

## APPLE FEST A SUCCESS!

*T*was the Friday before Labor Day and all through the town, every thought was on apples, buy one or a pound. My apologies to Clement Moore for butchering his rhyme, but we know that not every thought was focused on apples. Henderson County Red Crossers were focused on parking cars for the AppleFest and those efforts really paid off. We collected \$11,060 in parking lot receipts. When the costs of "parking lot uniform" t-shirts and

water were subtracted, we actually netted \$10,660 of much needed money for our Chapter operations. Wow...we brought in

we really need the money, the money came in. Please take the opportunity to thank our business sponsors, Allstate Insurance/ Bill Murray, the Chariot/Tom Shipman, Bank of America, Betty Oates Realty, HomeTrust Bank, and Macon Bank for allowing us to use their parking lots and Awesome Screenprinting for their generous pricing on our t-shirts. The money we made helps pay for our local disaster services and general operations of the Chapter. It takes more than apples to ensure that the folks effected by fires and other local disasters have something to eat and a roof over their heads!



**LOCAL HEROES** - THANKS TO ALL THE VOLUNTEERS WHO HELPED MAKE IT HAPPEN!

\$765 more than even our best recent year of 2005!

Thank you, thank you, thank you, to our hardworking AppleFest volunteers, our parking lot business sponsors and to all those who parked with us. At a time when

While you still remember how much fun you had, and how good you looked in your Red Cross t-shirt, go ahead and schedule working the AppleFest parking lot fundraiser on your 2009 calendar. If you weren't a part of the fun this year, make your plans to join us in '09.

### Low Cost Blood Screening

Location: 203 Second Ave E  
Hendersonville

**No Appointments Necessary**

Every Wednesday 8:30 am - 10:00 am

Amylase	\$48
CA125	\$79
CRP	\$30
Glucose	\$32
HCRP	\$30
Hemoglobin A1C	\$60
Iron	\$32
Prothrombin Time	\$36
PSA Test	\$25
White Blood Count	\$35

Best Value-Complete Metabolic Panel Plus  
\$75

Includes: Glucose, electrolytes, lipids  
liver & renal functions, thyroid profile  
{T3;T4;TSH} CBC & urinalysis

### HOW CAN YOU HELP?

Visit the web site at [www.hcredcross.org](http://www.hcredcross.org) or call us at 828-693-5605 for more information on how to volunteer or donate.

## BLOOD NEEDED EVERY 2 SECONDS

**Y**es, every 2 seconds someone needs blood! The Blood Services Program recruits blood donors, ensures that frequent blood drives occur to meet the needs of potential donors, and supports blood drive sponsors.

Only 5% of our population donates blood! With every pint of blood donated, potentially 3 lives can be saved. Over 1,500 units of blood are needed each day to fulfill the needs of patients in the Carolina Blood Services Region. Please join our community's effort to meet this need. Our calendar of blood drives can be accessed at our web site [www.hcredcross.org](http://www.hcredcross.org) or by calling our office at 693-5605. We have our own drive the third Monday of every month at our offices between 10:00am and 2:30pm.



Volunteers are key to our successful program, providing assistance at blood drives as either a greeter or a

canteen host or you can help with the daily office management and publicity preparation. Please contact Beth Golden if you are interested in joining our team of volunteers. Our wish list includes lateral files for our publicity materials and renovated cabinets for our canteen supplies.

**Remember, the need is constant, the gratification instant!**

# September is Disaster Preparedness Month

## Are you Ready?

A recent poll conducted by the American Red Cross and the Council for Excellence in Government shows that businesses play a significant role in helping their employees get prepared for disasters and other emergencies. The Red Cross can help businesses prepare their employees during National Preparedness Month and throughout the year. We invite schools, businesses large and small to help your employees, students and their families—and by extension, Henderson County— get better prepared by sharing valuable Red Cross preparedness information with them. A trained Red Cross representative is available



to come to your place of business or school and conduct first aid and CPR/AED trainings for your employees. We also have disaster and emergency preparedness presentations that our staff can deliver, as well as emergency preparedness brochures.

We also encourage you to visit our National Preparedness Month page at [www.redcross.org/en/NPM2008](http://www.redcross.org/en/NPM2008) to access resources that you can use to promote preparedness in your business. You will also find information on our local website, [www.hcredcross.org](http://www.hcredcross.org), including a free online training program called “Be Red Cross Ready.”

As America’s partner in preparedness, we know from experience that preparing ahead of time will not only minimize damages and interruption to your business when disaster strikes, but will provide you and your employees with greater peace of mind.

## Direct from the Director

This is a good time to review our past fiscal year overall. July 1, 2007 though June 30, 2008 was a very good year. Do you realize that we:

- assisted 44 local families of active duty military with emergency communications and assistance. With a son in the Marines in Iraq – my wife and I know firsthand how important providing that support is!
- collected 5,946 units of blood, providing a way for you to “give the gift of life”, and stocking the regional inventory of blood. Do you have friends and family members who needed that blood to save their lives?
- provided over 1,500 instance of community health services including our low-cost blood screens and free blood pressure screening programs.
- responded to 36 local disasters, assisting 86 victims (including 25 children) with shelter, personal items, food and clothing. Most involved homefires, within 20 miles of our Chapter, and in each situation our “Disaster Action Team” was on the scene, day or night, to meet those critical emergency needs.
- deployed 17 of our trained, disaster response workers to locations all over the country, including the devastating mid-east floods back in June. Already this year we have deployed 16 volunteers to work the current hurricane response.
- provided safety and preparedness training to 4,143 participants. That included basic first aid and CPR trainings, babysitting, Pet First Aid, Wilderness First Aid, and a new program in partnership with the Henderson County elementary schools.

All this happened because you were involved. You donated blood, time and money. Without you, the Red Cross could not have made this tremendous impact on our community. You make the difference! Realizing that, I confidently ask you to continue being involved, giving and consider giving more. We take your donations and support very seriously. Both employees and board members donate financially – and we see from inside how it is used! I welcome the opportunity to listen to your ideas about our chapter, to discuss your questions or concerns, and especially to personally thank you for being a “Red Crosser”!

Mike Williams, Executive Director



If you are interested in learning more about these opportunities or ways to get involved please call our office at 693-5605 or email [shelbyl@hcredcross.net](mailto:shelbyl@hcredcross.net).

# Volunteer Opportunities

## Are You Our Volunteer Coordinator?

We are searching for a motivated volunteer coordinator. This volunteer position will be a part of our Chapter leadership team. We are looking for someone who can work with us in a team environment while bringing fresh ideas and motivation to volunteer coordination.

What’s involved? This job entails recruiting volunteers and matching them to the appropriate positions. The volunteer coordinator will be responsible for regular basic communication with volunteers by phone/email to assess availability, to coordinate chapter needs, and to ensure effective communication is maintained.

### Requirements

- Ability to dedicate 20 – 25 hrs/wk
- Must attend weekly staff meetings
- Excellent communication & organizational skills are a must
- Ability to work in small office atmosphere
- Home access to internet & email
- Must possess basic computer knowledge MS office programs

If this sounds like a position that you would enjoy or would like more information about, please call Shelby Lands at 693-5605. We would love to talk with you more about this opportunity.

## Additional Opportunities

Red Cross works through volunteers. There are many positions available:

### Administration

- Reception Desk
- Office Admin Assistant
- Data Entry Volunteer

### Blood Services Program

- Greeter for Blood Drives
- Canteen Assistant
- Tele-recruitment volunteers
- Carpenter/Cabinetry Volunteer
- Office administration assistant

### Disaster Services Program

- Local Response Team
- National Response Team

### Health & Safety Program

- Data Entry Volunteer
- Instructors
- Equipment Manager
- Marketing/Outreach Coordinator

# SCRUBBY BEAR AND FRIENDS

Last year, thanks to a dedicated volunteer, we were able to offer the Scrubby Bear Hand Washing program to 6 elementary schools in Henderson County. Scrubby Bear is the pre-school to grade 1 version of preventing disease transmission as the lovable bear teaches children how to properly wash their hands. The program makes a game out of this very important exercise that helps protect our children from transmitting germs and viruses.

The right time to offer this program is October and November when cold and flu



FOR MORE INFORMATION OR TO VOLUNTEER, CALL ANDEE MCGUIRE AT 693-5605

season starts to affect the school popula-

tions. Becky Morgan is volunteering again this year, but her time is limited as she in an active military reserve nurse. So we need one or two more volunteers who will be available during school hours to present the half hour programs to Kindergarten and 1st Grade students. Later we can move to offer the program to some pre-schools. If you love working with small children and have a knack for storytelling and drama, this may be your opportunity.

Scrubby Bear is only one of many programs we have for youth in the community. Masters of Disaster teaches disaster

preparedness for 4 & 5 grades, Basic Aid Training is first aid for 4th-6th grade, First Aid for Children Today is first aid for 1st and 2nd grades, and Whales Tales is an aquatic safety program for elementary schools.

Ongoing opportunities include Red Cross school clubs which are service groups that can help us fulfill our humanitarian mission. Working closely with the local chapter (usually a volunteer), club members at the elementary through campus level participate in Red Cross service projects that help their schools and their communities. School clubs are sponsored by Red Cross chapters and Blood

Services centers. Think of the number of high schools, middle schools and even BRCC that may be able to offer student club members many opportunities for self-development and the ability to choose activities that will address their communities' greatest needs. Those who volunteer as youth are more likely to continue volunteering throughout adulthood. Act today to engage a new generation of volunteers and supporters through Red Cross clubs!

The only thing stopping us from offering these valuable programs is volunteers. Pass the word to those who might be interested in working with one of these wonderful programs.

## SAVE MONEY WITH RED CROSS BLOOD SCREENING PROGRAM

The Henderson County Chapter offers a unique low cost blood screening program that can benefit so many Henderson County residents and others in surrounding areas. We consider this a community service based program.

Most of you are aware of how important it is to have our yearly blood work drawn to help monitor our health. The Red Cross's blood screening program can make this process more affordable. For example, we offer a CMP Plus test (Comprehensive Metabolic Panel) for \$75, which is a \$400 value. This test includes glucose, cholesterol levels, liver & renal functions, thyroid

panel (T3, T4, TSH), & urinalysis. Other cost saving panels and specific tests such as PSA, CA125, Iron level, and Hemoglobin A1C, etc. are available at reduced rates. These labs are offered every Wednesday from 8:30am – 10am.

We consider this program to be a great community service and resource, but many citizens are unaware that this program is available. As a Chapter, we are striving to make this program more visible in the community so more people can take advantage of this valuable service. For more info please call our office at 693-5605 or visit our website at [www.hcredcross.org](http://www.hcredcross.org).

## WHAT'S HAPPENING!

### First Aid and CPR for Everyone

October 7 at Kaplan Auditorium  
7-8:30pm

This non certificate presentation, introduces participants to the very basics of compression only CPR and first aid. This is not a replacement for CPR or first aid, just an introductory session. Tell your friends.

### Be Red Cross Ready

October 16, Thursday 7 pm at Johnson Farm

Learn the basics to be ready for any local disaster. This is a great way to see and hear about the things you need to be prepared.

### Volunteer Fair

October 17, Friday from 2:30-6pm

Are you interested in volunteering for the Red Cross, but not sure what you might do? Now is your chance to meet the staff and see what different volunteer positions are available.

### Chapter Blood Drive

October 20 Monday 10 am - 2:30 pm

Blood is always needed. Please call 693-5605 for an appointment or just walk in. For other blood drives check our web site at [www.hcredcross.org](http://www.hcredcross.org).

### Pet First Aid

November 1 Saturday 10am

Learn the basic life saving and first aid skills for your dog or cat. See our web site at [www.hcredcross.org](http://www.hcredcross.org) for more information.

### Be Red Cross Ready

Nov. 20 Thursday 7 pm at Kaplan Auditorium, Henderson County Library

Learn the basics to be ready for any local disaster. This is a great way to see and hear about the things you need to be prepared.

### National Awards Submission Deadline

December 5 Friday

This is the deadline for submitting nominations for National Red Cross awards. Volunteers and staff may be nominated. Check out [www.redcross.org](http://www.redcross.org) for details.