BACK & REVIVE! TRAINING



Norton Drug Take Back with Heather Strong (right) and Kendall Davids (center).



Paige Lucas at Lebanon Drug Take Back



Moe Thompson at Hungry Mother Festival



Judy Wilson teaching Rapid REVIVE!



Some of the SWVA MRC REVIVE! trainers!

The issues of substance misuse and addiction continue to be source of work for SWVA MRC volunteers. Drug Take Back in the spring and fall led to the collection of over 3900 pounds of medications for disposal.

Several REVIVE! trainings were conducted throughout the year, including Train-the-Trainer sessions. The SWVA MRC has a team of twenty-one volunteers who are available to provide in-person training and Rapid REVIVE! throughout the region. If there is a need to set up a training or have Rapid REVIVE! offered at a community event, please reach out to Kristina Morris to request support from the team.

THE 2022 MRC STORY IN PICTURES



Donna Rigolizzo, Madison Grimsley, Kristina Morris
Karen Wood, Phillipio & Judy Wilson

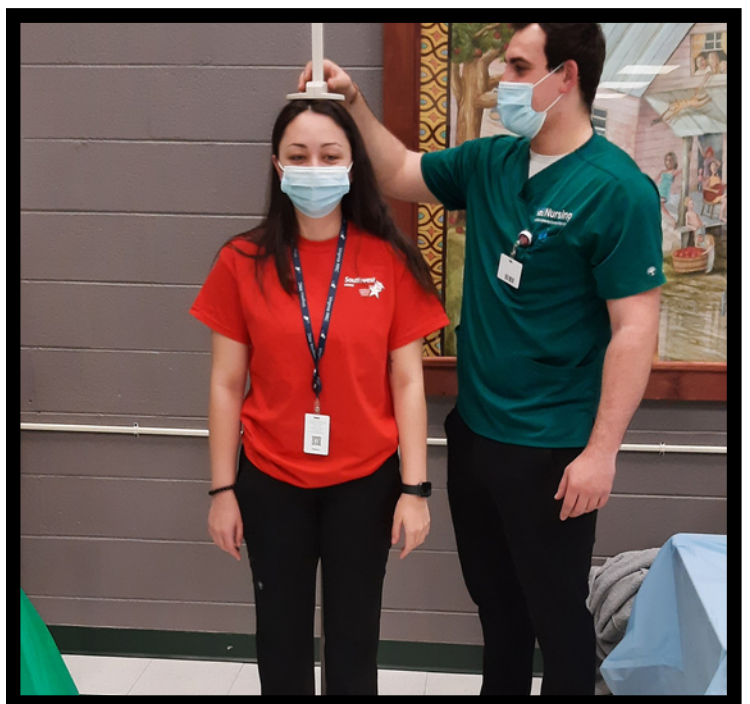


Izaiah Pritt, Pat Meinen, Karen Wood & Michele Strouth

In 2022, volunteers served more than 1,961 hours which equates to a monetary value of more than \$58,925.72. 🌟



Susan Knickerbocker, Tomie Jo Campbell &
Beth Funkhouser



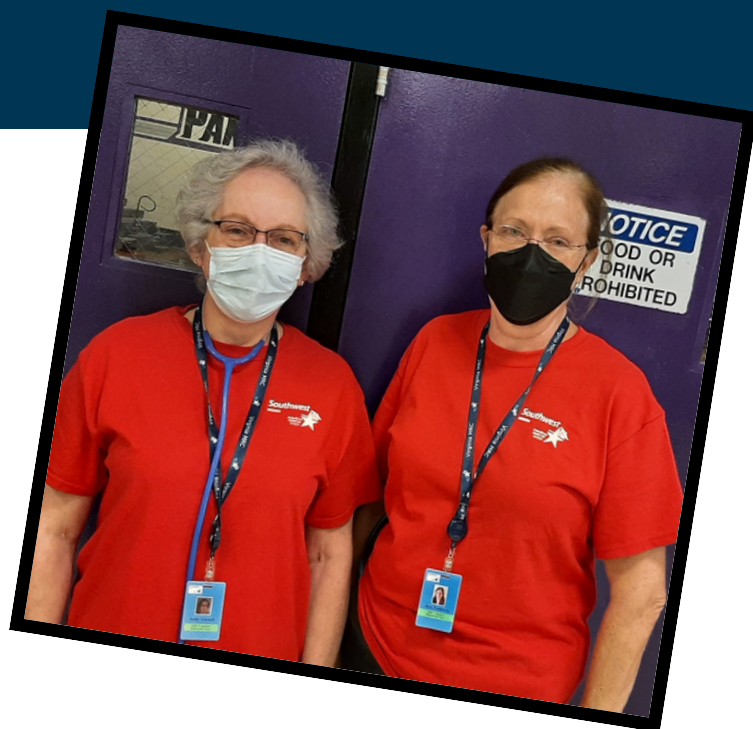
Senior Health Expo at Virginia Highlands CC

EMERGENCY RESPONSES



2022 saw SWVA MRC volunteers responding to local emergencies, not related to COVID-19. In July, flash flooding impacted Buchanan County and the Twin Valley community. SWVA MRC volunteers assisted at the shelter and donation site at Twin Valley Elementary for three days. As the year was winding down and everyone was focused on the Christmas holidays, a "bomb cyclone" struck most of the country dropping temperatures locally to well below zero. The City of Bristol opened a Warming Shelter for those who were unhomed or had no heat. SWVA MRC volunteers answered the call the Friday and Saturday before Christmas and provided necessary assistance.

"There are many among us and within our midst who embody the values championed by Dr. Martin Luther King. There are the community health workers who go out of their way to make sure their low-income, rural or non-English speaking clients have access to public health information that is readable, relatable and understandable. There are the environmental health specialists who make sure low-income families receive information on programs to pay for repairs or replacements to failing wells or septic systems. There are the Medical Reserve Corps volunteers and VDH staff who spent time over Christmas weekend organizing and staffing a warming shelter when temperatures dipped to dangerous lows." Dr. Colin Greene, Health Commissioner - January 2023



FRIENDS OF SWVA MRC

WWW.FRIENDSOFSWVAMRC.COM

2022 has been an extremely productive year for Friends of SWVA MRC. The Board finalized much of the critical documents needed to sustain the work of the non-profit. Grants were received to provide continued support of the work done by SWVA MRC volunteers. Parking Patrol for Rhythm & Roots Reunion was a success and a scholarship was established to support a student volunteer. The SWVA MRC is extremely fortunate to have a Board of fellow volunteers overseeing the work and providing care and support to volunteers.



Bre McFarlane, Bridget McFarlane, JoEtta Combs, Ellie Ludwig, Laci McConnell & Rebecca Newman. Smiling through the rain of Parking Patrol!



Friends of SWVA MRC extends thanks to Food City for allowing SWVA MRC to distribute COVID-19 test kit packets in stores in the Mount Rogers HD. The two weeks before Christmas, over 1,000 kits were distributed to Food City customers and staff. With COVID-19 numbers increasing around the Mount Rogers Health District, plans are underway to continue this distribution throughout the winter months.

To make a tax-deductible donation:

Friends of SWVA MRC
15068 Lee Highway, Suite 1000
Bristol, VA 24202
PayPal: @swvamrc

Voices of Public Health Oral History

During the fall of 2022, Ellie Ludwig began conducting Oral History interviews with SWVA MRC volunteers and VDH staff. These interviews are gathering the voices of volunteers sharing their COVID-19 experiences from a personal and volunteer framework. Most interviews take about 15-20 minutes and there are volunteers willing to come and meet you to record this interview. Once this project is complete, the interviews will be archived by the Library of Virginia and included in their COVID-19 materials. If you are interested in participating and sharing some time for an interview, please register here: [Oral History](#)

LOOKING AHEAD TO 2023

I hope you all agree that 2022 was certainly a very different year than the previous two years. It was so encouraging to be able to meet in person, even if it was necessary to mask sometimes. Exciting to shake hands, share hugs and for me to finally meet in person many loyal volunteers who were just a face on a volunteer ID badge! The training event in June was so joyful and uplifting and the conversations were full of friendship and shared experiences!

The support and commitment of MRC volunteers never ceases to amaze me, like it did on December 23rd. Christmas weekend and within 1 hour of sending an emergency response alert, three volunteers stepped up and made themselves available to deploy in just two hours. And on Christmas Eve, two additional volunteers assisted at the warming shelter before it was able to close. Truly a Christmas miracle.

Thanks for the support given by each and every volunteer. Each hour is important, each training is important, each time to interact with the community is important. You are the heart and soul of my work each and every day. Thanks for allowing me to serve you.

Happy New Year - Kristina



FYI:

- Friends Student Scholarship Applications Open - March 1, 2023
 - Meet & Greets - March 23rd - watch for ZOOM info
 - Full-Scale Hospital Preparedness Exercise - March 23, 2023
 - Drug Take Back - April 22, 2023
 - Log your hours: [Hours & Responsibilities](#)
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