



**American Red Cross**

Alabama Gulf Coast Chapter

# Red Cross

## Review

Serving Baldwin, Clarke, Mobile, Monroe and West Escambia Counties

### Disasters Change Lives. You Can Too.

The American Red Cross has reached the halfway mark in its efforts to raise \$100 million through its Campaign for Disaster Relief, which was launched in September to replenish the organization's Disaster Relief Fund.

"This is a challenging time for fundraising, especially with the number of disasters we've had this year and the country facing some tough economic conditions. But we've been inspired to see so many generous donors step forward to help the Red Cross," said Jeffrey Towers, chief development officer at the Red Cross.

In addition to the thousands of donations from the American public, the following corporations have donated \$1 million or more to the Hurricanes of 2008 and the Disaster Relief Fund to help the Red Cross meet its goal:

- BG Group plc
- BP
- ExxonMobil
- Lowe's Companies, Inc.
- Shell and Motiva
- Total S.A.
- Valero Energy Foundation

This has been an extremely busy disaster year—including widespread tornadoes, the worst flooding in the Midwest in 15 years, an early wildfire season, and an active hurricane season. The Red Cross relies on the Disaster Relief Fund to mobilize volunteers and resources to help communities throughout the United States.

One way in which the Disaster Relief Fund is built up is through the Annual Disaster Giving Program. Members of this program pledge donations to the Disaster Relief Fund on an ongoing basis, in advance of major disasters. Their support helps the Red Cross ensure an immediate response to meet the needs of those affected by disasters of all sizes, at no cost and regardless of income.

People can join the Annual Disaster Giving Program members in supporting the Red Cross Disaster Relief Fund and help provide food, shelter, counseling and other assistance to the victims of thousands of disasters across the country each year. Support the Campaign for Disaster Relief by logging on to [redcross.org](http://redcross.org) or calling 1-800-RED-CROSS (1-800-733-2767) to make a donation.

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### Learn How to Save a Life... and Earn CEUs in the Process

Many Red Cross course takers—such as nurses, social workers, recreation professionals, teachers and day care providers—are professionals who need continuing education units to maintain a license and/or certification. In order to provide this added service to our customers, the American Red Cross has been approved as an Authorized Provider by the International Association for Continuing Education and Training (IACET). IACET's Criteria for Quality Continuing Education and Training Programs are the standards by which hun-

dreds of organizations measure their educational offerings. As an IACET Authorized Provider, the American Red Cross offers CEUs for its programs that qualify under IACET guidelines.



The Red Cross makes it easy for you to obtain CEUs online at [www.redcross.org](http://www.redcross.org)/store.

CEUs are offered as an add-on to training courses completed through the American Red Cross. Visit [www.iacet.org](http://www.iacet.org) to review a list of companies, regulatory boards and organizations that have reported to accept the IACET CEU.

Individuals are strongly encouraged to check with their specific regulatory boards, employers or other agencies to confirm that courses taken from IACET Authorized Providers and courses taken for IACET CEUs will be accepted by that entity.

## Prepare Now for Fire Season

The American Red Cross urges families to prepare for and prevent a home fire. Nationally, the number of home fires the Red Cross responds to is up 10 percent since the year 2000. Alarmingly, only 26 percent of families have actually developed and practiced a home fire escape plan, according to a May 2006 poll conducted by ORC International on behalf of the Red Cross.

“Last year the Alabama Gulf Coast Chapter responded to more than 276 home fires in Baldwin, Clarke, Mobile, Monroe & West Escambia Counties” said Leisle Mims, Chapter Executive Director. “Preventing a home fire doesn’t require a lot of expensive equipment or training, and Fire Prevention Week is a great time to get started.”

“In addition to having working smoke alarms, one of the easiest ways you can prepare is to develop and practice a home fire escape plan so that every family member can escape quickly and safely,” continued Mims. “A home fire

escape plan includes at least two escape routes for every room in the home, and a convenient meeting place at a safe distance from a fire.”



The American Red Cross offers the following recommendations regarding fire escape plans:

- Family plans should include two ways to escape from every room in the home.
- Practice your escape plan at least twice a year.
- Select a safe location away from the home where your family can meet after escaping.
- Consider purchasing and storing escape ladders for rooms above ground level and practice using them.
- If you see smoke or fire in your first

escape route, use your second way out.

- If you must exit through smoke, crawl low under the smoke.
- Before escaping through a closed door, feel the door before opening it. If it is warm, use your second escape route.
- If smoke, heat or flames block both of your exit routes, stay in the room with the door closed. Place a rolled towel underneath the door. Signal for help by waving a brightly colored cloth or shining a flashlight at the window. If there is a telephone in the room, call the fire department and let them know your exact location inside the home.
- Once you've escaped your home, stay out.

The Red Cross depends on the generous support of areasidents to respond to our neighbors who are affected by home fires.

For more Red Cross safety and preparedness information visit [www.redcross.org/homefires](http://www.redcross.org/homefires) or [www.redcrossalcoast.org](http://www.redcrossalcoast.org).

## New Class Designed for Military Families

The Alabama Gulf Coast Chapter of the American Red Cross has announced that a new course, *Coping With Deployments: Psychological First Aid for Military Families*, is now available. The course, offered free of charge, is open to military family members of active duty, Reserve and National Guard forces, as well as veterans and their families.

The Red Cross developed the course to address the stress and strain of deployments on military family members to include spouses, children, parents, siblings and significant others of service members and veterans. The course is taught by actively licensed Red Cross mental health professionals. The Red Cross worked closely with subject matter experts from the Army, Navy, Air Force and Marines, to include active duty, National Guard and Reserve commands, in development of the final curriculum.

The course provides significant information on resiliency strategies for

adults and children. Resiliency is the process of how one quickly recovers from adversity or change. The course also explains the easy steps involved in psychological first aid which involves providing immediate support to people in distress. A significant resource and referral section in the course helps families identify resources that can provide additional assistance to them quickly. When taken as a single session, the course lasts four hours. It can also be divided into a module that focuses on adult issues which lasts two and a half-hours or a module focusing on children’s issues which lasts one and a half-hours.

Presently, the course is offered in sixteen states (Alabama, Arkansas, California, Colorado, Florida., Hawaii, Indiana, Minnesota, Nebraska, New Hampshire, Ohio, Oregon, Pennsylvania, Tennessee, Texas, and West Virginia) and Washington, D.C. However, the Red Cross plans to make the course available across the country in the summer of 2009.

Interested families and individuals can sign up to take the course at their local chapter, or they can call the local chapter to find out how to schedule a course for a military family group, by contacting (251) 436-7912.



*In honor of Veterans Day, the American Red Cross Alabama Gulf Coast Chapter would like to thank all military service veterans for their selfless service to protect our country and our freedom.*

# Order Now and Save on Great Holiday Gifts and Stocking Stuffers



Various sizes of **First Aid Kits** are Available  
Cost: \$10.00 to \$25.00  
For help deciding which one is right for you or your loved one call (251) 436-7940.

Item: **Safety Tube**  
Cost: \$5.00  
The American Red Cross Safety Tube is a handy emergency kit that fits easily into a purse, backpack, briefcase, or glove compartment. The Safety Tube is packed with a pealess whistle, 6-hour lightstick, procedural mask, and 4.2 oz. water packet. Plus, look inside the label and find emergency preparedness tips and a spot to record your emergency contact information.

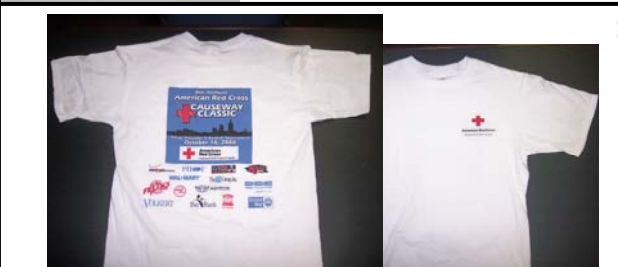
Item: **EverSafe™ Meal Kit**  
Cost: \$5.50 each  
\$60.00 per case of 12  
EverSafe™ meal kits are packaged for easy portability. You can take them with you if you are on the move, or even leave in several locations, such as your home and office.



Item: **Personal Safety Emergency Pack**  
Cost: \$10.00  
Be prepared for an emergency with the Personal Safety Emergency Pack. This kit contains the basic emergency preparedness AND first aid items to support one person during a short term emergency situation AND treat minor injuries. Ideal for the office desk drawer or dorm room.



Item: **Deluxe Personal Safety Emergency Pack**  
Cost: \$15.00  
Be prepared for an emergency with the Deluxe Personal Safety Emergency Pack. Packed with more pieces than the regular Personal Safety Emergency Pack, this kit contains the basic emergency preparedness items to support one person during a short term emergency situation as well as first aid items to treat minor injuries.

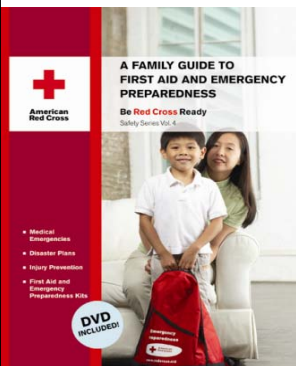


Item: **Causeway Classic 2008 T-shirt**  
Cost: \$5.00  
Limited numbers of M, L, XL & XXL sizes available. Just roll it up for a quick & cheap stocking stuffer. (Also have limited number of shirts from the 2007 tournament available for \$5.00 each)



Item: **Red fleece blanket** with American Red Cross patch (100% polyester)  
Cost: \$10.00\*  
Keep your family & friends warm with this blanket.

Item: **Family Caregiving**  
Cost: \$24.95  
*Family Caregiving* is a quick reference guide with a companion DVD for individuals helping to care for an elderly or chronically ill loved one.



Item: **Family Guide to First Aid and Emergency Preparedness**  
Cost: \$16.95  
The guide, along with an accompanying DVD that enhances learning with step-by-step demonstrations, takes a positive approach to learning – and fun interactive activities get the whole family involved, helping children respond to emergencies confidently.



Item: **Cat First Aid or Dog First Aid**  
Cost: \$16.95  
Great gift for any cat or dog owner, and bundled with a DVD in the back cover that demonstrates how to perform many of the first aid steps described in the book.

## New on the Web

The Alabama Gulf Coast Chapter's Website has been updated with items available for purchase from Health & Safety. Click on the link below to go straight there.

[SHOP on AGCC Website](#)

[Also, check out the new chapter page on Facebook by clicking here.](#)

# THANK YOU!!!!

Thank you to all the outstanding volunteers who helped in the local disaster response to Tropical Storm Fay and Hurricane Gustav. We appreciate your hard work and support. We could not do what we do without you.

We also want to thank the duty phone volunteers to put in countless hours waiting by the phone for the next disaster call.

## Training Schedule

### Health & Safety Courses

*Community First Aid & Safety*  
Mobile: November 13, 15 & 20  
December 4, 11, 13, & 18

*Standard First Aid W/ AED*  
Mobile: November 11, 18 & 25  
December 2, 9, 16 & 22

*CPR for Professional Rescuer*  
Mobile: November 12  
December 10

#### Register Online!

[www.redcrossalcoast.org](http://www.redcrossalcoast.org)  
or call (251) 436-7940



### Disaster Courses

*New Volunteer Orientation*  
Mobile & Foley: December 4

*Fulfilling Our Mission*  
Mobile: November 17  
December 8

*Client Services & CAC Training*  
Mobile: November 11  
December 10

*Mass Care Leadership (2 day course)*  
Mobile: November 12-13

*Health Service (Medical Personnel)*  
Mobile: November 21

*Logistics Overview*  
Mobile: December 11

#### Register Online!

[www.redcrossalcoast.org](http://www.redcrossalcoast.org)  
or call (251) 436-7916

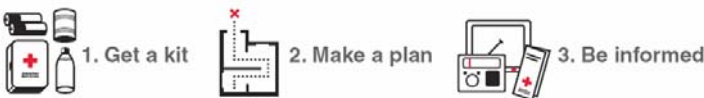


you can't stop a hurricane.  
you can't predict an earthquake.  
you can't control a thunderstorm.  
**but you can be ready.**

Visit [www.redcross.org/BeRedCrossReady](http://www.redcross.org/BeRedCrossReady)

### Preparing for a disaster before it strikes is vital.

Visit us online to learn how you can:



Contact your local Red Cross chapter or visit [www.redcross.org/BeRedCrossReady](http://www.redcross.org/BeRedCrossReady) for more information about disaster preparedness, emergency preparedness kits and creating a family communication plan.

Be Red Cross Ready  American Red Cross



**American Red Cross**

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**If you have any ideas for or would like to contribute to the newsletter please call Elizabeth Saunders at (251) 436-7909 or e-mail her at [saunders@redcrossalcoast.org](mailto:saunders@redcrossalcoast.org).**