

January - March  
2018

## News

Our 15<sup>th</sup> Year  
Issue 1

### MRC in Arlington – Events & Activities

**NEW!**

#### Annual Recognition Ceremony – Save the Date

Wed. April 25, 2018 – 6:00 pm to 8:00 pm  
Sequoia 1 Lower Level Auditorium – details coming soon

**NEW!**

Confidentiality Agreements were mailed to our veteran volunteers not having their HIPAA & Liability boxes checked in VVHS. Please return signed forms to us. Also, you may check these boxes yourself under the Admin tab and in the Acknowledgement section - <https://vvhs.vamrc.org/>. (let us know if you do)

Until Help Arrives training – 2 sessions left - learn citizen response to a community emergencies (e.g. Las Vegas shooting):

- March 7 (Fairlington Community Center)  
<https://goo.gl/maps/e26mVuEemp72>
- May 9 (Langston Brown Community Center)  
<https://goo.gl/maps/r9mZZAiWLtA2>

#### Other News:

Please note [ArlingtonMRC@arlingtonva.us](mailto:ArlingtonMRC@arlingtonva.us) is now our primary email. Please update all your contact lists. Also, we continue to notify & archive inactive volunteers – those who are not completing orientation within the first

### PH & Training Updates

We now have **31 MRC Level 1 volunteers**, who have completed ICS/NIMS coursework IS-100, IS-200, & IS-700 – **congratulations!**

We now have **48 MRC Level 2 volunteers!** State MRC wants all volunteers to achieve MRC Level 2 in their first year by completing two intro courses – the Incident Command System (ICS) & National Incident Management System (NIMS): IS-100 & IS-700 (see our [ICS/NIMS Training page](#) for more details).

A “no show” reminder: Once you confirm with us that you will participate in an event/activity, we expect & depend on you to show-up for those assignments. If something comes up & you cannot attend or are having difficulty with an assignment, **please notify us by phone!**

### Classroom/Live Training (Sequoia Building 1)

Upcoming Training dates in 2018 are:  
MRC New Volunteer Orientation (NVO)

- Weekdays 1:1 in our office – please call or email Psychological First Aid (PFA)
- Thursday, April 5, 2018 – 6:30 pm to 8 pm (email with details coming soon)

#### Citizen/Comm. CPR & First Aid – CY 2018 – Quarter 2

- Thursday, May 3, 2018 - 5:30 pm to 9:30 pm (details soon - see [VA TRAIN for next session](#))

See our [Levels & Basic Training page](#) for more details & to register using VA TRAIN links. **Please remember that as of July 2016, all MRC volunteers must now complete orientation within one-year of applying.**

### NVO & ICS/NIMS Training

**Become deployable!** All volunteers are in our [Basic Training Plan](#) in VA TRAIN, and need to complete New Volunteer Orientation (NVO) & Intro to ICS/NIMS (IS-100 and IS-700) within one year of applying.

### Call-Down Drills/Alerts

Our March alert was our best response, so far at **66.8%!** In December, we slid a bit with a **61.14%!** Please help us meet the new State goal of 70% by participating in **all VVHS alerts**. Thank you to all who participated!

Please have your VVHS profile updated with **two different emails** (if possible) for quarterly exercise alerts, and for activation in a true Public Health emergency or community-wide disaster. The alert will include a link that you need to click to complete the drill by checking 1) “available” or 2) “not available.” Please add our email, [vamrc@vdh.virginia.gov](mailto:vamrc@vdh.virginia.gov), and 85364 (text) to all contact lists on all your devices.

**Phone voice option is quickest** – it asks you to **choose from 1 or 2 above and voila - you are done. Try it if you can!**

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**Volunteers Building Strong, Healthy, and Prepared Communities**