

Good to Know

Every 60 seconds, 250 lives are saved or served by the mission of the American Red Cross

Since July 2009, GLBC has helped more than **twice the number of local disaster victims** as in 2008.

Free Community disaster education classes to help you prepare for fire, earthquake or other disasters by calling 562-595-6341

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

International—Haiti

Signs of progress can be seen throughout Haiti 4 months after the earthquake, with on-going 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 and have long-term plans to help Haitians over the next three to five years. All dollars will be spent helping the Haitian people.

National—Storms

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—Our 9 Cities

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-, but the home was completely destroyed and 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 are able to provide food, lodging and clothes to people as they begin their road to recovery.

American Red Cross

200 times a day, Red Cross volunteers help a family who lost everything in a house fire or other disaster.

475 times a day, Red Cross connects deployed service members with their families.

19,000 times a day, someone outside the US receives urgent care following a disaster.

21,000 times a day, someone receives a blood transfusion from a Red Cross donor.

43,000 times a day, someone takes Red Cross health, safety and preparedness training.

290,000 times a day, a child receives a Red Cross measles vaccination .

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Youth Service Day



GLBC volunteer Siv Jang Chia speaks on transitioning from High School to College.

Red Cross Mission
To prevent, prepare for and respond to emergencies.

On April 24, chapter youth hosted over 100 of their peers from 5 SoCal 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.

Volunteers of the Month



Russ Hunt and Current Board Chair Greg Pierson



Mike Farrar, Greg Pierson,



Incoming Board Chair Jo Bracken and Amanda Jasminsky

Celebrating Volunteers

For each paid employee, GLBC has more than 45 volunteers who are the life of our chapter

January Volunteer

Russ Hunt is a jack of all trades. In the past months he has been an important part of the maintenance and upkeep of our Red Cross building. He has changed out our sprinkler timers so that our plants could finally get water on a regular basis. This required digging a small trench to keep the "live" wires from the water and ensuring the safety of the chapter and its occupants. He regularly turns on and checks our emergency generator every month for fuel levels. The work doesn't stop with our current building.

Since we began leasing a building next door, Russ has been influential in getting that place in usable condition.

February Volunteers :

Mike Farrar, Jeff Dohzen, and George Apt spent 8 hours on President's Day holiday reconfiguring the regional call center. They moved 8 call agent positions to solve technical problems. They spread out the call agent stations to minimize noise between stations. This was not an easy task as they had to unbundle and reroute all the computer and telephone wires and run them back through the walls. Their efforts provided a much more effective workspace for our call center agents.

March Volunteer: Amanda Jasminsky has been an active volunteer for a year when she took responsibility for Safe Kids courses at CPR Saturday. Since then, Amanda is always there to help. She teaches courses, trains our youth volunteers, helps with preparation for Leadership Development Camp and assists in interviewing staff for it. In addition, she has taken our Tommy the Safety Cat course to elementary schools to read the book for preschoolers and kindergarteners.

To join our Red Cross family of volunteers please call Director of Volunteers Lokia Pearson at 562-595-6341

Recognizing the Heroes Among Us



March 11 Ceremony honors 22 Heroes

Each March, our chapter celebrates extra ordinary acts of bravery by ordinary citizens like:

Jennifer MacDuff, Richard Martinez, Robert Vazquez used CPR and first aid to

save Dave who collapsed in power walking class. She called 9-1-1, while the men performed rescue breaths and CPR, continuing until paramedics arrived. The successful rescue inspired the class to learn CPR.

Jack Lee and Steve Roberts saved the life of Hunter after an accident at his baseball game where he was smacked so hard in the chest by the ball, he passed out. Jack and Steve per-

formed CPR and rescue breaths until paramedics arrived, used the AED twice when he began breathing, regaining consciousness 17 hours later. He's lucky granddad Jack knew CPR. This type of injury has only a 10% survival rate if CPR is not performed in the first 3 minutes.

Hayley McDonald and Sandy Ferguson were delivering puppies to the groomer when a woman ran

in holding a lifeless child. The child was covered with mucous and not breathing. They gave 4 cycles of rescue breaths and CPR until paramedics arrived and transported her to the hospital.

See all the Heroes' photos and read the complete stories or to nominate a Hero, please visit our website: redcrosslb.org.

15th annual CPR Saturday

GLBC, Long Beach Fire and Long Beach City College partnered to train over 1,600 in Adult, Infant and Child CPR, First Aid and Pet First Aid at the 15th annual CPR Sat. on May 22. Classes included video, teacher instruction and hands-on practice on adult, infant and pet manikins. The session culmi-

nated in a written test for certification. The event was made possible by the efforts of Red Cross volunteers, LBCFD personnel, and Red Cross CPR instructors. This CPR Sat. is one of 3 held this year; CPR Sat. events were held in Hawaiian Gardens and Paramount in Jan. and Feb. At 2009 CPR Sat., Home-



town Hero Jessie Rellosa was trained in CPR, just 2 weeks before he used it to save a life!

**Dog First Aid
July 17**

New Summer Classes

**Baby Sitter
Boot Camp
June 28**

New Nurse Assistant Training



Students train taking patients' blood pressure

Nurse Assistant Training classes began May 19 at 3090 E. 29th Street in the annex west of the Chapter building. Nurse Assistant Training courses teach students fundamental academic and social 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 or call the Health and Safety Department at 562-595-6341.



American Red Cross

Greater Long Beach Chapter

3150 E. 29th Street, Long Beach, CA 90806
(562) 595-6341—www.redcrosslb.org

Non-Profit Org.
US Postage PAID
Long Beach, CA
Permit #723

New Wilderness and Remote First Aid Class 6/26!
Ideal for scouts and people who enjoy the outdoors



Help Your Community, Donate Today



American Red Cross

Donate Today

Serving the cities of: Artesia, Bellflower, Cerritos, Hawaiian Gardens, Lakewood, Long Beach, Paramount, Signal Hill & Catalina Island

Being Water Smart is Key to Summer Safety!

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

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.

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