



American Red Cross

Cape Cod and Islands Chapter

Cross Roads

Volume 1, Issue 2

June 2008

Yarmouth is Challenged to "Be Prepared"

The Town of Yarmouth Fire and Police Departments in collaboration with the Cape Cod and Islands Chapter of the American Red Cross issued a "Be Prepared" community challenge to Yarmouth residents.

Currently, the town of Yarmouth has \$30,000 within its budget to improve the town's preparedness for disasters. The American Red Cross has partnered with the town to generate a \$15,000 challenge.

The sum of the two parts will enable the Red Cross to provide shelter equipment for up to 2,000 people and enable the town to support other disaster response requirements such as pets, special medical needs, facility readiness and inter-agency communications equipment.

Please help prepare YOUR community by matching Yarmouth's efforts to increase the sheltering capacity of your largest community shelter.

To donate on-line for this challenge: www.capecodandislandsredcross.org and click on the special link, call (508) 775-1540 or write to: American Red Cross, Cape Cod and Islands Chapter, Yarmouth Be Prepared Campaign, 286 South Street, Hyannis MA 02601.

We depend on you in our local communities. Thank you for your support!

Web-Based Training Options Now Available for CPR and AED

For those seeking training in CPR and Automatic External Defibrillator (AED), it is now possible to get trained on-line.

Blended learning allows for flexible training. Participants can learn at their own pace, allowing them to stop and review information whenever necessary to ensure that they completely understand the instruction. Course takers have the option of going through the lessons in full or abbreviated form and take tests on certain portions, making it a timesaver for those recertifying.

Each blended learning course is divided into two parts. The first portion is completed on-line and can be done from any computer that meets the minimum operating system requirements. For the second portion, a Red Cross trained instructor will conduct a skills practice and assessment with course takers.

The online session takes approximately two to three hours, depending on the pace of the student. The skills practice and assessment session takes approximately two hours and depends on the



Photo: Cape Cod Times/Merrily Lunsford

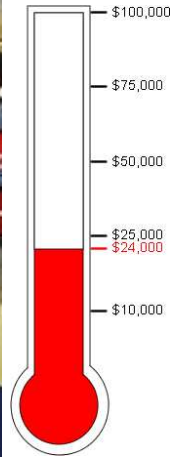
Red Cross shelter manager Cathy Weidhaas, left, uses sign language to communicate with Andrews Navickas, a Massachusetts Maritime Academy student, as they role play during an emergency drill recently at Camp Edwards. Maritime academy students played the roles of tourists and victims of a fictitious hurricane.



particular course being assessed. For a blended learning demo: www.capecodandislandsredcross.org

Certifications for blended learning courses have the same validity periods as the standard courses. Cost depend on the training being offered and are comparable to regular training.

For registration or for more information, call (508) 775-1540 or www.capecodandislandsredcross.org



Help us reach the \$100,000 Challenge

To continue the support of people displaced by fires; to prepare for storms, hurricanes, floods and other natural disasters and to train our volunteers, the chapter needs your help to stay strong and prepared for our community.

We receive no government funds.

No other organization does what we do. With your support, we will always be here for Cape Cod and the Islands.

This summer you might find the Red Cross in your favorite restaurant. Or at touch-a-truck events, at town band concerts, parades and other local events.

Be on the lookout for our volunteers.

And we are always looking for new volunteers and instructors.

If you have questions or would like to help, please write to info@cciredcross.org



286 South Street
Hyannis, MA 02601
(508) 775-1540

www.capecodandislandsredcross.org

Did You Know? Since July, chapter volunteers have responded to 25 house fires, 2 floods, 1 oil spill and 1 plane crash, helping more than 100 clients, families, children and supporting hundreds of fire fighters, police and other emergency personnel. All free of charge to those affected.

Volunteers Cook up a Storm at Hinckley's Demo Tool Days on the Island



Chapter Executive Director Glen Beasley and AmeriCorps Red Cross member Chase Fuller



Board member Ann Hunt gives the food a big thumbs up! The weather was great, the food was good and everybody had a great time! Stay tuned for more volunteer activities this summer.



Red Cross Zone Leader Jim Thomas, Chapter Executive Director Glen Beasley, AmeriCorps Red Cross member Seth Williamson and Red Cross volunteer Bill Little



Be Red Cross Ready and Training in Portuguese

The Be Red Cross Ready brochures are available in English and Portuguese at www.capecodandislandsredcross.org or by calling the chapter house: (508) 775-1540.

We are currently actively looking for English and Portuguese speaking individuals who are willing to be trained as instructors.

Everyone should have a plan and should be trained!



Ask the Red Cross About AEDs

There are several options available for Automatic External Defibrillators (AEDs). The Cape Cod and Islands Chapter is well-acquainted with Phillips Resuscitation Products, and uses them in our Chapter House.

Phillips offers a full range of defibrillators - from easy-to-use AEDs used in the home and community to sophisticated multifunction monitor/ defibrillators used by healthcare professionals. Once any defibrillator is purchased, we are happy to work with you to train you (and your company) on its usage.

Training for AED's is also available through web-based blended learning. See www.capecodandislandsredcross.org for a demo or call (508) 775-1540 to find out more information.

Do you know a Hero?

A nomination form is attached. Please feel free to copy it and distribute to friends and family. There are special people among us! Deadline for nomination is December 28th.

3 PASSOS
(3 steps)



Adquirá um kit
(Make a kit)



Faca um plano
(Make a plan)

Mantenha-se informa

(Be informed)



Chapter Receives Grants for High School Senior Training

Recently, the Cape Cod and Islands Chapter of the Red Cross has received support from several organizations that will help fund new training initiatives.

The Cape Cod Health Care Community Benefits has granted the Red Cross \$7,694 to help fund CPR and AED training for Brazilians. This will help the chapter recruit and train 5 Brazilian/bi-lingual instructors and subsequently train 150 Brazilians who are interested in receiving CPR and/or AED training.

The chapter also received \$1,000 from The Cape Cod Foundation for its Disability Preparedness Initiative. The purpose of

this initiative is to address the threats to members of our community with disabilities in the case of a disaster and to provide education and solutions.

The Edward Bangs and Elza Bangs Kelley Foundation gave the chapter \$7,500 to help with its Training for Life program: organize CPR and AED classes at high schools across Cape Cod and the Islands. Classes are initially geared towards high school seniors, but can be expanded to other grades.

The Cape and Islands United Way also provided the chapter with \$14,000 to support health and safety training and the Training for Life program.

Thanks to the grants from the Edward Bangs and Elza Bangs Kelley Foundation and the United Way, on May 19 and 20, 132 seniors at Cape Cod Tech received Adult CPR training in conjunction with the school. The 4-hour course was taught with an instructional DVD and hands-on practice. Students had to pass a written and skills test to receive their Red Cross certifications. The chapter is working on similar programs at Nauset Regional High School, Mashpee High School, Barnstable High School and other schools

Each of these grants brings the chapter one step further in its goal of having at least one person in each household trained for an emergency.

Heroes of Cape Cod and Islands 2008 Nomination Form

Do you know a person who has performed an extraordinary *act of courage* to save someone's life or helped in the rescue of someone in need? Or maybe you know someone who commits hours to a *special cause*?

The Red Cross would like to honor and celebrate these individuals at the **7th Annual Heroes of Cape Cod and Islands Breakfast Event on Friday, March 6, 2009 at the Resort and Conference Center at Hyannis, MA from 7:00-9:00 A.M.**

The Red Cross touches lives in our community every day through programs and services such as disaster relief and health & 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.

Hero Categories

Please check one category per nomination.

- | | |
|---|---|
| <input type="checkbox"/> Firefighter | <input type="checkbox"/> Educator |
| <input type="checkbox"/> Law Enforcement | <input type="checkbox"/> Individual with Disability Mentor/Role Model |
| <input type="checkbox"/> Medical | <input type="checkbox"/> Adult Mentor/Role Model |
| <input type="checkbox"/> 911 Dispatch | <input type="checkbox"/> Youth Mentor/Role Model
<i>(Person who has made a significant contribution toward changing, influencing, or improving the lives of others)</i> |
| <input type="checkbox"/> Adult Good Samaritan <i>(21 years of age and older)</i> | <input type="checkbox"/> Swim Rescue |
| <input type="checkbox"/> Youth Good Samaritan <i>(under 21 years)</i> | <input type="checkbox"/> Diversity Hero
<i>(Person who had made a significant contribution to promoting diversity within the community.)</i> |
| <input type="checkbox"/> Military | |
| <input type="checkbox"/> Animal Hero <i>(Person who aids or saves an animal or animals)</i> | |
| <input type="checkbox"/> Environmental Hero | |
| <input type="checkbox"/> Community Impact/Community Service
<i>(Person involved in project or ongoing effort that directly impacts the community)</i> | |

The Red Cross reserves the right to add or alter the categories depending upon the Hero Nominations received.

NOMINEE (HERO) INFORMATION

Name (type or print)

Address

City State Zip

Phone(day) (evening)

E-mail

NOMINATOR INFORMATION

Name (type or print)

Address

City State Zip

Phone(day) (evening)

E-mail

TELL US WHY

On a separate page, please tell us why the person you are nominating is a hero. Be sure to include any news articles, police reports, or names of witnesses we may contact to verify the heroic act. Award decisions will be based largely on the information you provide so please be as detailed and include as much supporting information as possible.

APPLICATION NOMINATION GUIDELINES

Heroic event must be ongoing or have occurred between 12/15/07 and 12/25/08. Hero must live or work on Cape Cod, Martha's Vineyard, or Nantucket.



**American
Red Cross**

Cape Cod and Islands Chapter

MAIL ENTRY FORM TO:
Heroes Nomination Committee
American Red Cross
286 South Street
Hyannis, MA 02601

Or FAX ENTRY FORM TO: 1-508-771-2209

Deadline: December 28, 2008

Questions? For more information call 1-508-775-1540 or visit us online at: www.capecodandislandsredcross.org