

MRC News You Can Use



Quarterly Training Coming Soon!

In addition to our annual training day with Northeast Tennessee MRC units, we are going to hold a half-day training at each of the community colleges in our region throughout the year.

This will allow more volunteers to participate. Topics may include Stop the Bleed, Stroke Smart, CPR, REVIVE!, POD exercises, and more.

The first training will be held on the anniversary of Helene - Saturday, Sept. 27, from 9am-Noon at Virginia Highlands Community College in Abingdon. The second will be at Mountain Empire Community College on Saturday, Nov. 8, from 9am - Noon.

Please save the dates and watch for an alert to register. The trainings will likely be similar, so you can just attend the one closest to you.



Your Time Adds Up!

Log your hours

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

[2025 Volunteer Hours Link](#)

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.

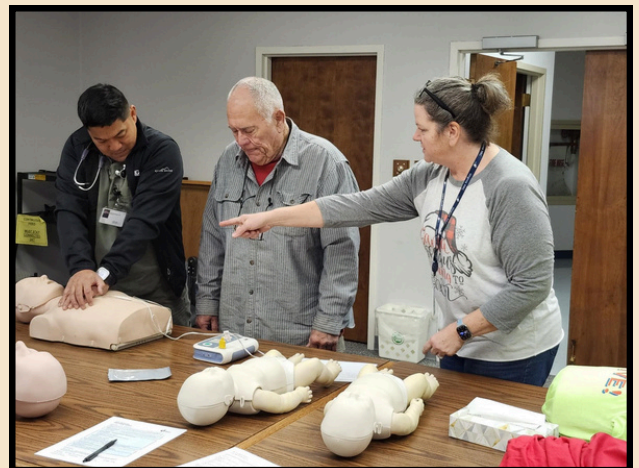
Want to drive an RV?

The Mount Rogers Health District is training staff and MRC volunteers to drive its RV. The mobile unit, as it's called, is often used at mobile vaccination sites, clinics and community events. If you are interested in the training on Sept. 12 at Virginia Highlands Com. College, contact pat.meinen@vdh.virginia.gov.

Do you need a class?

We have MRC volunteers who are trained to teach CPR, REVIVE!, Stop the Bleed and more.

If you want any of these classes taught at your workplace, school or church, just let us know.



CPR class taught by MRC volunteer Becky Daugherty at Washington County Health Department to other volunteers.

Upcoming Events

Aug. 21 - SW VA MRC Radio Team initial meeting, 6:30pm online

Aug. 26-27 - Gatorade Employee Health Fair

Sept. 19-21 - Rhythm and Roots in Bristol - During this 3-day music festival, MRC Parking Patrol volunteers sell parking to raise money for the Friends of the Southwest Virginia MRC.

Sept. 27 - Quarterly Training at Virginia Highlands Community College, 9am - Noon

Oct. 25 - Drug Take Back at various locations throughout Southwest Virginia

Nov. 8 - Quarterly Training at Mountain Empire Community College, 9am - Noon

***** If you are interested in attending or volunteering at any of these events, feel free to let us know before we send out an alert. *****

2025 Hours so far... 769

YOU
ROCK!

Communications Upgrade



If you are interested in becoming a HAM operator, the MRC will cover the cost of the training, the manual and the license.

There are a number of training options - online, in-person and on your own.

We will have a meeting online to discuss the Team on Thursday, Aug. 21, at 6:30pm.

During a disaster, our traditional means of communicating may not work. Cellular networks may be down, landlines may be damaged. To help ensure communications during a disaster, we applied for and received a grant to purchase HAM radios. These will be installed at health departments throughout the region. We will have antennas installed and train volunteers to be HAM operators.

If possible, we will purchase radios that are mobile, meaning volunteers will be able to take them from the health department and use them at a more appropriate location depending on the situation.

Many of you responded to a survey in November. If you did not and are interested in becoming licensed, email Pat at

pat.meinen@vdh.virginia.gov

Friends and Wytheville Community College

The Friends of the Southwest Virginia Medical Reserve Corps has donated \$7,000 to the Wytheville Community College Educational Foundation. These funds will go toward nursing scholarships and emergency financial needs for nursing students - such as uniform replacement, testing fees and other fees incurred by the students.

This money came to Friends from the estate of Arthur Mabry. During his life, he received home care from the nurses at the Wytheville Health Department. Since VDH cannot accept donations, Friends received the donated money and gave part to the nursing students in Wytheville. More announcements on distributing the funds should be coming soon.

Contact Info



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PICTURES!



Abigail and Barbara at Building Safety event at Lowe's.



Moe teaching CPR at the Smyth County Health Department



Norma, Moe and George at 5 Bridges Wellness Fair at Hungry Mother State Park.



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Deployable Volunteers in our unit!



The gang at Drug Take Back in April at the park in Damascus.



Sharon at National Night Out in Bristol.