MRC News You Can Use

Southwest VIRGINIA
medical reserve corps
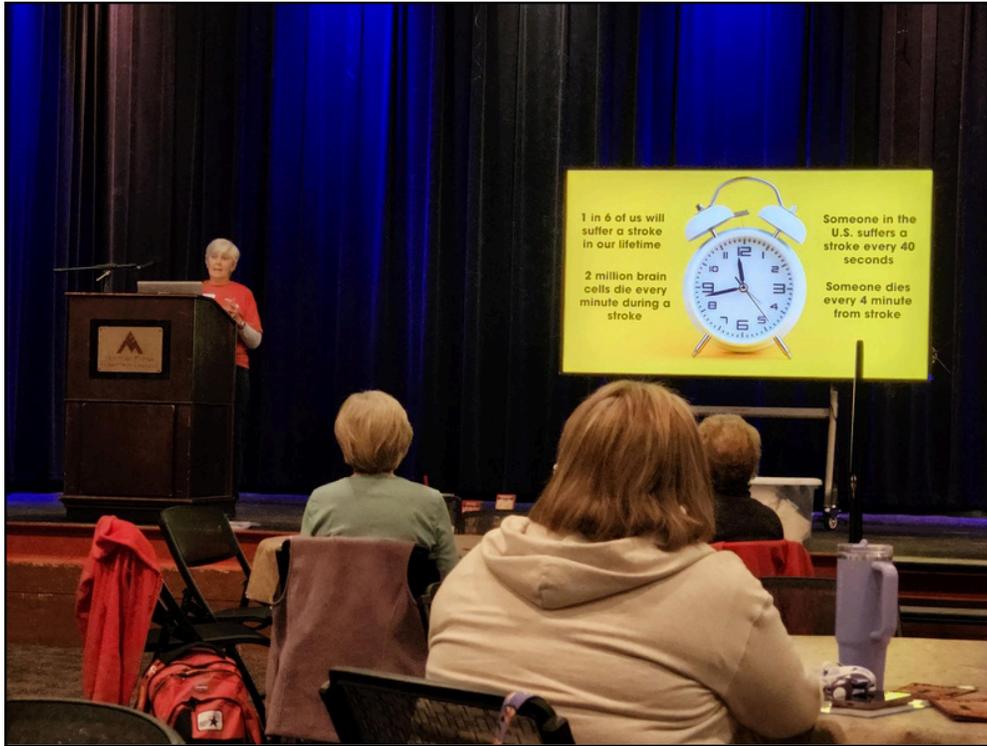

Moe teaches Stroke Smart at our Mountain Empire training.

Get Ready for 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!

Southwest Virginia Community College
Inspire • Transform • Strengthen

WYTHEVILLE COMMUNITY COLLEGE

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. Watch for an alert with shift choices in March.

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.

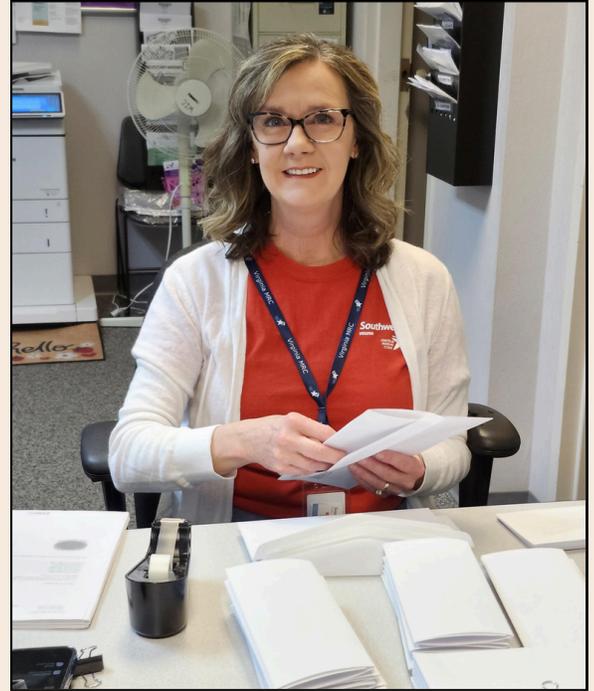Volunteers at the Damascus Caboose.

Volunteers in Pennington Gap.

Drug Take Back at Michael's Pharmacy.

PICTURES!

Moe taught Revive to two shifts at Utility Trailer.

Kristi helping in WIC.

MRC volunteers teaching and learning CPR on Valentine's Day.

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.

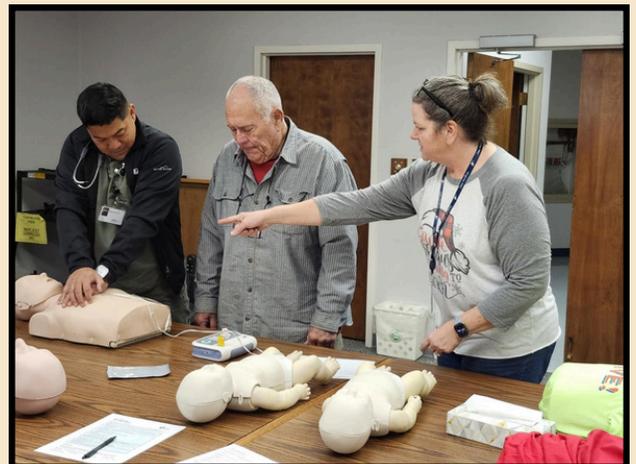Let us know if you have any questions.

More Training

This Spring and Summer we will have training at Wythe County Community College and Southwest Virginia Community College. We are doing these trainings once a year at each community college in our region. This will allow us to get together for a morning, update everyone on the latest in MRC, and have trainings and presentations from other organizations.

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.

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

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Deployable Volunteers in our unit! **372**

YOU ROCK!