



Mountain Empire Training

We had a great training on November 8th at Mountain Empire Community College. MRC volunteers and nursing students learned about Stop the Bleed, Revive, Stroke Smart and took part in a sensory deprivation exercise.

The next training days will be at Southwest Virginia Community College in Tazewell and Wytheville Community College. Watch your emails for information on those events.

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.

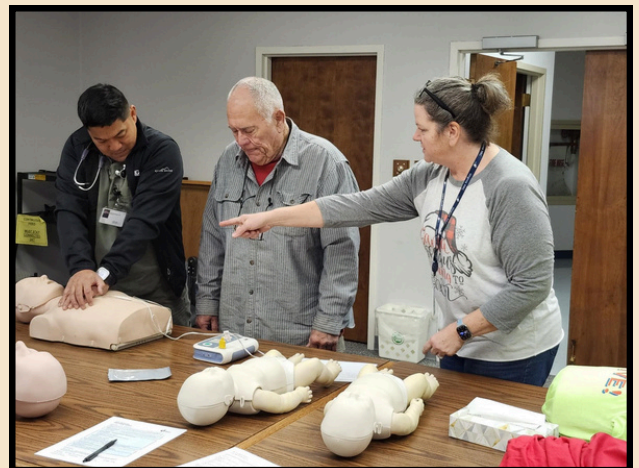


*Happy
Thanksgiving!*

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



Pat Meinen
Unit Coordinator
276-274-0555
pat.meinen@vdh.virginia.gov

2025 Hours so far... 1,120

YOU
ROCK!

Communications Upgrade



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. We are purchasing mobile radios, meaning radios volunteers will be able to take them from the health department and use them at a more appropriate location depending on the situation.

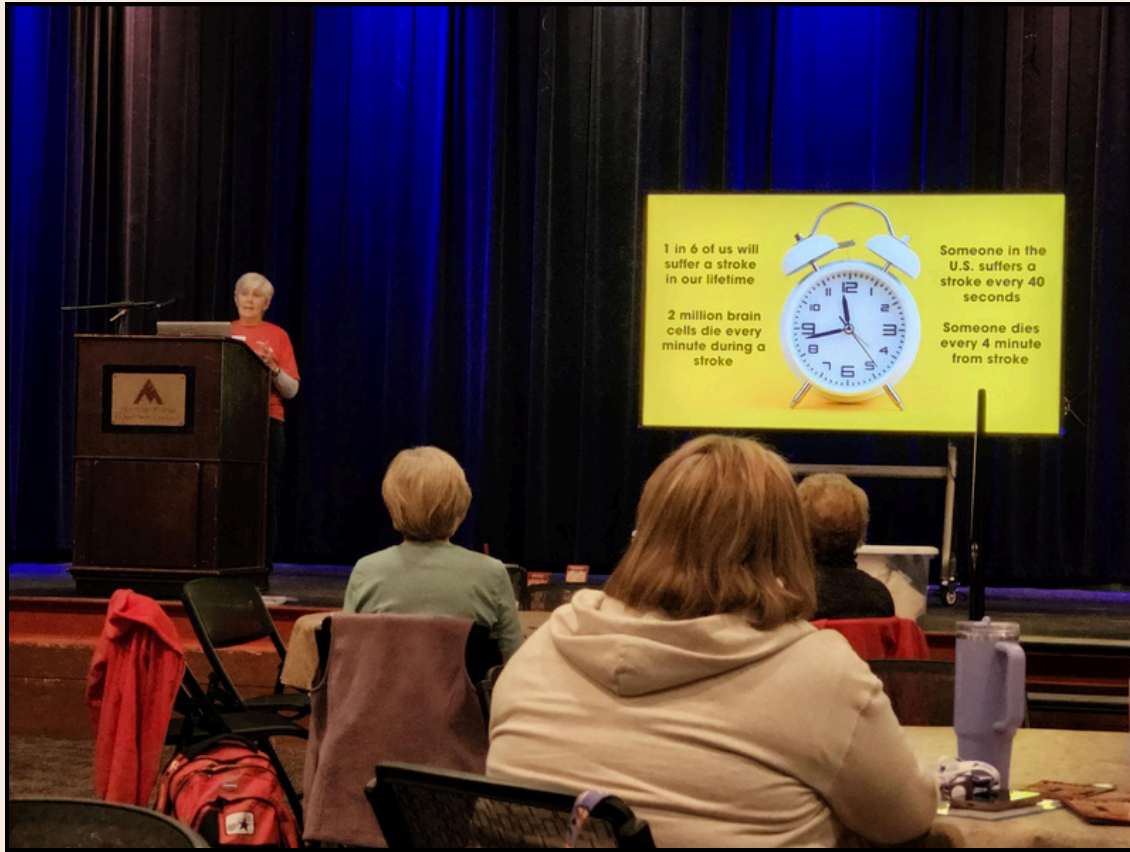
If you are interested in becoming a HAM operator, the MRC will cover the cost of the training, the manual and the license.

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

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



PICTURES!



Moe Thompson
teaching Stroke
Smart at Mountain
Empire



Volunteers and LPN students take part in
sensory deprivation exercise at Mountain Empire



***Deployable Volunteers in our
unit!***



MRC volunteers and students who participated in
our training on Nov. 8th at Mountain Empire
Community College