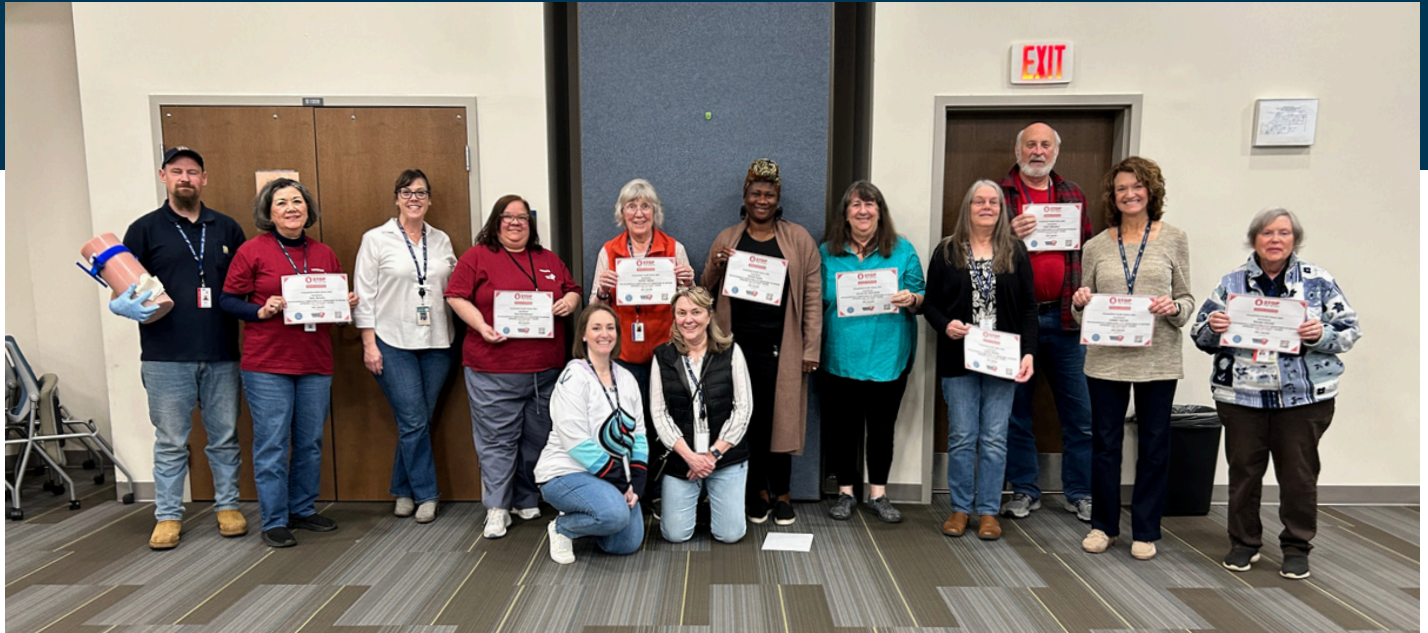




THE CHESTERFIELD TRIBUNE



QUICK TIPS FOR VOLUNTEERS

-  To ensure an active volunteer status, be sure to choose either "AVAILABLE" or "UNAVAILABLE" when you receive an alert.
-  Haven't completed your Cybersecurity & HIPAA training?
 - Complete it today by signing into your TRAINVA account at :
<https://www.train.org/virginia/welcome>
 - Search by course name 'VDH: Cybersecurity and HIPAA Training for MRC Volunteers,' or by Course ID #1111599.

THIS EDITION:

- Quick Tips
- News You Can Use
- Together Tuesday
- Open House
- What is... PREParDy?
- Coordinator Corner
- Training & Events

Unit News You Can Use

Introducing “Together Tuesdays”

💡 Do you have an idea or community event to share?

👤 Or are you missing connecting with fellow volunteers?

☕ Then Together Tuesdays is for YOU. Come out on the 3rd Tuesday of every month to meet up with Sarah and other volunteers to enjoy a cup of coffee and chat with fellow volunteers.

📅 Tuesday, March 19th

10:00 AM- 12:00pm 🕒

📍 Urban Farmhouse Midlothian
13872 Coalfield Commons Place, Suite 102



Did you miss the Open House?

We unveiled several new community health displays, including; Summer Safety and Heart Healthy Habits. Thanks to grant funding we were able to purchase additional supplies and equipment. We are now able to facilitate more training opportunities such as CPR, Stop The Bleed, Mental Health First Aid, REVIVE! and much more...

Thank you to all of you who attended the Open House!

What is... PREPardy?

PREPardy is an engaging and fun way to interact with the public to teach them about Emergency Preparedness. Our own Kate Bausman (MRC Regional Coordinator) invented this a few years ago and we just updated it to use in Chesterfield. We will be taking this display on the road in the Spring and Summer to community events in our area!



A QUICK WORD FROM YOUR COORDINATOR

***“Wherever there is a human being,
there is an opportunity for a kindness.”***

I want to personally thank you each and every one of you for helping me get acquainted with this amazing volunteer program. I have met so many kind and wonderful people and enjoyed hearing stories from your volunteer experiences!



We have been focused on offering training to get our volunteers back up to date on certifications like Stop the Bleed, CPR, and REVIVE.

Many of you answered the call for volunteers and joined during the COVID 19 pandemic helping to run vaccination clinics and testing PODS. You may be wondering if there is still a place for you in MRC. The answer is yes! We still need volunteers to help at community events and with day-to-day operations at the Health Department. You can help in reshaping what Chesterfield MRC will look like in the future.

I hope you will consider joining me this coming Tuesday, March 19th at the Urban Farmhouse in Midlothian to discuss ideas and opportunities to grow the MRC family.

Thank you for your dedication to protect the health of Virginians!

- Sarah Gagnon



UPCOMING TRAININGS AND EVENTS CALENDARS

TRAINING

| | |
|---|---|
| <div style="border: 1px solid #ccc; padding: 10px; margin-bottom: 10px;"> <p>MAR</p> <p>14</p> <p>*Basic Life Support (BLS)</p> </div> <div style="border: 1px solid #ccc; padding: 10px; margin-bottom: 10px;"> <p>MAY</p> <p>16</p> <p>*Mental Health First Aid (MHFA)</p> </div> | <div style="border: 1px solid #ccc; padding: 10px; margin-bottom: 10px;"> <p>MAR</p> <p>18</p> <p>REVIVE! Trainer of Lay Rescuer</p> </div> <div style="border: 1px solid #ccc; padding: 10px; margin-bottom: 10px;"> <p>APR</p> <p>8</p> <p>In person Cybersecurity/ HIPAA</p> </div> <div style="border: 1px solid #ccc; padding: 10px;"> <p>APR</p> <p>22</p> <p>Disaster Recovery Training</p> </div> |
|---|---|

*Course is at capacity. More dates to be announced

EVENTS

| | |
|---|--|
| <div style="border: 1px solid #ccc; padding: 10px; margin-bottom: 10px;"> <p>APR</p> <p>21-27</p> <p>Volunteer Appreciation Week</p> </div> <div style="border: 1px solid #ccc; padding: 10px;"> <p>MAY</p> <p>18</p> <p>Westchester Community Day</p> </div> | <div style="border: 1px solid #ccc; padding: 10px; margin-bottom: 10px;"> <p>MAY</p> <p>1</p> <p>TRIAD "Let Your Life Soar in 2024"</p> </div> <div style="border: 1px solid #ccc; padding: 10px;"> <p>SEPT</p> <p>21</p> <p>MRC Core Competency Camp</p> </div> |
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**Need CPR or BLS training?
Interested in taking on-line version with
American Heart Association? Reach out
to me for more details**

