

MRCConnection

To Do List:

Please take these TRAIN Virginia courses:

- **IS 100-** Introduction to the Incident Command System. Course Number: 1016067. (On VATrain).
- **IS 700-** Introduction to the National Incident Management System (Course Number 1016070). (On VATrain).
- **IS 22-** Are you Ready? Course Number 1014732. (On VATrain).

Get Involved!

Get involved with either (or both) the Recruiting or Outreach unit!

Recruiting Unit– I am looking for volunteers interested in helping with volunteer recruitment.

Duties for this unit include: talking and presenting PowerPoint on the MRC to target organizations, researching target areas that adhere to the recruitment plan, and target places to post marketing materials. Those interested, **please email me!**

Outreach Unit– Looking for volunteers who would like to be apart of an outreach unit, in which will consist of researching and looking for potential public health events, activities, and fairs the MRC volunteers can be involved with. Those interested, **please email me!**

Blue Ridge
Medical Reserve
Corps

Blue Ridge EMS
Council Inc.
1900 Tate
Springs Rd.
Lynchburg, VA
24501

Blue Ridge

VIRGINIA



Hello MRC Volunteers!

Thank you for joining our team! My name is Lindsay Mackey, the Blue Ridge MRC Coordinator. We are so happy to have a MRC unit in Central Virginia Health District and even more delighted to have you as a team member! Our focus will be to help our community to increase a medical volunteer reserve and sustain the MRC for the future of our community.

Since our unit is new, I am looking forwards to building partnerships with organizations within the community and internal coordination in order to form a strong MRC in our community.

The mission of the Medical Reserve Corps (MRC) is to establish teams of local volunteer medical and public health

Fourth Quarter 2010

In this issue:

- Welcome!
- What Virginia Train entails and all about
- How to create a Virginia TRAIN account
- Upcoming orientation dates
- To do list: Complete VA Train Courses
- Get Involved!

professionals who can contribute their skills and expertise throughout the year and during times of community need. You can choose your level of participation. We would like to ask you to tell your friends and family about the Medical Reserve Corps and if they are interested in joining have them contact me or the Blue Ridge EMS Council office number.

I am now planning a committee and roles you all can take over. You may decide what role, responsibilities, and time commitment you wish to volunteer. Remember we need you to make the Blue Ridge MRC a strong and very organized public resource!

Sincerely,

Lindsay Mackey

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Fact or Fiction?

- Is no pain, no gain really true when it comes to exercise?
- Does the amount you sweat really correlate to the amount of fat you're losing?
- Vitamin C prevents the cold.

Answers

- Fiction-Aches and pains, such as joint pain, bone pain, muscle strains, and ligament or tendon strains should be taken seriously because can get worse if ignored.
- Fiction- How much you sweat indicates your body's ability to maintain its normal body temperature. Sweating occurs when the body begins to store heat and then begins to cool itself via evaporation of sweat. It doesn't correlate to how much energy, or calories you are burning.
- Fact- The latest study, published 2006 in the *European Journal of Clinical Nutrition*, showed the risk of contracting three or more colds in the five-year period was decreased by 66 percent by the daily intake of the 500-mg vitamin C supplement. Take your Vitamin C!!

TRAIN Virginia

As some of you have learned, TRAIN Virginia is a learning management and training resource. MRC members come from a variety of backgrounds and enter the program with various credentials, capabilities and professional experience. In order for an MRC to fulfill its mission in the community, members of the MRC need to be competent to carry out their responsibilities. The development of MRC competencies provides several benefits and creates a common set of knowledge, skills and abilities among volunteers. Competencies define a core and standard set of activities that each MRC member should be able to perform. They also provide a framework for the program's training component. Additionally, these courses are important on how to effectively work together to prepare and respond to potential emergencies.

TRAIN Virginia is a resource free to all volunteers. In order to begin completing the MRC core competencies you must take these three courses

- **IS 100**- Introduction to the Incident Command System. Course Number: 1016067. (On VATrain).
- **IS 700**- Introduction to the National Incident Management System. Course Number 1016070. (On VATrain).
- **IS 22**- Are you Ready? Course Number 1014732. (On VATrain).

At your convenience, take these courses (about 45 minutes to complete the instruction part and test section). Once completing a course, you will receive a certificate in your email. Remember to print the certificate for your records.

Summary- What does TRAIN Virginia do?

- Search engine for training courses
- Creates a training transcript for you.
- Free CEU's (Continuing Education Units)
- Quiz functions



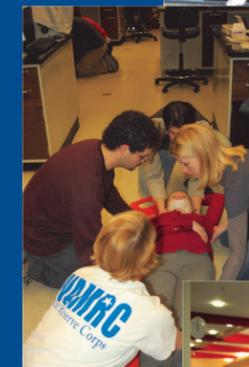
How do I create an account ?

- Go to **Internet Browser**
- Type in <http://va.train.org>
- **Only Create one account! If you forget your Password/ username, go to "Forgot Password"**
- Fill out required fields
- When you come to Organization Field: Type in **Medical Reserve Corps**
- For Department: Type in VDH
- Job Role: Select "Not a VA Certified EMS Provider" for the first box and "Volunteer Agency" for the second box
- Click yes that you are a Medical Reserve Corps
- When you confirm you are a MRC volunteer, it will ask which unit you are with. Please select **Blue Ridge MRC**.

Upcoming Events

- **November 20 (Sat.)- Volunteer Orientation***
Place: Dolan Conference Room at Lynchburg General Hospital
Time: 2:30- 4:30pm
- **December 2 (Thurs.)- Volunteer Orientation***
Place: Dolan Conference Room at Lynchburg General
Time: 7-9 pm

*Please email Lindsay@vaems.org if you will be attending either of the orientations. If you already have gone to an orientation, you do not need to attend.



**Volunteers
Protecting
the Health of
the Central
Virginia!**