

## 3rd Annual Celebration of Local Excellence

Our Chapter's blood services program honored their 85 blood drive sponsors and 57 volunteers on Thursday, October 22, 2009 with a party at The LakeHouse Lodge and Spa. The program had received an outstanding performance award from the Carolinas Blood Services Region in August for collecting 5,989 units of blood during the 2008-09 year, 6% over goal. This amount exceeded 90 percent of all other programs in the region. This local



event extended the award to the people who made the success possible – the volunteers and blood drive sponsors. Beth Golden, blood services director, and Krysta Lovelace, regional donor recruitment representative extend their gratitude to the volunteers, blood drive sponsors, and staff and also to the celebration sponsors: The LakeHouse Lodge and Spa, Cakes du-Jour, and Sonja McCanless for making this event enjoyable and affordable.

## Holiday Gift Giving, the Red Cross Way!

Yes, it is the holidays and everyone is scrambling for stocking stuffers and gifts that have meaning for their Christmas or Hanukkah list. So why not purchase a First Aid Kit, an emergency lantern or a Glow Stick (for on the road emergencies)? The Chapter is stocked with a variety of things that can be used for great gifts with a purpose (safety). Or why not give a gift certificate for your grandson to be certified as a Red Cross Babysitter? Gifts range in cost from \$5 - \$24 and classes range from \$25-45.



**Do all your holiday shopping on the internet?** Did you know you can shop on the internet and accumulate points that translate into dollars that can be donated to the Henderson County Chapter? Go to our website and scroll down to "Shop for the Red Cross", click on the link and register. Shop at over 1,000 stores and earn points. Redeem your points and donate the cash to the Henderson County Chapter, Red Cross. It won't cost you anything and you can give the Chapter much needed funds.

### HOLIDAY GIFT CATALOG

The Red Cross reported survey findings that show 67% of Americans feel it is more important to give to charities than ever due to the economy. The report came with the kick off a new "Gifts that Save the Day" holiday giving campaign featuring a National American Red Cross and local chapter fundraising.

"In this season of hope and in these tough economic times, people want their gifts to really matter, and the new Red Cross campaign offers a way for people to give a gift that can save the day for those in need," said Gail McGovern, president and CEO of the American Red Cross.

Through the online catalog at [www.redcross.org/gifts](http://www.redcross.org/gifts), people can make a donation that could provide food and shelter for a disaster victim for a day; a military comfort kit with a robe, phone card and other supplies for a wounded warrior; or a month of basic necessities for a family in another country who lost everything in a disaster.

### HENDERSON COUNTY'S RED CROSS DAY

With a stroke of a pen, Henderson County Board of Commissioners chair Bill Moyer, established November 18th as "Henderson County's Red Cross Day". The official resolution cites the work of the 182 volunteers, three fulltime staff and one part-time staff member in service to our community. In recognition, Bojangles' Restaurants and Papa John's Pizza donated part of their sales to the chapter! We also hosted a "Red Cross Day" open house, catered by Atlanta Bread Company and Fatz Café, to provide an opportunity for us to meet, greet and provide Red Cross information to our community. We're thankful for such a great community, great supporters and for you great Red Crosser!

The American Red Cross, Henderson County Chapter gratefully acknowledges the generous support of our CHAMPIONS. Please help us thank these champions by supporting their businesses and organizations.



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# WTZQ-Grace Lutheran Holiday Blood Drive

**Save the date to donate! The annual Holiday blood drive will be held on Tuesday, December 29 from 10:00am – 3:30pm.**

**After December 1st, appointments may be made on-line at [www.membersforlife/cbsr](http://www.membersforlife/cbsr) or by calling the chapter office at 693-5605.**

**Please give the gift of life this season –  
it is a gift that keeps on giving!**

## New CPR Program Can Reach More Participants!

Have you ever considered that you need to be trained in the life saving skills of CPR- not as a job requirement, but just because you realize the value of being prepared? Imagine that you call the Red Cross to register but changed your mind when you learned you would have to invest \$30 and 4 1/2 hours of your time for the certification. Well, the Red Cross has developed a course called [CPR Made Simple](#), that overcomes the barriers of time and money so people who might not otherwise be trained

can now participate in a one hour, non certification class that provides the basic knowledge of CPR. Businesses who don't need their staff to be certified can now offer this low cost, one hour program so their staff can be trained. An example might be a factory that requires the supervisors and safety team to be trained and certified. They may choose to offer the non-certification class to the rest of the employees so that more people are trained in the event of an emergency.

The cost of the class is \$10 and includes a wallet card that reviews the CPR techniques learned in their session. Our chapter will be offering the class on the last Friday of every month from noon-1 pm. What a great way to spend a lunch hour once a year! The Chapter will also schedule the class at other locations such as churches, homeowners associations and schools that have at least 8 people requesting the program. At each program, participants can purchase a key chain glove and barrier pack for \$5 (regularly

## Direct from the Director

Today's mail brought the first responses to our holiday season "the gift that saves the day" fundraiser and, if this first day is any indication, Thanksgiving will be exactly the right response!

I'll admit that financial issues are a challenge for me to deal with. As Executive Director, I'm regularly reminded that finances are a major part of my job. We do great work in our community and I talk about that all the time...but getting that work paid for is a lot more difficult! I love to tell people about the military families that we've helped through an emergency while a family member is fighting for us overseas. Sharing the experience of assisting a single mother and her kids at the fire scene that just destroyed her home is a thrill. Teaching "Scrubby Bear" hand washing skills to young school kids or supplying the regional blood inventory is easy to talk about. We all have family and/or friends who are depending upon Red Cross blood being available in the operating room. Those things feel good to talk about!

Somehow, asking people to open their wallets and support the Red Cross just doesn't hit my "top 10 list" of favorite activities. Even being armed with the truth of "we receive no government funding and depend upon the generosity of our local community", it is a challenge for me.

But think about this. When I do ask, some folks are going to enthusiastically

respond by giving. When you tell friends and associates about the work we do and you ask them to support our work, some of them are going to say "yes" and "why didn't you tell me about the need before?" If I don't ask, and if "we" don't ask, our financial reports will continue to show that we're spending more than we're bringing in – and we all know that can't last long.

So I'm excited about, and thankful for, the good initial responses to our "holiday campaign". Because I know what those financial contributions and donations make happen, I'm motivated to ask for our community's investment in the work we do. I'm also asking each of you to help. Your gifts and you sharing our story with those around you will really make the difference for your Henderson County Red Cross. Thanks for being Red Crossers!

Mike Williams  
Executive Director

(FY2010 budget revenues: 51% from chapter operations including blood screen labs, product sales and health & safety class fees, 18% is United Way funding and 31% charitable gifts)

**Visit our web site at  
[www.hcredcross.org](http://www.hcredcross.org)**

## Low Cost Blood Screening Program

Did you know that you can have routine blood work drawn here at the Henderson County Red Cross? We offer many of the same tests that your doctors require for your annual physical for a fraction of the cost. We have many tests available at discounted rates which could potentially save up to \$400 in lab fees. Our metabolic panels range from \$55 - \$95. Several new tests offered include: Vitamin B12 & Folate; Vitamin D

25 Hydroxy; Thyroid Resistance Panel; & Women's Hormone Panel. These labs are available every Wednesday 8:30 am - 10:00 am, on a walk-in basis. Most lab tests require 8 hour fasting prior to testing (water and black coffee is acceptable). Results may be picked up on Friday after 3 pm and can be faxed to your doctor. For more information please call 693-5605 or visit [www.hcredcross.org](http://www.hcredcross.org).

## Free Blood Pressure Checks

Every Wednesday at the Chapter from 9 am-noon and on the second Friday of each month at Walmart (next to the pharmacy).

For more information call Shelby Lands at 693-5605 or visit [www.hcredcross.org](http://www.hcredcross.org)



## LOCAL RED CROSS DISASTER TEAM RESPONDS TO 9/24 Apartment Building Fire

Our teams were on the scene early in the morning to assist the residents of the burning Caldwell Inn. We ended up assisting 22 residents, with collaborative support from our community, especially the Hendersonville Rescue Mission. Disaster responses like these are funded with locally donated money. During the first ten hours, we provided over \$4,000 in direct assistance to those apartment fire victims. As the response continued over the next couple weeks, we provided another \$2,500 of financial and material assistance for medical needs, shelter, clothing, shoes, food and other personal needs.

Since January 1, we have responded to 24 local disaster incidents affecting 89 community members, including 15 children. Hats off to our trained disaster volunteers for responding, 24/7, to the disaster scenes, when the disasters happen. Thank you donors and sponsors for making all possible!



## WHAT'S HAPPENING!

### Babysitter Special

Monday-Wednesday Dec. 28, 29 and 30- Take Infant Child CPR, Pet First Aid and Babysitter Training for only \$90 (\$110 if taken separately)

### Pet First Aid

December 29 Tuesday 12noon - 4pm at Etowah United Methodist Church Community Room.

Learn the basics needed to care for an injured or sick pet. Both dogs and cats are covered in the class. Cost is \$30.

### Chapter Blood Drive

December 21, Monday 10 am-2 pm

### Adult/Child CPR-AED Review

December 14 Monday 5:30-10 pm Review your important life saving CPR skills for children and adults.

### Instructor Training Class

February 22, 27, March 1 & 6 at the Chapter Office (Training Room) Get trained to teach CPR and First Aid. We need additional instructors so this class could be your opportunity to get involved.