

MRC News You Can Use



Hurricane Helene Recovery

As soon as the remnants of Hurricane Helene moved through Southwest Virginia, MRC volunteers started helping the victims by volunteering at shelters, working at the United Way coordination center in Damascus, assisting at mobile vaccination sites and FEMA Disaster Recovery Centers, and even going out in the community to perform Well Checks.

Volunteer hours
for Hurricane
Helene

580

Our response to
Helene continues

Volunteers
contributed more
hours in October
than in any
previous October,
even more than
during the Covid
response!

Your Time Adds Up!

Log your hours

Each time you volunteer, please use the link below to log your hours.

[Aug-Dec 2024
Volunteer Hours
Link](#)

On the right is a graphic showing the number of volunteers, hours and deployments throughout Virginia from July of 2023 through June of 2024. You may notice three Southwest Virginia MRC volunteers in the top picture.



Kristina Retires!



You may know by now that Kristina Morris retired this Fall after 20 years with the MRC. Pat Meinen is serving as the Assistant Unit Coordinator and will interview for the Unit Coordinator position.



Pat served as Kristina's assistant from April 2020 to July of 2022, during the Covid response. Pat joined the MRC as a volunteer in 2016 and served on the Strike Team with the Southwest Virginia Healthcare Coalition.

How Awesome is the Southwest MRC?



360
Deployable Volunteers



1870
Hours so far this year

**YOU
ROCK!**

Parking Patrol



Once again our volunteers worked the 3 days of Bristol Rhythm & Roots, parking cars at the health department to raise money for the Friends of the MRC. This year the volunteers raised \$2,600, which enables Friends to purchase drinks and snacks for volunteers during events, MRC t-shirts, trainings and even scholarships.



Kandice shows off the Revive kits given out during Rapid Revive training at Rhythm & Roots

Friends Scholarship

Each year the Friends of the Southwest Virginia MRC gives scholarships to volunteers who are in college.

Upon Kristina's retirement, the scholarship has been renamed as "The Kristina Morris Scholarship sponsored by the Friends of the Southwest Virginia MRC".

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!

We now have volunteers trained to teach Stop the Bleed, REVIVE! and CPR. If you are interested in having any of these taught at an event near you, call Pat.

CPR Training

CPR certification is available for MRC volunteers. When a class is scheduled, we will email you a link to the online course. After you complete that, you can come to the in-person class to be checked off.

The next classes are Saturday, Nov. 16, at the Smyth County Health Department and Saturday, Nov. 30, at the Washington County Health Department. If you are interested, call Pat.

Contact Info



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PICTURES!



Moe at RecoveryFest in Big Stone Gap



Pat at outreach event with VDH in Wise



Jane and Susan helping in the office



Mary working on shed inventory

MORE PICTURES!



Donna at Bristol shelter



Kenny Shuman in
Damascus



Janeen, Robin and Denise



Jeff, Melanie and
Melissa in Galax



Debbie Loveland in
Damascus