

16 year olds may now donate blood!

Young blood donors help provide essential blood to our hospitals daily. The donations from students not only help save lives, but also provide a meaningful way they can give to others and learn the importance of community service.

This summer, the blood donation age changed from 17 years to 16 years of age in North Carolina. Following American Red Cross policy, 16-year-olds may donate with parental consent. This is a very positive change for us. High school donors are a prolific source of blood donations. Plus, I believe that if you educate and encourage life-saving behavior at this age, it is something likely to be continued.

Every two seconds, someone in the United States needs a blood transfusion. High

school students are an important compo-



nent of the Red Cross' ability to supply patients in need. We estimate that the new law allowing 16 year olds to donate blood, with

parental consent; will add thousands of pints of blood to our local blood supply, which is needed more than ever as we battle continual blood supply issues especially during the summer months and holiday seasons.

The American Red Cross may now accept blood donations from 16-year-olds with written permission from a parent or guardian. The weight minimum of 110 pounds still applies as do specific iron levels and other standard health requirements. In addition to written consent, each 16-year-old donor who comes to donate will be required to show identification and proof of age. For more information and to obtain the consent forms, please visit <http://web.redcrossblood.org/portal/NC/16yearolddonors.html>

1st Annual Golf Tournament a Success!

Kayla Scupider, Stacy Adams, Kristen Rhodin and Dakun Chang took 1st place and we cleared \$3,700 for disaster relief! Huge thanks to event



manager David McMullen and our sponsors including: American Parcel Service, Appalachian Foot & Ankle Associates, Boyd Automotive Group, Bruce Thompson Pro-fit Golf, Carolina Hand Surgery Associates, Compassionate Home Care, Etowah Valley Country Club, Family Fun Center, Lake Pointe Landing, Macon Bank, Mills River Physical Therapy, Mission Hospitals, Mountain 1st Bank, Murdoch Golf Carts, the Times-News and Western NC Junior Golf.

HOW CAN YOU HELP?

Visit the web site at www.hcredcross.org or call us at 828-693-5605 for more information on how to volunteer or donate.

Be Aware During Heating Season

- Heating fires are the second leading cause of home fires.**
- Fixed and portable space heaters, including wood stoves, are involved in 74 percent of fire-related deaths.**
- Nearly half of American families use alternative heating sources such as space heaters, fireplaces, or wood/coal stoves to stay warm.*
- Each year over 200 people die from carbon monoxide produced by fuel burning appliances in the home including furnaces, ranges, water heaters and room heaters.**
- The number of home fires the American Red Cross has responded to has risen 10% since 2000.*
- Only 26 percent of families have actually developed and practiced a home fire escape plan.*
- Eighty percent of Americans don't realize that home fires are the single most common disaster across the nation.*
- Having a working smoke alarm reduces one's chances of dying in a fire by nearly half.**

Prevention Tips

- Keep all potential sources of fuel like paper, clothing, bedding or rugs at least three feet away from space heaters, stoves,

or fireplaces.

- Portable heaters and fireplaces should never be left unattended. Turn off space heaters and make sure any embers in the fireplace are extinguished before going to bed or leaving home.

- If you must use a space heater, place it on a level, hard and nonflammable surface (such as ceramic tile floor), not on rugs or carpets or near bedding or drapes. Keep children and pets away from space heaters.
- When buying a space heater, look for models that shut off automatically if the heater falls over as another safety measure.

- Never use a cooking range or oven to heat your home.

- Keep fire in your fireplace by using a glass or metal fire screen large enough to catch sparks and rolling logs.

- Have wood and coal stoves, fireplaces, chimneys, and furnaces professionally inspected and cleaned once a year.

- Visit www.redcross.org/homefires for more information on how to prevent heating fires. Sources: American Red Cross,* U.S. Fire Administration,** and the US Consumer Product Safety

Change is In the Air!

Health and Safety Making Changes for the Better

Lots of changes are happening in Health and Safety. So many, its hard to keep up at times. Here are some of the really exciting things that are happening in Health and Safety.

1. Blended Learning is coming. Soon students will be able to sign up on-line to take the “book” portion of the class and then after passing that, come to a Skill and Assessment Session at the Chapter or at their Authorized Providers. It will cut the amount a class time with an instructor dramatically and make it convenient for those who recertify each year. Not enough room here to give you all the details, but make sure you are on the Health and Safety e-mail list to receive updates. We hope it will be available as soon as February.

2. Infant AED can be incorporated into your training. “Certain AED equipment and electrode pads specifically designed to deliver lower energy levels for pediatric victims *have been approved by the FDA and are recommended for use on infants in cardiac arrest by the American Academy of Pediatrics. Automated external defibrillators are appropriate for use on anyone in cardiac arrest, regardless of age, including children as young as newborns. When available, rescuers should use pediatric settings or pads when treating children and infants. If pediatric equipment is not available, rescuers may use AED’s configured for adult victims. The use of an AED should be used along with high quality CPR.*

3. CEU’s are now available for most Health and Safety courses. You can apply for CEU credits at www.redcross.org/store. The Red Cross is now an IACET (International Association for continuing Education and Train-

ing) approved Authorized Provider.

4. The Water Safety Program is being updated. All WSI’s and WSIT’s must be reauthorized before 12/31/2009. You may only teach the old course through 8/31/2009. The On-Line Orientation is available through Instructor’s Corner. Materials will be available in February. **THIS IS VERY IMPORTANT** for maintaining your certification in Water Safety Instruction. Older materials will still be used until August and will be available in the spring at reduced prices.

5. CPR-Pro for Health Care Professionals – starting immediately, the CPR for the Professional Rescuer course when taught to Health Care Professionals will be valid for two year. CPR-Pro for lifeguards and seasonal employees will still carry the one year certification.

6. Classes go on the road – Starting in October when we featured a free program at the Library, the Health and



Safety Division is busy getting our act on the road. We have classes planned in Jan. and March in the Lelia Patterson Center in Fletcher, in April in Jackson Park and are currently contacting churches and fire stations regarding programs in their locations. If you have any ideas about where we might be able to

Direct from the Director

Thanksgiving dinner rounded out many of us and also gave me time to round out my thoughts about all I have to be thankful for! May I share with you?

- I am thankful that I have not been one of the 91 Henderson County residents affected by a home fire each year.
- I am thankful that our disaster volunteers are willing and ready to respond, 24/7, whenever disasters occur. We have been able to help those 91 locally and hundreds of hurricane victims out of state with mass shelters, hotel rooms, food, clothing and personal supplies for their emergency needs!
- My wife and I are thankful that our Marine son, Aaron, returned home safely from Iraq in September!
- I am thankful that we are able to assist local families of active duty military with emergency communications, assistance and other support.
- I am thankful that my family and our Red Cross staff have remained healthy.
- I am thankful that our blood donors give almost 6,000 units of blood each year so that when medical emergencies occur – the blood, “the gift of life”, is there! I’m also thankful for those who give their time to organize, sponsor or work at those blood drives.
- I am thankful for the volunteers and staff who make it possible to offer our low-cost blood screen labs and free blood pressure screening programs each Wednesday morning. They have made staying healthy easier and more affordable for so many in our community!
- I am thankful that I have had the chance to learn lifesaving skills to be prepared for situations at home, work, church or wherever I may be.
- I am thankful for our instructors and staff who will help us deliver safety and preparedness training to well over 4,000 participants this year.
- I am thankful to have a job that I enjoy and allows me to support my family, pay my bills and contribute to help others.
- I am so very thankful to our generous donors who either individually, through their companies or through United Way gave \$156,772 of the \$300,481 it cost to accomplish all we did last year!

As I celebrate Christmas, I am reminded of the gifts of time, blood and money that you make. Thank you and best wishes for a wonderful holiday season and new year!

Mike Williams
Executive Director

Does your company need AED’s (defibrillator devices)? Did you know that the Chapter can facilitate the purchase from any of three companies and save you dollars? Contact Andee at andream@hcredcross.net for more information or for a proposal.

Most Important Time to Donate

It's that time of year when people are busy cooking, shopping and spending time with family. Giving blood is not high on the to-do list. The challenge we face this next month is people not taking the time to donate. After Thanksgiving, blood collectors must go into high gear to stock up for the toughest sustained period of the year: mid-December to mid-January. Other reasons for the slowdown are people taking time off work and not being in their routines. Also, cold and flu season sets in.

Beth Golden, director of blood services for the Henderson County Chapter, American Red Cross, said people should consider giving blood to be one of their gifts to give this year. With one pint of blood, potentially three lives are saved! What could be a better gift? I had a voice mail the other day from a lady who was a first time donor that said she normally gave cash during the holiday season and she just couldn't get it out of her pocket this year. Things are too tight. She came in and gave blood and actually called us and thanked



Donors must be at least 17 years of age, or 16 with parent/guardian permission, weigh a minimum of 110 pounds and be in general good health. Donors must present a photo ID.

5605 to schedule your donation appointment. Information on the other blood drives can be found at www.hcredcross.org, by calling 693-5605 or by stopping by our Chapter offices located at 203 Second Avenue East.

WHAT'S HAPPENING!

Health and Safety Instructor Open House

Dec. 17 Wednesday 4-6pm at the Chapter Office (Training Room)

Stop by and meet other instructors, get the low down on new programs and sign up for classes in January. If needed you can pick up your reauthorization cards at this time.

WTZQ & Grace Lutheran Church Annual Holiday Blood Drive

Tuesday, December 30; 10 am - 3:30 pm
Grace Lutheran Church (corner of US 64 and Blythe Street)

All presenting donors will receive an American Red Cross long-sleeve T-shirt and may enter a drawing for a chance to win one of three \$1000 gift cards! Awesome canteen snacks, donated from Hot Dog World, O'Charley's, Applebee's, and many others, will be served to our donors. To make your appointment to donate blood, sign up on-line at www.memberforlife.org/cbsr (code #6304) or call 693-5605.

Pet First Aid

January 24, Saturday 12noon - 4pm

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

Instructor Class

February 5-8 Thursday/Friday 5:30 -9:30 pm and Saturday 9-5, Sunday 1-8

We need instructors so if you know of anyone good candidates for Lay Responder First Aid and CPR.

Livery Staff Needed

Assist Ron Hachet and the Civitans by delivering ready-made canteen supplies to our community blood drives 1 hour before the drive begins and pick-up once the drive is done. We have an average of 14 drives per month, so typically you'd be needed 2 - 3 times each month. Contact Ron by e-mail at rhachet@att.net or call 696-8842. Membership in Civitan Club is NOT required.

Good Tidings to Our Volunteers!

The Henderson County Chapter would like to thank each and every one of you for your commitment and dedication to being a Red Cross volunteer. It takes each of you to make this organization and thanks to you we thrive. It is because of you we are able to do the great work we do such as having successful blood drives throughout the community; the ability to train so many people with lifesaving skills; the capability to offer a low-cost blood screening program; and last but certainly not least to respond and provide assistance to Henderson County disaster victims. Throughout all of this, it is also because of you that we are able to run our office so efficiently. Thank you for your team work & leadership to make all of this happen. . You are the heart and soul of our organization. Henderson County is a better community because of you. Keep up the great work!

Happy Holidays!

HELP US GET THE WORD OUT WE STILL NEED VOLUNTEERS

BLOOD SERVICES POSITIONS

- Office Assistant
- Support Materials Prep
- Telephone Recruiter
- Canteen Preparation
- Canteen Delivery

HEALTH & SAFETY

- Equipment Manager
- Distribution Volunteer
- Marketing Manager
- Inventory Coordinator

GENERAL ADMIN

- Receptionist
- Data Entry

If you know someone who might be interested in volunteering for one of these positions please have them call, Shelby Lands at 693-5605.

**Visit our web site at
www.hcredcross.org**