



# June E-Newsletter

Greater Long Beach Chapter · 2010

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### CEO Message

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As summer approaches families will be looking forward to hitting the outdoors and spending some fun in the sun. Americans plan to be very active this summer, a Red Cross survey found that more than 40 percent will go hiking or camping and almost 75 percent will go swimming. While people expect to be active, the Red Cross found that many were not confident they knew what to do in an emergency - less than two-thirds felt confident helping a heat stroke victim and fewer than half could help someone with an allergic reaction to an insect or snake bite.

This year, the Red Cross is offering a new Wilderness and Remote First Aid course designed to teach people how to respond to emergencies when help is delayed. In addition, the Red Cross teaches swimming and water safety skills to over 2 million people each year, trains millions in life-saving skills through its Lifeguarding and CPR/AED courses, and offers life saving training for young people through its Babysitter Training courses.

For a complete list of all our classes offered to be safe this summer visit [www.redcrosslb.org](http://www.redcrosslb.org).

Sincerely,  
Nancy C. Kindelan  
CEO

## Ways You Can Help

- [Make A Financial Gift](#)
- [Volunteer](#)
- [Donate Blood](#)
- [Learn About Us](#)

## Down the Street. Across the Country. Around the World

## Up Coming Events

### June

6/2 – Disaster Volunteer Meeting

6/15 – Youth Volunteer

### Haiti Earthquake

Signs of progress can be seen throughout Haiti 4 months after the earthquake, with ongoing food and water needs largely being met, tarps and tents distributed to nearly all of those left homeless. Haitians are rebuilding their lives.

We have distributed tens of thousands of tarps, blankets and other supplies. Since January, Red Cross received \$409 million in donations. We spent more than a quarter to meet immediate needs

Orientation

6/17 – Disaster Preparedness Presentation

6/24 – Adult Volunteer Orientation

6/28 – Disaster Services Leadership Meeting

### July

7/7-Disaster Volunteer Meeting

7/10-LDC Staff Training

7/13-Adult Volunteer Orientation

7/15-Disaster Preparedness Presentation

7/20-Youth Volunteer Orientation

7/26-Disaster Services Leadership Meeting

7/27-31 KLOS Blood Drive

### August

8/4-Disaster Volunteer Meeting

8/17-Youth Volunteer Orientation

8/19-Disaster Preparedness Presentation

8/26-Adult Volunteer

and have long-term plans to help Haitians over the next three to five years. All dollars will be spent helping the Haitian people.

#### **Tornadoes & Floods**

More than 1,100 Red Cross workers are helping those whose lives were turned upside down by flooding and tornadoes in Tennessee, Kentucky, Mississippi, Alabama and Arkansas.

Clean-up efforts are underway and Red Cross teams from 37 different states have provided over 100,000 meals, a safe place to stay, clean-up items, toiletries, blankets, shovels, rakes, gloves, trash bags and other necessities.

#### **Local Responses**

During the months of March, April and May, we assisted many more families than last year.

In April, a family of 5 barely escaped with their lives from their home in Bellflower. Their neighbors saw the fire and called 9-1-1. But the home was completely destroyed; the children even lost their school books. Red Cross helped them.

During May, a client was sleeping when an electrical fire at 2 AM erupted in his room. He spent 2 weeks in a burn center, when he was discharged; Red Cross met him with funds for shelter, clothes and toiletries.

Thanks to your generous donations our volunteers were able to provide food, lodging and clothes to people as they begin their road to recovery.

### Be Safe this Summer

A new Red Cross survey shows that 68 percent of Americans have been involved in some kind of summer emergency, ranging from insect bites, heat stroke and broken bones to more life-threatening situations. One in every four people says they have been in a situation where someone needed CPR. The GLBC offers a variety of courses to help you be safe this summer. Sign up today for any of these classes.

#### **CPR/AED**

Each year 300,000 people suffer sudden cardiac arrest. However, by having at least one person in each household across the nation trained in CPR and the use of an Automated External Defibrillator (AED), the chance of survival increases. Sign up today!

#### **Wilderness and Remote First Aid course**

Whether you're a scout, an outdoor enthusiast or you work in a remote environment, our Wilderness and Remote First Aid course

## Get Trained

Acquire the knowledge & skills you need to help in an emergency situation.

[CPR & First Aid Schedule](#)

[Register for a Class](#)

## Get Prepared

[Online Preparedness Presentation](#)

gives you the skills you need to respond to an emergency when help may be delayed. Sign up today!

### **Water Safety**

*Drowning is the 2nd cause of injury-related death for children ages 1 to 14. Be safe!*

- **Learn life-saving water safety skills at Red Cross.** Water Safety Instructor courses, Learn-to-Swim, Parent and Child Aquatics and Water Safety courses are held in our 9 cities.
- **Know how to respond in emergencies.** Enroll in first aid/CPR courses. Have a first aid kit, cordless phone and emergency contact information poolside.
- **Keep lifesaving gear handy.** Always have a ring buoy, life jacket, rope, pole or other object that can be used to help.
- **Never leave children unattended near water.** Backyard pools should have self-closing, self-latching gates that are locked when pool is not in use. Kids' pools should be emptied, toys removed immediately after use.
- **Know what you're getting into.** Check local tides, currents and other conditions which could be dangerous before entering open bodies of water.
- **Know when it's too dangerous.** If you, or someone you are swimming with, are too cold, too far from safety, been exposed to too much sun, or had too much strenuous activity, it is time to head for shore or signal for help.

### **Babysitting classes**

The 6½ hour Babysitter's Training course gives 11 to 15 year olds the skills and confidence to safely and responsibly care for children and infants. Through hands-on activities, interactive video and lively discussions, the course teaches young people how to—Care for children and infants, Be good leaders and role models, Make good decisions and solve problems, Keep the children they babysit and themselves safe, Handle emergencies such as injuries, illnesses and household accidents, Write resumes and interview for jobs. Sign up Today!

**Class schedules** for *Learn to Swim*, water safety, first aid, CPR, *Home Pool Essentials* and baby sitting skills are available: **Health and Safety, 562-595-6341**  
**[www.redcrosslb.org](http://www.redcrosslb.org)**

## Nurse Assistant Training Program

Nurse Assistant Training classes began May 19 at 3090 E. 29<sup>th</sup> Street in the annex west of the Chester building. Nurse Assistant

skills necessary to be successful as part of a compassionate health care team.

Classes focus on both hospital patients and nursing home residents. Students interested in enrolling should visit the Greater Long Beach Chapter's website at [www.redcrosslb.org](http://www.redcrosslb.org) or call the Health and Safety Department at 562-595-6341.

### Meet the Volunteers of the Month

The Greater Long Beach Chapter of the American Red Cross announces the April Volunteer of the Month Kethya Mok. Read More...

### Youth Service Day

On April 24, chapter youth hosted over 100 of their peers from 5 Southern California Chapters at the annual National Youth Service Day focusing on Red Cross mission services: Preparedness, Disaster response, Blood, Service to the Armed Forces and International Services.

Their projects included a bingo party with the veterans at the VA hospital in Long Beach; distributing fire safety door hangers in neighborhoods and blood services fliers in our nine cities; *Safe Kids* training at the Chapter and the Preparedness Puppet Show at the Long Beach Main Public Library. Youth received information about volunteering while in college from young adults who spoke about their experience transitioning from a youth volunteer into volunteering in college.

### Preparedness Presentation at the Chapter

The GLBC is hosting evening disaster preparedness presentations the 3rd Thursday evening of every month from 6 pm-7 pm to address preparedness for individuals that have busy schedules with work and school. For more information and to sign up for classes [click here](#)

### Words of Wisdom from Clara Barton

Clara Barton, founder of the American Red Cross, is honored as one of the great women of America. She dedicated her life to helping people in distress. Ms. Barton had a talent for words and

throughout her life she wrote voluminously, often daily. She was also a gifted speaker, able to move just a single person during a personal conversation or motivate large crowds. Ms. Barton left us with a legacy of hope, dedication and caring, along with some colorful words of wisdom:

***"She had the command of a general, the wisdom of a statesman, and the heart of a woman."***

- Unknown speaker about Clara Barton, 1893