

Blue Ridge

VIRGINIA



Hello Blue Ridge MRC Volunteers!

It is hard to believe, but June and 2011 summer is already here! Along with the vacations, enjoying summer weather, beaches and swimming pools, traveling, and running outside also brings potential safety risks to our families. In efforts to raise awareness on the top causes of preventable injuries, deaths, and advocate safety behaviors among Americans, June has been designated as National Safety Month.

Each June, the National Safety Council encourages organizations to get involved and participate in National Safety Month. Each week of June emphasizes a critical safety issue: summer safety, preventing overexertion on the body, encouraging safe teen driving behaviors, preventing slips, trips, and falls, and preventing all distractions behind the wheel.

According to the NSC, preventable injuries and deaths are at unacceptable levels. Furthermore, the NSC stated "Unintentional deaths reached an estimated 128,200 in 2009. The 2009 estimate – the highest on record – is 47% greater than the 1992 total of 86,777 – the lowest annual total since 1924. The cost of unintentional injuries to Americans and their

MRC **Onnection** June 2011

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- Air Show Volunteer Recognition!
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employers exceeds \$693 billion nationally, or \$5,900 per household."

I challenge you to take some time and go over the informative tips on summer and health safety at www.nsc.org!

I know, I know--Even though many of us recognize these public health risks and fully understand the preventable measures we must take at all times, we sometimes forget the significance it can have on our self and our family's health and safety. Of course injuries will happen in our lives, however decreasing these chances and vulnerability will be invaluable and appreciated in the long run!



Respectfully,

Lindsay Mackey

BRMRC Coordinator

Thank you for Protecting Virginia's Health!



Photo courtesy of Lou Martel

Thank you all to those who helped out at the medical STIP tent at the Blue Angels Air show!

The volunteers listed below helped record patient information, talked with families and patients, helped administer IVs and various other tasks that needed to be completed.

- ★ Mildred McQueen
- ★ Lou Martel (Both Saturday and Sunday)
- ★ Dee Dee and Tim Soyars (Who both coordinated and ran the tent and did an awesome job!)
- ★ Hannah Soyars
- ★ Christy Brown
- ★ Bonnie Napierkowski
- ★ Mari Cedillo (Both Sat. and Sun.)
- ★ Yvonne Wright (Both Sat. and Sun.)
- ★ Jodi Harris
- ★ Linda Young
- ★ Dr. George Wortley (Who saw around 22 patients just on Sunday afternoon!)



(L-R): Mari Cedillo, Lou Martel, & Christy Brown



(L-R): Adelaide Lee, Dee Dee Soyars, & Yvonne Wright



(L-R): Bonnie Napierkowski & Christy Brown



Tim Soyars (middle) & Yvonne Wright (right)



Lou Martel helping unload a container with medical supplies

Thank you all again for all your hard (and LONG) hours you put into that weekend! It was greatly appreciated by Centra Health and of course the numerous patients you all helped and cared for!!

WELCOME

Please Welcome these New Blue Ridge MRC Volunteers!

- | | |
|------------------|------------------|
| • Jennifer Kerns | • Nada Combs |
| • Mark Smith | • Shane |
| • Linda Adcock | • Corpolongo |
| • Michele Burke | • April Harteirs |
| • Tina Campbell | • Cheryl |
| • Lisa Jamerson | • Patterson |

Did you know....!?



The most pushups ever performed in one day was 46,001

We are born with 350 bones, and die with 206

When a person dies, hearing is usually the last sense to go

***Plases check the website for the most current newsletter and monthly calendars with courses and trainings and any announcements at www.vamrc.org**

To become a VA MRC volunteer, apply at www.vamrc.org.



What exactly happens in Nuclear and Radiation Emergencies?

Since the tsunami and nuclear disaster in Japan, people across the world became aware of the severity and public health effects of radiation exposure.

Even though radiation is always around us, it is important to know what to expect, how to plan, and how to support with the response effort in such an event.

Would you like to learn more on this topic??
... If so

Attend this informative session to learn about...

- ★ The history and impact of nuclear and radiological events
- ★ Nuclear and radiological threats in Virginia
- ★ Radiation exposure
- ★ The health impact of radiation exposure
- ★ Counter measures used for decontamination and treatment
- ★ How MRC volunteers could be used to support response

Presenter: Steven A. Harrison, MEP, State Hospital
Coordinator VDH Office of Emergency Preparedness

Thursday, June 9th from 6:00 – 8:00pm



Upcoming June Events

June 9th (Thurs.)- VDH: Nuclear and Radiation Overview for MRC

Time: 6:00-8:00 pm

Place: Lynchburg Health Department

Registration: Register on VATRAIN with course ID number 1027063. If you are not familiar with VATRAIN (<https://va.train.org>), contact Lindsay@vaems.org.

June 11th (Sat.)-New Volunteer MRC Orientation

Time: 2:00-3:30pm

Place: The Private Dining Room at Lynchburg General Hospital.

June 15th (Wed.)- Family and Personal Preparedness

Time: 6:00-8:00 pm

Place: Lynchburg Health Department

Registration: Register on VATRAIN with course ID number 1025163. If you are not familiar with VATRAIN (<https://va.train.org>), contact Lindsay@vaems.org.

June 29th (Wed.)-New Volunteer MRC Orientation

Time: 7:00-9:00pm

Place: The Private Dining Room at Lynchburg General Hospital.

*** For new volunteers attending Orientation, please bring copies of any Healthcare licenses/ certifications you have and a copy of your Driver's license.**

Address to Lynchburg General Hospital:

Physical Address: 1900 Tate Springs Road, Lynchburg, Virginia, VA 24501

Go to: <http://lgh.centrahealth.com/about-us/general-information>

Any additional questions, email Lindsay@vaems.org



Join us at Blue Ridge Medical Reserve Corps!

To become a VA MRC volunteer, apply at www.vamrc.org.