



**American
Red Cross**

Cape Cod and Islands Chapter

286 South Street
Hyannis, Massachusetts
02601
Phone: (508) 775-1540
Or (866) 762-1928

Media Alert **MEDIA ALERT**

Contact: Erica
Waasdorp
heroes@cciredcross.org
(508) 775-1540 x 21

American Red Cross to Honor Frances McLaughlin of East Harwich at its 8th Annual Heroes Breakfast on March 4th

Hyannis, Mass, February 15, 2010 - The American Red Cross, Cape Cod and Islands Chapter, is pleased to announce Frances McLaughlin of East Harwich will be honored as an Individual with Disability Mentor/Role Model Hero at its 8th Annual Heroes Breakfast on Thursday, March 4, 2010 at the Resort and Conference Center at Hyannis, MA from 7:00-9:00 A.M. Tickets are now available at www.cciredcross.org or by calling (508) 775-1540 ext. 21.

When Frances McLaughlin began losing her vision several years ago, she wondered how she would continue to pursue her trade and passion. Frances is an artist. She no longer drives and has difficulty with visual gaps and double vision that interfere with reading, recognition and mobility. Rather than become discouraged by these obstacles, she chose instead to adapt her techniques to continue to draw and paint and teach. She now uses brighter colors, extreme contrast, special lighting and sunglasses, and with a much more impressionistic approach to life, her painting flourishes. Through determination Frances continues to enjoy a fulfilling life that is enriched with the joy of painting and she has shared her joy with other visually impaired people who felt they could not fit into an artistic environment.

In 2008 she became a volunteer for Sight Loss Services, a not for profit agency serving the visually impaired, and taught four art classes using her own curriculum specifically designed for the visually impaired. She took her volunteer efforts one step further by painting a beautiful winter scene which she turned into holiday cards and donated to Sight Loss Services to raise funds for their services. In addition, she has helped to create a large print and audio resource booklet entitled "Being Creative with Visual Impairment." She continues to teach classes where her ideas are invigorating and exciting, opening a new world to many.

Since those who take part in creative activities are known to be happier and healthier, Frances is making an extraordinary contribution to others. She is truly a gift to the community.

The Red Cross touches lives in our community every day through programs and services such as disaster relief and health and safety training. As an organization committed to helping the community, the Red Cross is honored to salute individuals who are making a difference through their actions at its 8th Annual Red Cross Heroes Breakfast.

Tickets are available online at cciredcross.org or can be obtained by calling toll-free (508) 775-1540, ext. 21. Different levels of sponsorship are also available. You can write to: American Red Cross, Cape Cod and Islands Chapter, 286 South Street, Hyannis MA 02601 or send an email to heroes@cciredcross.org.

###