

MRC News You Can Use



Buchanan County Flood Response - July 2022

Kathy Mitchell, Larry Mitchell, Mary Prestowitz



Washington County Schools Hearing Screenings - September 2022

Left to right - Ellie Ludwig, Karen Wood, Donna Walls and
Paula Nichols

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We've Been Busy!



Rapid REVIVE! at Rhythm & Roots

Jackie Smith & Kenneth Slater partnered with ASAC to teach Rapid REVIVE at Rhythm & Roots!



Parking Patrol at Rhythm & Roots

Friends of SWVA MRC brought in more than \$2,000 to support the MRC volunteers and mission! Thank you to everyone who worked so hard on the sunny day and the soggy day!



SWVA MRC Sweatshirts!

ANNUAL FUNDRAISER

STAY WARM THIS WINTER WITH YOUR VERY OWN SWVA MRC SWEATSHIRT!

ONLY \$29
includes shipping & handling

Proceeds of sales go to Friends of Southwest Virginia Medical Reserve Corps, a non-profit organization providing direct support to volunteers of the SWVA MRC unit. Support includes uniforms, gifts, food, and other incidental items.

PLEASE ORDER BY NOV. 23, 2022 ~ SEE ORDER FORM FOR DETAILS

Name _____

Mailing address: _____

SIZE: Small Medium Large Extra-large 2X 3X

Email: _____

Address Checks/Money Orders "Friends of SWVA MRC", 15068 Lee Hwy, Suite 1000, Bristol, VA 24202

Online Payment can be made via PayPal to swva.mrc@gmail.com

Questions, contact Kristina Morris at 276-274-0555.





Community Outreach

Friends of the SWVA MRC
in cooperation with
Mount Rogers Health District



MOUNT ROGERS COVID-19 COMMUNITY OUTREACH PROGRAM

VOLUNTEER OPPORTUNITIES

- Provide COVID-19 education, Q&A outreach in a community setting, and provide at-home test kits.
- Training for volunteers on community outreach education, managing COVID-19 rumors and incorrect information.
- Participate in the collection of Oral History from public health employees, MRC volunteers, patients, and partners to share the story of Southwest Virginia's response to the pandemic.
- Share information on upcoming public events which would be a good place for SWVA MRC to share public health education on COVID-19 prevention efforts.

CAMPAIGN LOCALES

CITIES

- Bristol
- Galax

COUNTIES

- Washington
- Smyth
- Bland
- Wythe
- Carroll
- Grayson





REVIVE! and Meet & Greet

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 would be interested in presenting the course in Spanish, please contact Kristina at 276-274-0555



November Meet and Greet

Each quarter there will be a scheduled Meet & Greet so volunteers can get to know all our team members, receive activity updates and ask questions.

November 17th beginning at 7:00 p.m. Lara Cash, VA MRC administrator, will join to talk about how she serves the VA MRC. See you there!



Scan Me to Go To Meeting Link

SWVA MRC 4th Quarter Meet & Greet

Time: Nov 17, 2022 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/83822249545?pwd=bW9QdW9rVZOTTN2b1duMXlOVWNIQT09>

Meeting ID: 838 2224 9545

Passcode: 268604





COVID-19 Oral History

Friends of Southwest Virginia Medical Reserve Corps is embarking on an oral history project to document personal stories of the COVID-19 global pandemic in Southwest Virginia. All volunteers are invited to participate in an in-person interview with SWVA MRC Ellie Ludwig. The interview may take 20 - 30 minutes and can be done at local health departments. Local experiences, stories, and lessons learned are important to the history of Southwest Virginia. Once completed, these interviews will be made available to the public.

Let's make sure the history of how Southwest Virginia navigated a global pandemic includes public health and volunteerism!

Sign up for an interview today!



Scan me to visit
the Oral History Project
Webpage

As a child of a historian and a lover of history, it was exciting to learn about an Oral History project completed by a MA MRC Unit in 2021. Pat Meinen and I immediately thought it would be great to hear all of YOUR stories. Your stories will be interesting, funny, scary and heartwarming about your survival during a global pandemic and how your were impacted by your volunteer service.

So please take this opportunity to share a bit of your story with the SWVA MRC. I have been in conversation with the Library of Virginia and their staff is so excited to be asked to archive these oral histories and include them with their pandemic archives. Ellie reports that most interviews are between 15 - 30 minutes, depending on how much you want to talk! She is willing to come to you to sit and chat.

I hope each of you will be willing to contact Ellie for an interview and tell your part of this extraordinary story. As always, I am thankful for you. Kristina



MRC Volunteers ROCK!



681
Deployable Volunteers



509
Hours served 3rd Quarter 2022

Flooding in Buchanan County, training opportunities with the Office of the Chief Medical Examiner, REVIVE! and Forensic Epi, along with assisting in Washington County Schools on two different occasions, kept SWVA MRC volunteers busy. Meet & Greets began again and teaching REVIVE! at Rhythm & Roots, rounded out the 3rd quarter. Well Done, All

A Note from our Friends at ASPR

Thank you for all that you do. This week, as Hurricane Ian moves through Florida and the surrounding states, we are reminded once again of the vital role that the Medical Reserve Corps (MRC) plays in helping our communities prepare for and respond to health emergencies. As the hurricane moved through, MRC units and volunteers were already engaged and lending a hand to help communities respond and recover.

On this final day of National Preparedness Month, and in the year of MRC's 20th anniversary, I would like to thank you for being part of this program – for volunteering your time, energy, and talents to help improve the health and well being of your community.

This program, which was created following the tragedies of Sept. 11, 2001, has grown into an organization of more than 750 units and 300,000 volunteers nationwide. Today, as doctors, nurses, EMTs, pharmacists, dentists, and veterinarians, volunteers bring to the program a wide array of skills and training. The diversity of this program and the deep ties that you have in your communities is what makes MRC so successful.

Throughout the course of the COVID-19 pandemic, MRC volunteers stepped up to assist with community screening and testing operations; medical surge support at long-term care facilities, health care facilities, and alternate care sites; patient case and contact investigations; call center operations; community education and outreach; and so much more. Additionally, this year MRC units have been integral in the responses to monkeypox and Hurricane Fiona. All of these volunteer activities combined made a significant difference – and saved lives.

The future of the MRC is bright because of the strength, dedication, and skill of its volunteers. Whether you joined the program 20 years ago or just recently, please know that the work that you do is valued and appreciated. Thank you for all you do on behalf of the program, your community, and the country.

Sincerely,
Dawn O'Connell
Assistant Secretary for Preparedness and Response



MRC: Celebrating
20 Years of Volunteer Service





Training Opportunities

Until Help Arrives Virtual Training

Time: Nov 1, 2022 02:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/89058914138?pwd=L3JNZ3lmcGRZSnY4RjU2RWlCWmd0Zz09>

Meeting ID: 890 5891 4138

Passcode: 560045

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! Below, you can find some of our popular pre-recorded training sessions that you can take at your convenience!



Scan me to visit the TRAIN homepage

RECORDED Basics of TRAIN for MRC Volunteers

TRAIN is a national learning network that provides thousands of quality training opportunities to more than 2 million professionals who protect and improve the public's health. Learn to access your profile, search for available training, and access your transcripts.

Watch the RECORDED video at TRAIN Course ID# 1105794

Training Duration: 90 minutes

RECORDED From Drug Overdose Death to Homicide: Forensic Epidemiology and the OCME's Role in Public Health

This presentation to the SWVA Medical Reserve Corps, was provided by Rosie Hobron, MPH (State Forensic Epidemiologist for the Office of the Chief Medical Examiner of Virginia).

Watch the recorded video: <https://www.youtube.com/watch?v=XBb4Y2eK7Sc>

Training Duration: 47 minutes

RECORDED Assisting Individuals with Access and Functional Needs

During this informative webinar, terms such as access and functional needs will be defined and discussed on how to plan for individuals in an emergency and how to assist these individuals during outreach events.

Watch the RECORDED video at TRAIN Course ID#1104164 now!

Training Duration: 90 minutes