

American Red Cross Heartland Chapter
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Welcome to our first quarterly *electronic* “Instructor Newsflash”! If you have any ideas or any topics you would like to see covered in this newsletter, please e-mail us at norrisk@usa.redcross.org and let us know. We would love to hear from you! We hope that you find this an interesting and informative tool.

If you know of anyone who is a certified American Red Cross instructor who does not receive this newsletter, please let us know (we may not have their e-mail address). Feel free to pass this along to anyone who may benefit from this information.

There are plenty of resources available to you: the American Red Cross Instructor. If you ever have any questions or concerns regarding course content, policies and procedures, or course paperwork, please call the Health & Safety department at 343-7730 and ask to speak to a Red Cross Representative... we are here to help you! Our business hours are Monday through Friday, 8:00am to 4:30pm.

Check out the Health & Safety Services page, “Instructor Corner” on the American Red Cross national website at: <http://www.redcross.org/services/hss/index.html> There you will find helpful links, course record sheets and forms to download, and current updates from our national headquarters.



Are You Up To Date?

New instructor information is now available for the following programs:

- **Bloodborne Pathogens: Preventing Disease Transmission** (*also available in Spanish*)
 - **Lifeguard Training r.03**
 - **Water Safety Instructor r.04**
- If you are a PDT Instructor, you must self-study to the new Bloodborne Pathogens: PDT. The old program will no longer be available after December 31, 2004.
- If you are a LGI and have not upgraded to the new Lifeguard Management (LGI r.03), you have until December 31, 2004 to self-study to the new program.
- If you are a WSI, you must upgrade to the new WSI r.04 before your authorization expires. More information on page 2.
- Oxygen Administration Lay Responder and Professional Rescuer Instructor Manuals are now available for the stand alone programs.
- Child AED curriculum is now available.

InstructorFlash

Want to teach in another country?

Just as chapters have jurisdictions, so do the American Red Cross and other Red Cross and Red Crescent Societies. The American Red Cross is restricted by an international agreement from offering training and marketing programs outside the United States without permission from the local Red Cross Society. To learn about training available in other countries, visit the International Federation of Red Cross and Red Crescent Societies Web site: www.ifrc.org.

If appropriate training is unavailable, the local Society may grant permission for the use of American Red Cross materials. To obtain permission complete the following steps to request to teach American Red Cross courses outside the U.S.:

1. Complete a request form (available from your local chapter) and return it to [Martha Chapin](#) in Preparedness at national headquarters (NHQ);
2. Wait for word from Preparedness for approval from the appropriate national society;
3. Send a copy of your instructor certificate to NHQ for extended authorization;
4. Complete an Authorized Provider Agreement through your home chapter or an NHQ assigned chapter.

FYI... Usually no manikins or other supplies are available. The instructor is responsible for obtaining these and any other equipment (TV/VCR, videos, etc.). Books may be ordered through StayWell.

Your home chapter may choose whether or not they will provide instructor support (process course records, issue certificates, issue reauthorization). If they choose not to support this, NHQ will assign a chapter to work with you. If you are an instructor with a global company and are interested in training at multiple sites contact your chapter to learn how to become a National Account.

Is There International Reciprocity for Red Cross Training?

The American Red Cross and other national Red Cross Societies do not currently have reciprocity or equivalency agreements with regard to first aid, CPR or lifeguard training certification. Regulating agencies and employers could compare the two course objectives to make a decision or just require the person to have American Red Cross certification. Most American Red Cross Health & Safety courses, including first aid and CPR, can be challenged (demonstrate all skills and pass all written tests). Candidates need to contact their local Red Cross chapter for training times and locations.



Swimming & Water Safety Premieres

Attend a premiere to learn about the updated Swimming & Water Safety (SWS) Program. The premieres will include an overview of the entire program and participants will have an opportunity to learn from members of the chapter's Health & Safety department. This is the first total revision of this program in almost thirteen years!

All Water Safety Instructors, Instructor Trainers and Health and Safety Administrators are encouraged to attend a premiere. Water Safety Instructors and Instructor Trainers that attend a premiere will have satisfied the update requirement to attend a group orientation or self-orientate to the new program. The new Water Safety Instructor Candidate's Kit will be available for purchase for \$53 and you can complete the entire update process at one time. Premieres will last approximately 2 1/2 hours and do not include any skill practice or demonstrations in a pool. Call 343-7736 or e-mail ortonj@usa.redcross.org to register or for more information.

Wednesday, August 4th 6:00pm to 8:30pm

Wednesday, December 29th 9:00am to 11:30am

Participants will learn about:

- The new Learn-to-Swim levels and how the requirements are categorized to focus on core skills
- The Parent and Child Aquatics Program that replaces the Infant and Preschool Aquatic Program
- The updated Longfellow's W.H.A.L.E. Tales course with more flexible tools and resources for leaders
- The new Water Safety Today course that replaces the Community Water Safety course
- The completely revised Water Safety Instructor (WSI) course
- The new program materials including participant booklets, new instructor's manual with CD-ROM, W.H.A.L.E. Tales Leaders Packet with CD-ROM, Swimming and Water Safety, and the Guide for Training Water Safety Instructors
- The marketing materials available to chapters and authorized providers.

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Family Caregiving Program Releases

As our nation's population ages, more and more families are taking on the responsibility of caring for a loved one at home. While providing care in the home is a growing trend, it can be challenging for caregivers and their families. That's why we are so excited to introduce the new American Red Cross Family Caregiving program.

Each of the 9 Family Caregiving modules is designed to be conducted in approximately one hour. There is no order in which the modules must be delivered, thus offering greater flexibility to the customer. There is a suggested order which is listed in the participant materials and leaders guide. The nine modules are:

- Home Safety
- General Caregiving Skills
- Positioning and Helping Your Loved One Move
- Assisting with Personal Care
- Healthy Eating
- Caring for the Caregiver
- Legal and Financial Issues
- Caring for a Loved One with HIV/AIDS
- Caring for a Loved One with Alzheimer's Disease or Dementia



The Heartland Chapter has partnered with Caregiver Support Services at 3610 Dodge Street in Omaha to provide this course. The first class is Monday, August 16th, from 9:00am to 4:00pm. The cost is \$85. Call (402) 502-1764 or e-mail caregiversupport@aol.com to register or for more information.



A Frequently Asked Question –

Are the Signs of a Heart Attack Different for a Woman than they are for a Man?

If you're a woman, you may not believe you're as vulnerable to a heart attack as men—but you are. Women account for nearly half of all heart attack deaths. Heart disease is the number one killer of both women and men. There are differences in how women and men respond to a heart attack. Women are less likely than men to believe they're having a heart attack and more likely to delay in seeking emergency treatment.

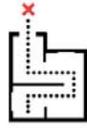
Further, women tend to be about 10 years older than men when they have a heart attack. They are more likely to have other conditions, such as diabetes, high blood pressure, and congestive heart failure—making it all the more vital that they get proper treatment fast. ***Women should learn the heart attack warning signs. These are: Pain or discomfort in the center of the chest. Pain or discomfort in other areas of the upper body, including the arms, back, neck, jaw, or stomach. Other symptoms, such as a shortness of breath, breaking out in a cold sweat, nausea, or light-headedness.***

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain. If you feel heart attack symptoms, do not delay. Remember, minutes matter! Do not wait for more than a few minutes—5 minutes at most—to call 911. Your family will benefit most if you seek fast treatment.

The American Red Cross, in conjunction with the National Heart, Lung and Blood Institute (NHLBI), released *Act in Time to Heart Attack Signs* in January of 2002. The goal of Act in Time to Heart Attack Signs is to raise awareness about critical lifesaving steps that can help someone survive a heart attack. A lesson plan is available for download from the chapter that integrates *Your Heart Matters*, the injury-control module from the First Aid/CPR/AED Program, with *Act in Time to Heart Attack Signs*. The result is a comprehensive 1½ hour seminar on heart health, prevention of heart disease, how to recognize the signals of a heart attack and how to deal with the first few minutes of a suspected heart attack. As with all of the injury-control modules, any currently authorized American Red Cross instructor will be able to teach this module after he or she becomes familiar with the new products. To obtain copies of these materials, or for more information, please contact the Heartland Chapter at 343-7730 and ask to speak with an Account Manager.

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TOGETHER WE PREPARE



Make a Plan



Build a Kit



Get Trained



Volunteer



Give Blood

Introducing Together We Prepare – the Fastest Way to Help Employees Prepare for an Emergency.

With today's troubling headlines, employees are more concerned than ever about their well-being – and their ability to react quickly and appropriately in an emergency. That's why the American Red Cross is introducing *Together We Prepare*. Streamlined to fit into busy work schedules, this presentation outlines proactive steps workers can take to prepare for an emergency. This presentation is ideal for employees who want to learn lifesaving skills but do not need to receive certification to meet OSHA regulations. A 90-minute session is packed with information to help employees stay prepared with valuable lifesaving skills.

Topics include:

- Unconscious choking
- Breathing emergencies
- Shock, bleeding, burns
- Allergic reactions, bites and stings
- Injuries

When we come together, we become part of something bigger than us all. **Together We Prepare™**, is a nationwide initiative launched by the American Red Cross to help communities prepare for emergencies and disasters before they happen. Unlike the Red Cross First Aid/CPR/AED Program, this presentation is not designed to meet OSHA guidelines, but it's an easy way to reach individuals who want basic skills in a hurry. Plus, it's a great employee benefit that gives workers valuable information that can be applied on the job – and at home with their families.

This program was piloted at Woodmen of the World Life Insurance Society on March 24, 2004. James Bridges, Executive Vice President, had this to say about the presentation, *"I want to take this opportunity to thank you for offering the 'Together We Prepare – Workplace' program to our home office associates... I heard a lot of favorable comments from the 67 associates who attended this class... they felt the training sessions were very informative and they also expressed more confidence in their ability to handle an emergency situation."*

For more information regarding the Heartland Chapter's **Together We Prepare** program, please call 343-7730 and ask to speak to an Account Manager.



Instructor Corner

Are you filling out your course record sheets and course record addendums properly? Be sure to carefully read the instructions for completing them correctly. Even veteran instructors are known to make mistakes now and then. Detailed instructions are listed on the back (pink) page. If you are using copies or utilizing the electronic Word format, please call us at 343-7730 and we'll gladly send you a

copy of these instructions. If you would like the Word format e-mailed to you, let us know. Please remember to follow these guidelines:

- Do not grade by percentage, we only need to know Pass or Fail, etc...
- Next to "Enrolled" please list students as either E for enrolled or N for not enrolled *for each component*
- Each component must be listed (if you need a copy of our list of course/component codes please call us)
- If you are teaching on behalf of a company other than the American Red Cross Heartland Chapter, you are considered a Third Party instructor teaching for an Authorized Provider, not a Unit Volunteer
- Choices for student grades are: P for passed, F for failed, I for Incomplete or A for Audit (audits may be used for students who attend the course but do not take the exam and do not receive a certificate)
- Please be sure to write the date of the class on the course record sheet, not just the course addendum
- Ethnic Origin and Demographics must be filled out for each class
- Please write legibly, or even better yet – use the Word format

InstructorFlash

Instructor Feature



Karolyn Weiss, First Aid/CPR/AED and Babysitter's Training Instructor

Q: How long have you instructed or worked with the Red Cross?

A: *"It has been since they opened this building. I think like December of 1996. (Giggle) I probably got the date wrong. I have worked prior to departmentalization so I am able to jump into any department."*

Q: Why do you instruct?

A: *"My husband, Russell, took training and a week later he saved a life. He received one of the highest awards from the Red Cross and it was signed by President Reagan."*

Q: What do you enjoy most about instructing?

A: *"I just like people and like to teach. Help them learn valuable information."*

Q: What class is your favorite to teach? Why?

A: *"Babysitting, because I babysat and I feel like I have good insight to help the children be good babysitters and I enjoy that age group."*

Q: Have you ever encountered an unusual student or incident in your class?

A: *"I have had some who cannot read. You have to read their test to them."*

Q: Is there anything else you would like to add?

A: *"I never mind answering questions, even if it seems like a silly question, I know it is important to them."*

Do you know...

... what the **impact** of a disaster response means to individuals in our community?

... how **our military is supported** by the American Red Cross with emergency communications, 24 hours a day, 7 days a week, 365 days a year?

... how **thousands of people in our community** – people just like you – cross paths with the American Red Cross every year?

Find out now!

Attend a **FREE**, one-hour informational presentation. Learn why the American Red Cross remains the most trusted name in disaster response, military support, and health and safety training.



Crossing Paths with the American Red Cross Heartland Chapter

Wednesday, August 4th 10:00am

Wednesday, September 1st 8:00am

Wednesday, October 6th 8:00am

Call for reservations: 343-7771



Did you know that all Red Cross Disaster Training is free?



If you would like more information on becoming a Disaster Services volunteer, please call 343-7775 to attend an Orientation and begin training today! You may never work harder, or get dirtier, or get paid less – But it will be the best job you never got paid to do!

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RED CROSS TO HONOR LOCAL HEROES

A teacher who rushed young students to safety when a classroom ceiling collapsed, a financial counselor who helps military families tackle money problems, and a teenager who performed abdominal thrusts on his choking grandmother are among 13 **"Heroes in the Heartland"** chosen this year by the Heartland Chapter of the American Red Cross.

The award honors persons from Douglas, Sarpy, Cass or Washington counties who have performed an act of heroism during the past year, or who have been deemed heroes by the lives they lead or the examples they set. Also included is a category for animal heroes. First National Bank and Union Pacific will sponsor a breakfast and recognition ceremony for the 13 Heroes on September 15, 2004.

Categories and winners include:

American Red Cross – *Kathryn (Kay) Tukey*, whose volunteer service with the Red Cross Heartland Chapter pre-dates WWII. The 93-year old Tukey continues to volunteer at the VA Regional Medical Center in Omaha one day a week.

Animal – *"Chocolate Chip,"* retiring this year from the Omaha Police Mounted Patrol, and handler Sgt. Deb Campbell, for efforts in crowd and traffic control at Omaha events for 15 years.

Community Service – *Heidi Wilke*, for efforts in launching the SANE/SART survivors' program at Methodist Hospital, providing emotional, medical and forensic support to victims of rape and other sexual assaults.

Fire/Rescue - Assistant Omaha *Fire Chief John (Jack) York*, for calling upon his instincts and his 25 years of firefighting experience to evacuate fire personnel from a burning structure, moments before its collapse.

Law Enforcement – Omaha Police Officers *Daniel Tanner, Kathryn Cooper* and *Daniel Placzek*, for rescuing victims from a burning vehicle following a car/bus accident.

Medical – *Frank T. Peak*, of Creighton University, for forming and sustaining multiple community partnerships that have resulted in health education, screening, care and prevention services to thousands.

Military-Active Duty – *Senior Airman Richard Uber*, for exceptional devotion to philanthropy and service, creating opportunities for veterans of the armed forces to share their stories of service with members of today's military.

Military-Support – *Barry Wilkinson*, for tireless efforts counseling military personnel and their families who are facing profound financial difficulties, especially during times of deployment.

Senior – *Ella Benton*, for nurturing young people through efforts as a foster grandparent at the Douglas County Youth Center, sharing wit and wisdom with young offenders.

Workplace – Teacher *Avis Pittman*, for heroic actions following the collapse of a classroom ceiling at St. Mary's School in March of 2004.

Youth – *Zachary Craft*, 13, for performing life-saving abdominal thrusts on his grandmother, Loni Craft, when she choked on a medicine wrapper. Craft learned the procedure in a Red Cross Babysitter's Training class.

The Heroes in the Heartland breakfast and awards ceremony will be Wednesday, September 15th at 7:30 a.m., Scott Conference Center, 6450 Pine Street. Video vignettes will depict the heroic actions of each of the 13 Heartland Heroes. Tickets are \$25. For reservations, call the Heartland Chapter, 343-7771. Heroes in the Heartland event chair is Red Cross volunteer Carol Russell.