

MRC News You Can Use



At the VDH Emergency Preparedness Summit held in Richmond, we were awarded for our innovative amateur radio project.

Leading the way in Southwest

Our MRC unit stretches from Lee County in the West to Carroll County in the East. The size of our region and the terrain can make communications a challenge during a disaster. That's why we created the MRC Ham Radio Team. We can use our radios to communicate when other options - like cell phones and landlines - are not working.

VDH recognized our creativity with an award at their annual conference.

Get Ready for Damascus Trail Days

This year at Damascus Trail Days we will staff the First Aid Tent. Trail Days is May 15-17, and the tent will be open from 9-5 each day.

In order to volunteer at the first aid tent, you will need to be current on your CPR certification. You will also need a medical license (RN, LPN, MD, EMT, etc.) **or** first aid certificate.

If you need to take a CPR course that includes first aid, you can take the online AHA Heartsaver course. After you have completed this course, bring the certificate to the Washington County Health Dept. where we will offer the hands-on portion of the course on two days.

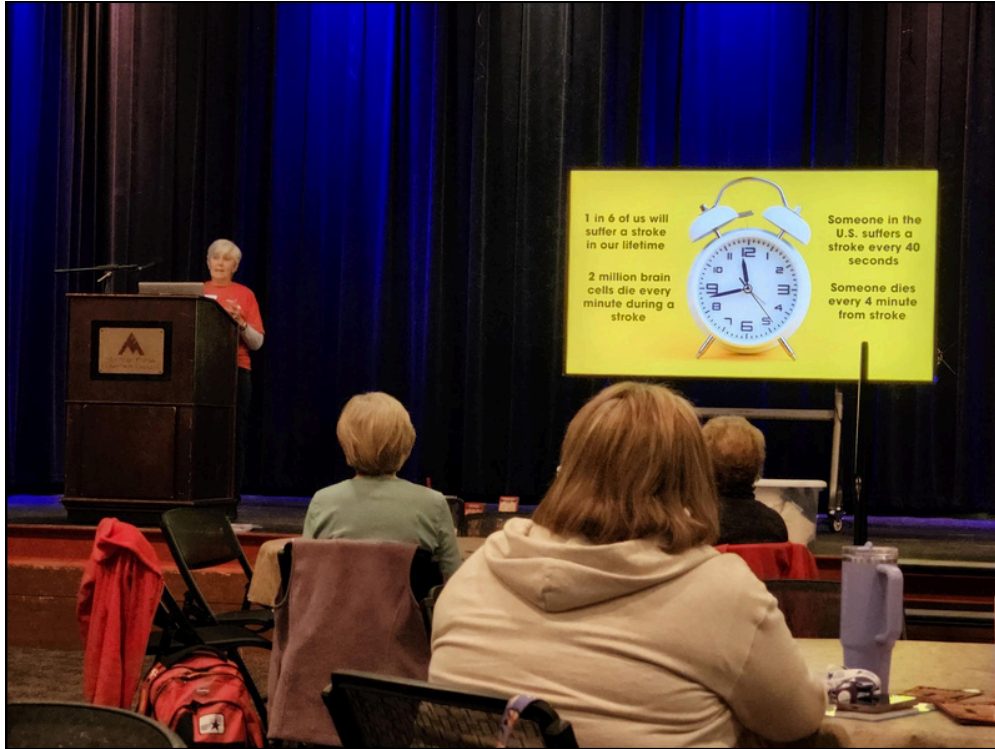
The Heartsaver Total - first Aid CPR AED Online course can be found at this link: [Heartsaver CPR and First Aid Course](#).

The Friends of the MRC will reimburse the cost of the online course (\$23). Once you have a certificate, please email it to me. The final step is coming in to get checked off on the hands-on portion. We are offering this Saturday, April 18, from 9-11 am at the Washington County Health Dept. and Tuesday, April 21, from 4:30-6:30pm, also at the Washington County Health Dept. **You must email me at pat.meinen@vdh.virginia.gov to set up a time.**

The most common requests at the tent are to check cuts, blisters, poison ivy and muscle aches.



Two Training Events are coming up



Moe teaches Stroke Smart at our Mountain Empire training.

Each quarter we have a MRC training at a different community college in our region. You can attend one or all of the events. Watch the alerts for details on what programs we will have at each training. The next trainings will be at Southwest Virginia Community College in Cedar Bluff on May 16 from 9am - Noon and at Wytheville Community College on June 13 from 9am - Noon. Mark your calendar!



vamrc.org



vvhs.vamrc.org

Amateur Radio Plans



Radio programming party in Washington County.

We are making progress on our amateur radio project. We have started a bi-monthly regional net on the first and third Tuesday of the month. We also have local nets on the second and fourth Tuesdays of each month. A net is like a meeting, but on the radio.

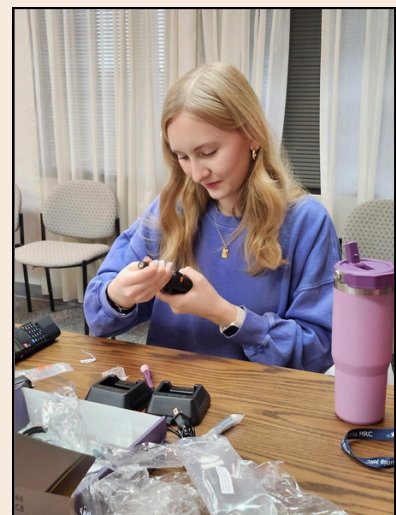
When needed, we can use a net to provide communications with the Health Departments located within this area and any related shelters or field operations where members of our MRC Radio team are deployed.

What's Next?

If you are not licensed, we can get a training manual to you. You can also take practice tests at www.arrl.org.



Pat learns about Ham radios with Jeff and Ron.



Lauren programs one of the handheld radios

Volunteers Helping in WIC

MRC volunteers have been helping to prepare packets and stuff envelopes in the WIC (Women, Infants and Children) program. This frees up the staff to work on other tasks.



Sharon and Susan preparing documents for WIC

MRC may be needed to help with transition to electronic records

As VDH transitions from paper to electronic records, MRC volunteers may be needed to help in the offices throughout our region.

After we complete the process of scanning in thousands of files and shredding those that are old and don't need to be kept any longer, the staff will begin training on the new system.

While the staff is in class, we expect to need MRC volunteers to help in the health department offices. We will keep you updated.

Drug Take Back - April 25th

Drug Take Back is scheduled for Saturday, April 25, from 10am - 2pm. We will once again participate at various locations throughout our region. Contact Pat if you did not see the alert with shift choices.

Drug Take Back helps to keep drugs from ending up in the wrong hands or from causing environmental contamination by people flushing pills or throwing them in the trash.



Volunteers at the Damascus Caboose.



Volunteers in Pennington Gap.



Drug Take Back at Michael's Pharmacy.

Upcoming

April 25 - Drug Take Back - 10am - 2pm at most locations

April 30 - Health District exercise at UVA Wise

May 14 - 2 volunteers needed at registration table for exercise at Higher Ed Center in Abingdon

May 15 - 17 - MRC staffing first aid tent at Damascus Trail Days

May 16 - Training at Southwest Virginia Community College in Cedar Bluff

June 13 - Training at Wytheville Community College



Deployable Volunteers in our unit!

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**YOU
ROCK!**

Your Time Adds Up!

Log your hours

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

[2026 Volunteer Hours](#)

Update Your Contact Info in VVHS

Log into www.vvhs.vamrc.org and update your picture and contact information.

Let us know if you have any questions.

Reminders

- In order to save on costs, we will now send alerts by email only. If the situation is urgent, we will also send a text.
- When you receive an email alert, please click on “Available” or “Not Available”. This lets us know that you received the alert.

Contact Info

Pat Meinen

Unit Coordinator

276-274-0555

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