



# SOUTHSIDE RAM Monthly Newsletter

Remote Area Medical Volunteer Corps of Virginia



Phone Elise: 301-641-0083

Email: [elise@enroll-virginia.com](mailto:elise@enroll-virginia.com)

Email: [kimva@ramusa.org](mailto:kimva@ramusa.org)

Website: [www.ramusa.org](http://www.ramusa.org)

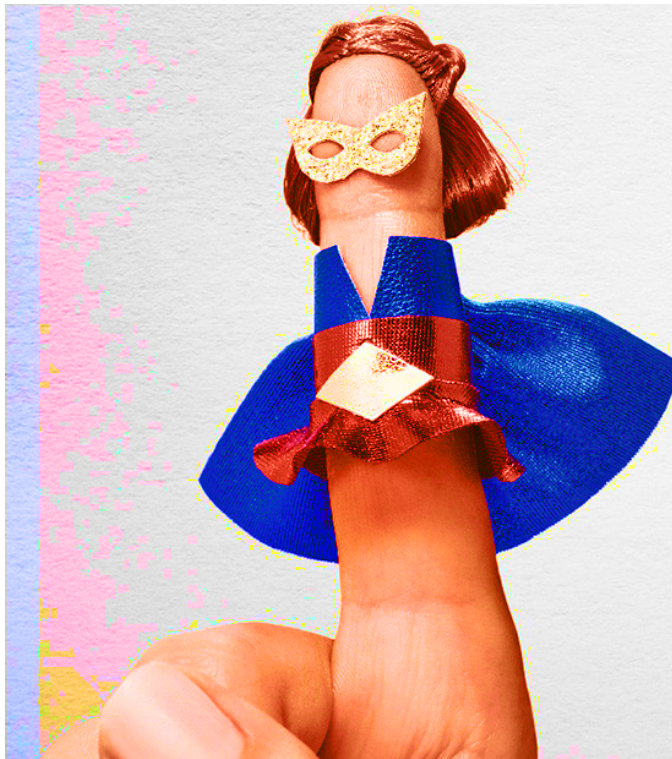
Issue 02  
Winter 2017

Find us online at  
[www.ramusa.org/volunteer/](http://www.ramusa.org/volunteer/)

## JUNE is NEAR... SPREAD THE WORD... 100% FREE ACCESS... A GIFT TO THE COMMUNITY FROM THE COMMUNITY...

Can you believe that June is right around the corner for our **FIRST** Southside RAM? **June 24-25** at Greensville High School, 403 Harding St., Emporia VA.

YOU CAN MAKE A  
DIFFERENCE




# BE A HERO

*You don't need superpowers to be a hero*

Contact: [elise@enroll-virginia.com](mailto:elise@enroll-virginia.com),  
[kimva@ramusa.org](mailto:kimva@ramusa.org) or [www.ramusa.org/donate](http://www.ramusa.org/donate)

### DONATIONS NEEDED: There's Something for Everyone

- **Churches without Vans,**  
please donate (a minimum of 200): raisins, bars, dried fruit, snack cups, peanut butter crackers, nuts,
- **Emporia Churches,**  
please donate (6 - 8 oz. for a minimum of 200): cranberry juice, orange juice, apple juice, and tents for the weekend. **Churches with kitchens,** please contact Elise @ 301-641-0083
- **Nonprofit Organizations,**  
please donate (a minimum of 200): oranges, apples, and bananas
- **Churches with Vans,**  
please commit to bringing a van of people to event
- **Small Business Owners,**  
please donate \$25-\$50.00 to RAM for hotel, prescription and LabCorp
- **Groups, Clubs & Associations:**  
Help us promote the event and hand out signs, and fliers  
**EVERYONE CAN DONATE USED EYE GLASS FRAMES TO THE NEAREST LIONS CLUB** 

### VOLUNTEERS NEEDED: There's Something for Everyone

- Doctors,
- Specialist,
- Nurses,
- Health Educators,
- Drivers,
- Servers,
- DIY "geeks" – set-up and break down on **June 23rd & 25th**
- Patient Assistants
- General



Search for  
your volunteer  
role today

# A GIFT TO THE COMMUNITY - A HEALTH EXPEDITION -

June 24th from 6 a.m. - 5 p.m. and  
June 25 from 6 a.m. - NOON

Greenville High School, 403 Harding Street, Emporia

Medical Exams +  
Vision + Dental +  
Health Education +  
Resource Booths +



## CAN I GET A "YES, I CAN"?

Last note, can I get a "yes - I can volunteer", "yes - I can partner and provide resources", and YES, I will go to [www.ramusa.org](http://www.ramusa.org) to volunteer or donate funds. YES, I will email Elise or Kim to donate anything else. Currently, along with the three clinics, we will have mental health counselors, Naloxone training (drug addiction), MHFA (mental health first aid - limited classroom size) certification, a food comedian and a FANTASTIC nutrition class offered along with resource health educators.

## Medical Assistance Available:

- Medical Specialists
- Primary Care Physicians
- Cardiologist - Neurologist
- Women's Health
- Social Workers & Counselors

*Access is FREE,*

Please Bring Medication, Food, and Water



## MEDICAL CLINICS

We need your help!

We NEED you to VOLUNTEER! [www.ramusa.org/volunteer](http://www.ramusa.org/volunteer)  
We need your organization to be available for follow-up

## WANT TO LEARN MORE?

JOIN our conference/webinar call every 2nd Wednesday or 3rd Thursday @6:30 p.m. You can download the FreeConferenceCall application to your phone or view by desktop.

- Dial-in Number: (712) 432-0185 - Access Code: 632-627-749
- Online Meeting Link: <https://join.freeconferencecall.com/enroll>
- Online Meeting ID: enroll

