



National Nurses Week 2020 Message

I extend my heartfelt thanks to all Red Cross Nurses for your commitment to the humanitarian mission. I am incredibly grateful to nurses and other individuals around the world who are responding to the COVID-19 pandemic. The COVID-19 pandemic is a reminder that we are all connected.



The World Health Organization designated 2020 as the Year of the Nurse and the Midwife in honor of the 200th anniversary since the birth of Florence Nightingale on May 12, 1820. Nightingale advised that fresh air is required to promote and maintain health.

While air quality and other healthcare basics are not new, we all benefit from reminders to wash our hands, stay home when sick, cough or sneeze into a tissue or the inside of our elbow and to clean surfaces to prevent the spread of disease. Guidance on social distancing, limiting travel, face masks and information for health professionals is available at [CDC.gov](https://www.cdc.gov). Red Cross nurses continue their support of mission during this pandemic and it is my honor as a Chief Nurse to ensure those connections.

As experts work tirelessly to develop ways to mitigate the spread of COVID-19 and develop a vaccine, we also need to remember to use the knowledge and immunizations that we have. For example, Red Cross nurses have dedicated their efforts to a disease that infects more than 6 million people annually ([The Measles & Rubella Initiative 2019 Fact Sheet](#)). The Measles & Rubella Initiative is a global partnership working to ensure “that no child dies from measles or is born with congenital rubella syndrome.”

Currently, one of the Red Cross responses in a COVID-19 environment is maintaining essential

Linda MacIntyre, PhD, RN, PHN

services such as lifesaving blood. VADM Jerome M. Adams, U.S. Surgeon General said, “You can still go out and give blood...Social distancing does not have to mean social disengagement.” The Red Cross needs blood donors every day and our volunteers continue to assist at blood drives and transport blood to where it is needed. The Red Cross is working with the FDA on [Plasma Donations from Recovered COVID-19 Patients](#) for potential treatment. The FDA changed blood donor eligibility requirements in response to challenges to the blood supply caused by the COVID-19 pandemic ([US Food and Drug Administration](#)). The Red Cross is working to update processes to support the new eligibility requirements.

Health professional students need opportunities to continue their learning. [The Student Curriculum for American Red Cross Disaster Health Services](#) includes online modules and a tabletop exercise that can be modified for virtual audiences. Students can donate blood, volunteer virtually or in person.

Most Red Cross services are currently being provided virtually. Nurses and mental health professional volunteers are providing wellness checks for volunteers and offering support. Please join us and [become a volunteer](#).



Daniel Cima/American Red Cross

Everybody needs a kitten image these days; this rescued one has wide eyes and bared claws digging into the supportive shoulder of Red Cross nurse volunteer Liz Miller, during the Texas flood response in May, 2019.

Much will be learned from the COVID-19 pandemic. We must address problems but not get stuck in blame, anger or despair. As leaders and influencers, we can help communities move toward recovery. This starts with awareness of our

own resilience and how to maintain well-being. The CDC has resources on [We the People: How to Create Community in an Emergency](#).

FIND COVID-19 SAFETY

UPDATES Visit [redcross.org/coronavirus](https://www.redcross.org/coronavirus) for more information on COVID-19 safety. For the latest information, please visit the CDC website at [cdc.gov/covid19](https://www.cdc.gov/covid19). If you live outside the United States, health and safety tips can be found through the [World Health Organization](#) and by following

How the Red Cross Is Helping People During COVID-19

Molly Dalton

During the coronavirus pandemic, life's emergencies don't stop — and neither does the work of the American Red Cross.

Each day, people still rely on us to help prevent and alleviate their suffering, and we're grateful to our volunteers and employees working tirelessly to support those we serve, as well as to our generous donors who make the Red Cross mission possible.

We continue to work closely with public health officials to deliver our services safely and coordinate our efforts with government agencies and partners. This means that our services may look different in each area to ensure we are aiding local families where they need us most.

GIVING COMFORT AND SUPPORT AFTER HOME FIRES As communities follow stay-at-home orders, the risk of home fires hasn't gone away. These crises represent most of the more than 60,000 disasters that we respond to annually in the U.S. Already this year, Red Cross disaster workers have helped thousands of people impacted by fires in their homes.

To help keep everyone safe and follow social distancing guidelines, Red Cross volunteers are working with local fire departments to connect with families by phone or video calls, linking them to available support, such as providing hotel stays and emergency financial assistance.

PROVIDING REFUGE FROM DISASTERS In addition to home fires, Red Cross volunteers are helping people displaced by disasters like the recent tornadoes across our southern states. As we adapt our physical response due to COVID-19, we

your local Red Cross or Red Crescent society's social media channels ([directory](#)).

The more we are all connected and work together, the quicker our world will recover from the COVID-19 pandemic. I am sincerely grateful for the continued compassion and leadership provided by Red Cross nurses. It is a privilege to serve you along with colleagues who are committed to further the Red Cross humanitarian mission.

have provided hotel accommodations to more than 17,500 people with the help of our hotel partners, rather than opening emergency shelters.

Along with partners, we are working to ensure people sheltering in hotels through the Red Cross receive breakfast, a hot lunch and dinner every day. We have provided thousands of meals and snacks and are working closely with our hotel partners to ensure distribution follows social distancing and safe food handling protocols.

The safety of our workforce and volunteers remains a top priority. Currently Red Cross health services volunteers are calling those impacted to ask screening questions for COVID-19 and find out about any immediate medical needs, such as replacement medications. We also have the ability to provide virtual mental health and spiritual care services.

FULFILLING OUR LIFESAVING

MISSION Beyond disasters, we're helping people through other parts of our mission:

- **Maintain 40 Percent of the Nation's Blood Supply:** Thanks to the many who gave blood and scheduled upcoming appointments, the Red Cross has been able to meet immediate patient needs. During this uncertain time, we encourage people to keep scheduled appointments and make new ones for the weeks ahead to [ensure a stable supply](#) throughout this pandemic for patients relying on lifesaving blood transfusions.
- **Train People with Lifesaving Skills:** We continue to provide [COVID-19 safety tips](#) and [online courses](#) — including our new

free [Mental Health First Aid for COVID-19](#) course to help you manage stress while caring for yourself and supporting your family and coworkers. In order to support critical healthcare and essential workforce needs for training in resuscitation, CPR and first aid, courses are offered, where permitted, with [social distancing approaches](#) and follow public health guidance. [Provisional certification courses](#) are also available. To help those who are currently certified, we are now offering a free online-only [120-day extension course](#).

- **Provide 24/7 Global Support to Military Families and Veterans:** Through our network of chapters and Red Cross stations on military bases worldwide, we're still providing support like sending emergency messages between deployed service members and loved ones at home. Our work also includes supporting military and veteran hospitals, assisting efforts to map and help contain the spread of COVID-19, providing [online stress-relieving workshops](#), [working with volunteers to sew face coverings](#), giving comfort kits with hygiene items to [military families](#) sheltering in place, and helping them [navigate COVID-19 changes](#).
- **Aid Communities Worldwide:** Overseas, Red Cross and Red Crescent volunteers are [helping communities cope](#) with the virus through a variety of lifesaving actions—from

transporting patients to hospitals in Italy to continuing its [support for the people of the Bahamas](#).

For its part, the American Red Cross has made a \$720,000 contribution to international Red Cross efforts to help mitigate the spread of this virus and has deployed (both physically and virtually) specialists in mental health, communications and data management.

HOW YOU CAN HELP This is the time to take care of one another. Join us:

- **GIVE BLOOD:** Please make an appointment to donate in the weeks ahead, if you are healthy and feeling well, by using the Red Cross Blood Donor App, visiting [RedCrossBlood.org](#) or calling 1-800-RED CROSS (1-800-733-2767).
- **DONATE:** Support all of the urgent humanitarian needs of the American Red Cross by donating to Where It Is Needed Most at [redcross.org](#) or 1-800-RED CROSS (1-800-733-2767). A donation of any size makes a difference.
- **VOLUNTEER:** Our need for volunteers is constant and continues to evolve as we navigate this health crisis. Visit [redcross.org/volunteer](#) for opportunities, including [providing help from home](#).

Disaster Mental Health Volunteers Support Pandemic Response

Karen H. Koski-Miller, LCSW-C, Senior Associate, Disaster Mental Health

Disaster Mental Health (DMH) volunteers are supporting the Red Cross in a number of ways across the country during the COVID-19 pandemic. Given the emphasis on workforce safety, DMH volunteers are thinking outside the box and coming up with a variety of creative efforts to support staff, volunteers and the community during a time that is challenging for all of us.

Support to Disaster Relief Operations

Many DMH volunteers have accepted virtual assignments to Disaster Relief Operations (DRO) for recent tornadoes and multi-family fires. While adjusting to virtual support has been challenging, DMH volunteers and other responders are making use of Microsoft Teams in order to participate in

meetings, and have supported clients by phone or other virtual means depending upon a client's access to technology. DMH has partnered with Disaster Health Services and Disaster Spiritual



DMH in action, virtually: Ellin Ruffner is assigned to the Texas DRO as the DMH Manager.

Care on Integrated Care and Condolence Teams to provide support and resources for clients who have experienced the loss of a loved one. DMH teams have also made "check in" calls to DRO workforce in order to provide a compassionate

presence as well as a virtual shoulder to lean on as necessary.

Regional/Division Support

Many of us have experienced a degree of anxiety as a result of stay-at-home orders, balancing family commitments (e.g. homeschooling of children), work responsibilities and just the general uncertainty that living through a pandemic can bring. While anxiety is a perfectly normal response to this situation, DMH volunteers have put their heads together in order to come up with ways to help alleviate the stress that we, our colleagues and our close friends/family may be experiencing. DMH has hosted or helped to host virtual team-building meetings, discussion groups and happy hours to help the workforce feel less disconnected and more supported while sheltering at home. DMH and other volunteers are making calls to staff and volunteers in order to check in and provide support.

Some regions have produced [YouTube videos](#) with suggestions for coping tips. Others have disseminated periodic emails containing coping tips, stress-management ideas and even jokes of the day. DMH at Red Cross National Headquarters

Red Cross Launches Stress-Management Virtual Resiliency Workshop for Military Coping During COVID-19

COVID-19 has brought a wave of new challenges to most communities, including members of the military and veterans. To address these new stressors, the American Red Cross is offering a solution by launching an online, interactive workshop to help the military community manage pandemic-related stress and learn healthy coping methods.

Although the military community is accustomed to handling constant change and uncertainty, COVID-19 is adding a host of different stressors. They are finding themselves in situations where families may have delayed reunions, uncertain deployment schedules, veterans are having to seek out broader support systems, difficulty accessing community resources, and many other unique issues.

“The Red Cross has always been there for the military community, but now we are focusing on

has teamed with DMH volunteers to provide open office hours to support the workforce and the DMH Staff Support Hotline has been made available to Biomedical Services and other business lines.

Virtual Trainings

Many scheduled training events have been cancelled in the ongoing attempt to ensure workforce safety. DMH has been able to offer more virtual trainings (including Psychological First Aid); some of these trainings have been offered to agencies and community members who have requested support. Volunteers in a number of different Disaster Cycle Services roles have been encouraged to take virtual and web-based trainings of interest as well as those necessary to obtain a promotion.

There is a Condolence Care project in development in order to provide needed support to at-risk and underserved community members who may have experienced losses as a result of COVID-19. As conditions and needs continue to change, DMH will partner with others in the Red Cross workforce to provide compassionate support and assistance.

more accessible skills-building and behavioral health outlets for this community because we know that people are nervous and their access to resources has changed due to COVID-19”, said Melissa Porrey, a Red Cross mental health senior associate and licensed professional counselor. “By using a virtual model, people all over the world can log in and connect in real time with a small group of people facing similar concerns.”

Two mental health facilitators will run each virtual workshop, which is about 60-90 minutes in length and will have no more than 12 participants. All service members, veterans and their family members are welcome and encouraged to attend the sessions.

To try and recreate an in-person environment, each participant will be encouraged to join the discussion and share their experiences. Workshop topics will include:

- Managing the stress of isolation, multitasking, working from home, supporting children, managing health, caring for family members and career interruptions
- Defining stress and recognizing its impact
- Healthy communication during highly stressful times
- Learning relaxation exercises
- Setting goals for building wellness plans
- Getting healthy sleep
- Finding a positive perspective

To sign up for a virtual workshop or learn more,

call your local Red Cross chapter or contact them by visiting [redcross.org](https://www.redcross.org) and type in your zip code.

The American Red Cross was founded on the mission of service to the armed forces with Clara Barton tending to injured soldiers during the Civil War. Honoring Clara Barton's legacy, the Red Cross proudly supports our nation's military and veteran communities of all eras in many areas. To learn more about the scope of support offered please visit, [redcross.org/saf](https://www.redcross.org/saf) or download the [Red Cross Hero Care App](#), available in your smartphone app store.

From Patient to Lifesaver: Convalescent Plasma Donor Steps Up to Help

When the United States faced a blood shortage at the beginning of the coronavirus pandemic, thousands upon thousands of people rolled up their sleeves to meet the need. Now, donors are stepping up again to participate in a promising new public health effort.



Marisa Leuzzi makes her first plasma donation and helps save the life of a patient seriously ill with COVID-19. *Note: This photo was taken prior to the current Red Cross guidelines that require all staff and donors to wear a face mask or face covering at Red Cross blood drives and Red Cross blood donation centers.*

The American Red Cross and blood industry partners have joined the U.S. Food and Drug Administration's (FDA) effort to collect and distribute convalescent plasma, a potentially life-saving treatment for critically ill COVID-19 patients.

Individuals who have fully recovered from the new coronavirus have antibodies in their blood plasma that attack the virus and may help patients seriously ill with COVID-19 in their recovery. Right now, the Red Cross is asking those who have recently recovered from COVID-19 to visit [RedCrossBlood.org/plasma4covid](https://www.RedCrossBlood.org/plasma4covid) and fill out the online form to help.

“I knew I had to do it”

Marisa Leuzzi was the first Red Cross donor to participate in the investigational use of convalescent plasma to treat COVID-19. Leuzzi tested positive for the coronavirus in mid-March and made her first convalescent plasma donation after it was confirmed she was symptom free for 14 days.

“As soon as I heard about this experimental

treatment, I knew I had to do it. I immediately started looking (for) where I could donate,” said Leuzzi. She traveled from the suburbs of Philadelphia to Pennsauken, NJ to make her donation at a Red Cross blood donation center.

“I had to put my fear aside because someone's life depended on me doing this. It was super easy, the staff was great to work with and I was in and out in about two hours,” said Leuzzi. Within three days of making her plasma donation, Leuzzi was saving a life.

Investigative Treatment Helps Save a Life

Renee Bannister, Leuzzi's aunt, was COVID-19 positive and being treated in an intensive care unit. She had been on the ventilator for three weeks and her health was continuing to deteriorate. Doctors doubted they could treat her in time.

“Her vitals kept declining and the ventilator was working at 90%. Doctors weren't sure if she would make it through the night,” said Leuzzi.

On April 3, doctors transfused Bannister with the convalescent plasma donated by Leuzzi. Doctors and nurses kept close watch in hopes that the investigative treatment would work. Within days, Bannister's vitals began to improve. Gradually her labored breathing became more controlled. Finally, she was strong enough to come off the ventilator and she was slowly weaned off sedatives.

Nearly two weeks later, Bannister is awake and able to speak. She uses FaceTime to connect with her family and dog while remaining in the hospital. She must undergo speech, physical and occupational therapies before she's considered fully recovered.

For Leuzzi, making a lifesaving plasma donation was her silver lining during this trying time. Her bout with the coronavirus was terrifying, but it enabled her to provide several COVID-19 patients with a form of treatment that can't be manufactured. Convalescent plasma can only be provided through the generosity of blood donors.

The FDA is still in the investigative phase of this treatment, so there's still a long road ahead. But receiving convalescent plasma looks like a promising road to recovery.

Leuzzi urges eligible individuals who have recovered from COVID-19 to give back, "Your plasma donation will make a difference and bring positivity and hope, which is what the world needs right now."

Biomedical Services Nurse Receives Award for Excellence

Geneviève Sansonetti-Sicé, RN, CNM, SWaRM Division NNN Nurse Lead

Dawn Winnett, RN, Clinical Services Nurse Specialist, is one of five RNs working in Arizona for the Clinical Services Department of the American Red Cross Biomedical Services. The Clinical Services Department is responsible for various types of specialized blood product collection through apheresis, including: stem cell collection; T-cell collection for CAR T-cell immunotherapy (T cells are collected and sent out to have the DNA changed, adding chimeric antigen receptors (the "CAR" in "CAR T-cell") to fight certain types of blood cancer in the donor); white blood cell (WBC) collection for shipment to California to be engineered (adding a protein to certain blood cells) for use in another autologous cellular immunotherapy called Provenge®, which then is returned and transfused back to the donor/recipient to fight prostate cancer. The Clinical Services Department also does



Dawn Winnett, RN

Note: This photo was taken prior to the current Red Cross guidelines that require all staff and donors to wear a face mask or face covering at Red Cross blood drives and Red Cross blood donation centers.

apheresis for WBC reduction, plasma exchange and red blood cell exchange for treatment of sickle cell anemia.

Winnett has been with the Red Cross for four years. She has been an RN for 29 years, mostly in the ICU department; she spent 15 years working as a travel nurse. Working in Biomedical Services has some personal significance for Winnett, as she was a

recipient of 18 units of blood when she was 17 due to a genetic clotting disorder. Winnett says that her job as a Clinical Nurse Specialist for the American Red Cross Biomedical Services has brought her life to a full circle.

Jeff Jesson, Clinical Services Manager says Winnett is responsible for the increase in the region's services being utilized in different medical areas. In one instance, Winnett was called in to perform an

How to Donate Plasma if Recovered from COVID-19

The Red Cross is looking for people who have fully recovered from this new coronavirus to donate convalescent plasma. Their donation may be able to help seriously ill coronavirus patients and aid in families' suffering. Individuals qualify if they meet specific convalescent plasma and regular blood donation eligibility requirements:

- Are at least 17 years old and weigh 110 lbs. Additional weight requirements apply for donors age 18 or younger.
- Are in good health. Generally feel well, even if being treated for a chronic condition. [View blood donation eligibility FAQ.](#)
- Have a prior, verified diagnosis of COVID-19, but are now are symptom-free and fully recovered from COVID-19.

If an individual meets the criteria above and is willing to help, please complete the [Donor Request form](#). For additional information please visit <http://www.redcrossblood.org/plasma4covid>.

emergency procedure for a patient who was actively clotting and rejecting during a heart transplant. While Winnett was saving the patient's life, she was also educating the surgical team on the benefits of plasmapheresis and reducing antibodies. The patient survived and has since been discharged. Winnett received letters of thanks from the surgical team; since then the department has been asked to return several times to perform services during and after these transplants.

When the region switched apheresis equipment from the Cobe Spectra and the Spectra Optia, Winnett stayed late several nights and cancelled personal plans to get the equipment validated. She did the same for the arrival of the Cellex ECP machine and was the first trainer with the new equipment. Jeff Jesson stated, "Dawn is an amazing nurse and exceptional team leader who continuously puts our customers, patients and Red

California's RN of Record Program

Blanca Claire, Volunteer Engagement Representative, Southern California Region

California regulations require that any time blood is drawn under a license (for example under the Red Cross license), it must be under the supervision of a physician or a registered nurse trained in the procedure. The regulations allow for scenarios where a physician is not present (which would be typical for blood drives in California); however, the regulations require that when a physician is not present, the individual placed in charge must be a Registered Nurse.

To meet this requirement, Red Cross Biomedical Services in California has the volunteer "RN of Record" (RNOR) program. A volunteer RN with a current license is trained on Red Cross procedures pertaining to donor eligibility and donor reaction management and then becomes RN of Record, supervising blood donations. The RNOR's job duties include overseeing donor eligibility and donor reactions; observing donors post-donation; encouraging donors to use RapidPass, a mobile phone registration app; educating donors on the best donation type for their blood type; and building relationships/recruiting volunteers.

Two California nurses each shared their thoughts on serving as RNOR:

Sue Sanders, MSNEd, BSN, PHN, RN, American

Cross needs above her own."

On January 9, 2020 in Washington, D.C., Dawn Winnett was presented with the Level 2 Employee Excellence Award by American Red Cross Biomedical Services President Chris Hrouda. This award is for Biomedical Services employees who exhibit outstanding achievement, resilience and commitment in support of the Red Cross' mission over the last fiscal year.

In her work for Biomedical Services, Dawn Winnett performs life-saving treatments and helps people suffering from serious health conditions get the specialized blood products they need. Red Cross Nursing sends out a special "thank you" to Winnett and to all Red Cross nurses striving for excellence across all service lines as they contribute to the mission of the Red Cross.

Red Cross Volunteer, Desert to Sea Region, DHS Chapter Coordinator/Lead, DAT Supervisor, Duty Officer, Recovery, DMH, ICCT, RNOR:

"Serving as the RN of Record, (RNOR) has allowed me to continue to utilize my license and skill set to serve within the Red Cross and my community. It has opened many doors to multiple volunteer opportunities including serving at my local chapters' blood drives. I have been able to form many connections with repeat donors and families, recruiting, encouraging and promoting the Red Cross, and the many ways individuals might consider helping others in giving back. In these difficult times, it is essential that we all consider the life-giving gift of blood donation. I stand committed to serving to support our Biomedical branch of the American Red Cross in support of this mission. As a Registered Nurse, it is my duty and responsibility to ensure the wellness and safety of those I assist, care for and treat. If you are a Registered Nurse and feel you have the time and desire to ensure our blood drives not be canceled, I encourage you to seriously consider joining our "One Red Cross Family." I am proud I did."



Sue Sanders, MSNEd, BSN, PHN, RN



Barbara Chang, RN

Barbara Chang, RN, American Red Cross Volunteer, Los Angeles Region:

“I have been an RNOR for the past two years. I can say that it has been a very fulfilling experience. I am

able to engage in the mission of the Red Cross while doing something that helps save lives and at the same time is satisfying and enriching to me. I particularly enjoy working with the staff and meeting many interesting people, listening to their stories and at the end of the day, hopefully, making a difference.”

Dan Luthi, Central Illinois Disaster Dispatcher and Volunteer Extraordinaire
 Kendra Henson, Regional Volunteer Services Officer, Illinois Region

Dan Luthi, BSN, RN is a volunteer for the American Red Cross of Central Illinois Chapter in the Illinois Region. He serves several critical Red Cross functions to deliver vital services, providing relief and support to those in crisis.



Dan Luthi volunteering at a shelter in 2013.

Cross.

Dan Luthi started his volunteer career with the Red Cross during a tornado that struck Washington, IL in 2013, assisting in the shelter that was opened. At the time he was quoted saying, “I’m here because I’m interested in helping my local community. It’s

Luthi is a Regional Disaster Action Team Coordinator and dispatch officer who takes both daytime and nighttime shifts. He calls down volunteer teams for disaster response to families and individuals, often for home fires at all times of day and night. He also serves as a responder himself, using his nursing skills as he visits with disaster clients needing health services. In this fiscal year alone, he has responded to 21 disasters. Out of 501 open response cases, Luthi helped on 167 of them. During 2019, he answered 20% of all disaster calls.

important for me to see that neighbors are taken care of and that they get what they need, whether it is medication or a hug.” From that point onward, Luthi has dedicated his time, incredible service and talents to serving those in need in his community. But his community has broadened through service to all 78 counties in the region as well as support for volunteers who deploy nationally.

Individuals and families are in dire need of care, resources and support during and after these devastating events. Families end up displaced from their homes as a result of these disasters. The Red Cross provides immediate care and support, and with Dan Luthi’s leadership, we are able to carry out our mission with utmost compassion and excellence. His leadership is also a forced multiplier as he trains additional volunteers in response roles that serve all 78 counties within our region.

Luthi also acts as a mentor and teacher to Red Cross staff and volunteers. His style of sharing information and knowledge is thorough, contextual and kind.

Luthi has been a Red Cross volunteer since 2013; he is one of the region’s most dedicated volunteers, frequently putting in 20+ hours per week volunteering while still working full time as a pediatric nurse and continuing his education. Since the beginning of 2020 alone, he has already served almost 250 hours of volunteering for the Red

More recently, Luthi responded to a fire that occurred in a trailer park in Goodfield, IL. Five individuals perished in the fire, including three small children. He responded to the incident with much compassion and worked with the surviving clients for several days to ensure all their health services needs were met. The following month, the trailer park manager requested that the Red Cross come out to be sure that everyone in the park had working smoke alarms. This was an important step to the community’s healing. With Luthi’s ability to be compassionate, professional and thorough, he was the ideal person to send on this important mission. He led a group of Red Cross volunteers who went into the community and installed free smoke alarms. Dan Luthi was

nominated for a Governor’s Award for his service, which he truly deserves, as proven by his extraordinary record of compassionate volunteer

service to the people in need in his community and beyond.

American Red Cross Celebrates Recipients of the 2019 International Committee of the Red Cross Florence Nightingale Medal

The American Red Cross hosted a special reception on March 4, 2020 to honor Tanya Porter, RN and Janice Springer, DNP, RN, PHN, who each received the [2019 International Committee of the Red Cross Florence Nightingale Medal](#). The Nightingale medal is awarded every two years to individuals nominated by colleagues in the United States and other countries, and is the highest honor bestowed on nurses or voluntary nursing aides around the world. Dr. Linda MacIntyre, Chief Nurse of the American Red Cross, welcomed attendees to the ceremony held in the Tiffany Circle Hall of the historic American Red Cross building in Washington, D.C.

Tanya Porter, RN, works in Washington as a nurse



(L-R) Posie Carpenter, RN, MSN, MPH, Nursing Network Director, Tanya Porter, RN and Linda MacIntyre, PhD, RN, PHN, Chief Nurse.

at the Madigan Army Medical Center on Joint Base Lewis-McCord. Porter was driving

home in December, 2017, after a 12-hour night shift when she witnessed a train derailment. She immediately jumped into action and triaged and cared for over two dozen injured victims while a train car still dangled off the bridge onto the highway. She provided emergency assistance at great personal risk until further help arrived. She is a true nurse heroine.

1918: Wear a Mask and Save Your Life. 2020: Save A Life, Wear a Mask.

Newspaper headlines across the country blared: Schools and Churches Closed! No Shaking Hands! No Public Gatherings! Closing Restaurants, Pool Halls and Movie Theaters!

It was October 1918.

Cheryl K. Schmidt, PhD, RN, CNE, ANEF, FAAN
Janice Springer, DNP, RN, PHN has contributed to disaster and public health nursing at the national and international



(L-R) Linda MacIntyre, PhD, RN, PHN, Janice Springer, DNP, RN, PHN and Posie Carpenter, RN, MSN, MPH.

levels. She co-authored a course that has prepared over 20,000 nursing students to serve as Disaster Health Services volunteers in Red Cross shelters. She created the Cot-to-Cot model that assists Red Cross responders in meeting the functional and access needs of clients in Red Cross shelters, based upon her extensive experience in deploying to disaster relief operations. Dr. Springer serves as the Volunteer Partner for International Recovery with the American Red Cross International Services Department, and serves as a disaster public health and disability integration expert for the North American Humanitarian Response Summit. She has published and presented extensively at national and international venues.

Further details of the contributions of these two nurse heroines were published in the [summer 2019 edition of the Nursing Matters Past and Present](#) newsletter. The award ceremony allowed their American Red Cross colleagues to express our profound gratitude for Tanya Porter’s and Dr. Janice Springer’s contributions and service to humanity.

Jean H. Shulman, RN

Americans faced many of the same situations we are facing today during the pandemic. The work of American Red Cross chapters proved that preparedness makes an enormous difference. The Red Cross had enrolled millions of volunteers who already provided for the military needs of World

War I and redoubled their efforts at the peak of the influenza pandemic. Across the country, chapters in communities large and small provided immediate responses. The Red Cross tested its efficiency as an emergency relief agency, and it functioned well.



The Red Cross mobilized to assist the U.S. Public Health Service and local boards of health. It established Red Cross Influenza Committees in cities, town and rural areas. The Red Cross provided equipment and supplies to hospitals. It set up emergency hospitals in schools, Masonic Temples and other buildings. Convalescent houses and kitchens were established. Motor Corps drivers responded as needed. More than 15,000 nurses and other workers cared for the sick.

Volunteer production workers made and distributed millions of face masks to hospitals, medical professionals and the public. They reached their quotas for masks and pneumonia jackets

ahead of schedule despite the constant demand. The jacket had a padded and quilted bodice thought to help the lungs and maintain an even temperature for the patient. The need for masks grew so acute that the Red Cross needed to provide all its masks to health care workers and provided its mask patterns to the public so that they could sew their own.

The Topeka, Kansas chapter provided instructions for making a mask:

“Fold gauze or cheese cloth until there are six thicknesses measuring seven by eight inches. Sew around the edge. Then sew tape twelve inches long to each of the four corners on the seven-inch side. Then run three pleats on the same side, the lower pleat deep enough to fit over the chin, so that this side is three and one-half inches wide with the pleat. Lay the mask over the nose and mouth and tie with the lower string as low as possible around the neck and the upper tape high over the back of the head.”



The chapter requested that local department stores display the masks on mannequins in their windows to show the correct way to wear the mask.

In reading newspaper accounts, instructions for fabricating masks seemed to change in different localities. Some work rooms used muslin or linen and some added drops of oil of eucalyptus to the inside of the mask. All the chapters explained the importance of disinfecting the mask each day by washing it in hot water or soaking in a solution of three tablespoons of Lysol to one gallon of water for an hour.

California, Nevada and other states passed laws that masks must be worn in public at all time or fines and arrests would follow. A highway man variation of the mask, using a bandana and simple folds, appeared in late October. Families could make these easily at home.

Pamphlets, published in several languages, urged citizens to:

**Fight the Flu! Wash Your Hands! Stay Home!
Do Not Spit! Ventilate your Home.
Cover Up Each Cough and Sneeze,
If You Don't, You'll Spread Disease.**

Although medical experts stressed the importance of quarantine and hand washing as the best public health prevention methods, miracle cures spread across the nation. These included quinine and whiskey, honey and hot water, and bags of camphor hung around the neck. One ad read “Sulphur in shoes—good prevention! A little sulphur placed in your shoes each day is a positive preventive.”

Another claimed, “Eat More Onions!” This included a poem:

An onion arrived today
Labelled red, white and blue
Eat onions plenty and keep away the flu.

Vicks VapoRub was so popular that store shelves were empty from October 1918 to March 1919.

Today, many communities’ shelves are bare of Lysol, disinfectant wipes, toilet tissue and other necessities. The quarantines of 1918 have become the social distancing of 2020. The key to stopping a pandemic is separating people from each other to avoid transmitting the virus.

Author John M. Barry wrote a definitive history of the 1918 influenza pandemic, entitled *The Great Influenza: The Story of the Deadliest Pandemic in History*. He recalled the seven-year endeavor preceding its 2004 publication during an early April 2020 interview with

businessman and philanthropist David M. Rubenstein during the first virtual National Book Festival Presents for the Library of Congress. When asked what individual or group had the biggest positive effect amid the 1918 pandemic, he responded, “Well, there was no Tony Fauci, but the American Red Cross certainly behaved admirably in the healthcare system. All the medical workers risked their lives, many doctors and nurses died, as unfortunately, may happen today.”

We can learn from the 1918 pandemic when the nation came together to *Fight the Flu*. Today, we can support public health efforts, give blood, and donate to our communities.



Precautions taken in Seattle, WA, during the 1918 influenza epidemic would not permit anyone to ride on the street cars without wearing a mask. 260,000 masks were made in three days by the Seattle Chapter of the Red Cross which consisted of 120 workers.



1918: Working together in the “Red Cross rooms” in Seattle, Washington wearing “influenza masks.”

Library of Congress, American National Red Cross Collection

National Archives, Identifier 45499309

Supporting the Red Cross

Candace Roosevelt, MAN, MBA

There's no substitute for a good, up-to-date will to make certain your estate is distributed exactly as you wish. However, by designating the American Red Cross as a beneficiary of certain accounts or assets you own, you can make a gift to support the Red Cross without making changes to your will.

A “**beneficiary designation**” is one of the simplest ways to make a gift to a qualified charity. It's usually as easy as filling out a form. A beneficiary designation is quite flexible and can be changed at any time. You can name a charity as the sole beneficiary of your account or as one of several beneficiaries. For example, you can use some of your assets to make a gift to the American Red Cross and use the rest to provide for family members or other loved ones.

Accounts and assets you could consider designating for the American Red Cross include:

Retirement accounts: These include IRAs and most other “Qualified Retirement Plans” such as 401(k) and 403(b) plans. Your plan administrator can provide you with a beneficiary designation form you can use to designate the American Red Cross to receive either a percentage of your retirement plan balance or of a specific dollar amount at the end of your lifetime.

Life insurance policies: Your insurance company can provide a simple form that will allow you to designate the American Red Cross to receive

all or a portion of the death benefit from your life insurance policy.

Bank account: You can instruct your bank to pay to the American Red Cross all or a portion of what remains in your checking or savings account at the end of your lifetime. Your bank can provide you with the appropriate forms.

Investment account: You can instruct your investment company to transfer to the American Red Cross some or all of the investments remaining in your account at the end of your lifetime. Your broker or agent can help you with the process for doing this.

Your gift to the Red Cross will help support the humanitarian mission. For more information on how to make a planned gift please contact **Gift Planning Officer, Candace Roosevelt at 617-306-3875 or Candace.roosevelt@redcross.org**.

AMERICAN RED CROSS National Nursing Committee
Heritage Committee Members: Vivian Littlefield, Chair; Elizabeth Kazmier, Editor; Committee Members: Molly Dalton; Bill Darr; Donna Dorsey; Marie Etienne; Donna Jensen; Linda MacIntyre; Candace Roosevelt; Cheryl Schmidt



Help us get in touch with and recognize other current and former Red Cross Nurses!

Please send the email, phone, and address of your friends and colleagues to us at RedCrossNurse@redcross.org. Share this newsletter via email, Facebook, Twitter and your preferred social media. Go to <http://www.redcross.org/about-us/our-work/nursing-health/nursing-network> and select a link under “View Previous Issues.”

Thank you!