



**American
Red Cross**

Nursing Matters Past and Present

American Red Cross National Nursing Committee

48th Edition

Fall 2022

Gratitude for You



Linda MacIntyre,
American Red Cross Chief
Nurse. Photo by Deborah
Harper

Gratitude is always ‘in season’ and during the holidays, there is an increased focus on thankfulness and gratitude. There are many studies reminding us that gratitude is good for our health. I deeply appreciate you and our colleagues for furthering the Red Cross mission through effective service. You make a difference in lives and the impact

Linda MacIntyre, PhD, RN, PHN, FAAN

continues for years. You work to promote health equity. You know that the holidays are difficult for many and you bring comfort and joy in ways untold.

We are often encouraged to be grateful for all that we have. This is good and yet, throughout the season, I encourage you to appreciate yourself for all that you are in the moment. While we might share similarities in bringing comfort and healing, your unique presence is a gift. Thank you for sharing yourself and your gifts.

Red Cross Helped Thousands after 2022 Hurricanes; Volunteers Needed

Molly Dalton

The Atlantic Hurricane Season runs from June 1 until November 30, and this year has been a busy time for the American Red Cross. Large relief efforts were launched for Hurricanes Fiona, Ian and Nicole, involving thousands of Red Cross volunteers.

HURRICANE FIONA made landfall in Puerto Rico on September 18, destroying homes and infrastructure, knocking out power to the entire island and leaving two-thirds of Puerto Rico without water service. First responders had to use heavy equipment in some areas to lift people to safety.

In Puerto Rico, the government manages the emergency shelters and people sought refuge in dozens of shelters powered by solar sources made possible by a Red Cross contribution of nearly \$1.5 million after Hurricane Maria devastated the island in 2017. Red Cross and partners delivered solar power to 160 schools at that time, many of them serving as emergency shelters during Fiona.

Hundreds of Red Cross volunteers helped assess the damage and delivered emergency supplies where possible. More than 30 Red Crossers also provided health and mental health services, helping people with things like replacement of eyeglasses and

prescription medications. Many of these Red Cross workers helped despite having no power or water themselves.



Mizael Perez, a resident in Coqui, Puerto Rico, receives houseware, blankets and a cleaning kit from Red Cross volunteers in the aftermath of Hurricane Fiona. Photo by Scott Dalton/American Red Cross

With the help of partners, the Red Cross provided hundreds of thousands of meals and snacks and distributed more than 104,000 relief items to people in need.

HURRICANE IAN made landfall in Florida less than two weeks after Fiona devastated Puerto Rico. The dangerous storm hit the Sunshine State on September 28 with catastrophic storm surge, powerful winds and drenching rain. That night more



Red Cross nurse Lola Ridgley comforts a grieving resident of the Red Cross shelter in Estero, FL. The resident's husband of 60 years was in hospice when Hurricane Ian made landfall in Florida, and she learned that he passed away. Sadly, they were separated during and after the storm swept through the state, and she did not get a chance to say goodbye. Ridgley is a retired hospice nurse and trauma and grief counselor with experience navigating these especially difficult moments. Photo by Scott Dalton/American Red Cross

than 33,000 people sought refuge in as many as 260 evacuation shelters.

Weeks after Hurricane Ian devastated large areas of Florida, thousands of people are depending on the Red Cross and other organizations for food, water and other support. Ian destroyed or caused major damage to more than 22,000 Florida homes, and the Red Cross is providing emergency financial assistance to help many of these households jumpstart their recovery.

More than 3,100 Red Cross workers have supported relief efforts in Florida. As many as 330 of these workers are trained in health and mental health services and supported families who suffered unimaginable loss. They helped manage medical conditions, cared for wounds or injuries, and replaced prescription medications or other critical medical equipment like canes and wheelchairs.

The Red Cross and partners provided tens of thousands of overnight shelter stays, served more than 1.7 million meals and snacks and distributed hundreds of thousands of relief items in Florida.

Support People in Need this Holiday Season

The holiday season is a time for festivities and family, meant to bring us together in joy and warmth. But for communities ravaged by disaster, the holidays can be a particularly difficult time.

This year, you can give a meaningful gift that helps people through some of life's toughest moments. Please consider making a financial gift this holiday

HURRICANE NICOLE On November 10, Hurricane Nicole hit Florida with strong winds, rain and a hazardous storm surge, bringing flooding, power outages and damage to homes. The Red Cross and our partners are supporting people with shelter, food and relief items while still helping those impacted by Hurricane Ian which devastated parts of Florida just weeks before.

HOW YOU CAN HELP Right now, the Red Cross urgently needs Disaster Health Services volunteers. These valuable volunteers use their professional skills as licensed healthcare providers to deliver hands-on care to people in shelters. There is also a need for Mental Health Services volunteers. If interested, you can [find out more here](#).

You can help people affected by disasters like storms and countless other crises by making a gift to Red Cross Disaster Relief. Your gift enables the Red Cross to prepare for, respond to and help people recover from disasters big and small. Visit redcross.org, call 800-RED-CROSS, or text the word REDCROSS to 90999 to make a \$10 donation.



Elisabeth Guzman a Red Cross volunteer from Puerto Rico, comforts Maria Ortiz, a friend from their youth, whose home was severely damaged by Hurricane Fiona in the Santa Isabel community in Puerto Rico. Photo by Scott Dalton/American Red Cross

Molly Dalton

season to the American Red Cross to bring help and hope to people in need.

For instance, you can help provide warm blankets or hot meals for people in shelters. When disasters strike, children and families often lose their homes, exposing them to harsh elements. Provide blankets to keep them comfortable and warm while they stay



Blankets keep people warm in shelters during a disaster.

in emergency shelters.

You can help connect veterans and their families to critical community services such as food, housing, mental health care and rehabilitation. Be there for veterans and their families who have sacrificed so much for our country during difficult times.

You can help families affected by international disasters by providing hygiene supplies, blankets, tarps, water containers, a kitchen set, crank-powered combination lamp, radio and cellphone charger in the aftermath of a disaster.

You can also donate blood or platelets to make a lifesaving difference for patients in need. Help ensure that the lifesaving gift of blood and blood products will be available and as safe as possible whenever and wherever it is needed. Your support can help save the lives of accident victims, patients battling cancer or sickle cell disease, mothers facing



You can help connect veterans and their families to critical community services.

complications from childbirth and others.

This year, give something that means something by visiting redcross.org/gift.



You can donate blood to make a lifesaving difference for patients in need.

Sharing the News: Awards and Recognition



Carolyn Nganga-Good

Foundation (RWJF) Public Health Nurse Leaders Program. Dr. Nganga-Good also successfully negotiated for it to be free to read so that it be accessible to as many people as possible. [You can read it here.](#)

Carolyn Nganga-Good, DrPH, RN, CPH published “Overcoming barriers and improving public health nursing practice” in *Public Health Nursing* as a product of her leadership fellowship work with the Robert Wood Johnson

The [American Academy of Nursing](#) inducted the 2022 cohort of new fellows on October 29, 2022, during its 2022 Health Policy Conference. New fellows include Deborah (Deb) Gray, DNP, ANP-BC, FNP-C, FAANP, Martha Dawson, DNP, MSN, FACHE, FAAN and Linda MacIntyre, PhD,



L-R: Linda MacIntyre, Martha Dawson and Dianne Mance, NBNA Operation and Conference Services Manager



L to R: Deb Gray and Linda MacIntyre

RN, PHN, FAAN, Chief Nurse American Red Cross. Gray serves on the National Nursing International Subcommittee and Dawson is the President of the

National Black Nurses Association (NBNA), a long time Red Cross partner. U.S. Public Health Service Chief Nurse Officer, RADM Aisha Mix, DNP, MPH, RN, NHDP-BC, FAAN and Wanza Bacon, DrPH, MBA, BSN, FAAN, Director Public Health Emergency Strike Team were also inducted.

Academy fellows are recognized as “[nurse leaders in education, management, practice and research.](#)”

Nursing Students Connect with the Red Cross for Innovative Clinical Experiences

Laura Crouch, EdD, RN, CPAN, CNE

In recent years, nursing students have faced many challenges to complete their clinical hours in local healthcare facilities. This nation-wide issue makes it difficult for nursing students to obtain adequate clinical hours in time to meet nursing program degree requirements. Identifying opportunities that provide meaningful learning experiences to meet clinical course and accreditation outcomes can be an onerous task as faculty search for healthcare facilities and local organizations to place students for clinical experiences.

Through the generous funding of the [Susan Hassmiller Nursing Award](#), the American Red Cross Disaster Health Services (DHS) in Arizona has begun to connect nursing students with various opportunities that meet clinical requirements by engaging with the Red Cross through the Academic Service-Learning (AS-L) process. This project provides clinical experiences for nursing students through filling needed Red Cross volunteer roles. Another project aim is to develop and share resources for national Red Cross staff and volunteers interested in streamlining and documenting the AS-L partnering process so it can be more broadly used. Some nursing students have already started to participate in AS-L at their local Red Cross chapters in Arizona as a result of the project.

In Arizona, the Red Cross DHS lead established a process to partner with local nursing schools to provide clinical opportunities that meet curricular and accreditation outcomes while meeting Red Cross volunteer needs. Through collaboration with various Red Cross lines of service, several opportunities have been identified and implemented that provide nursing students with valuable experience outside of a traditional hospital

unit setting. Students serve communities while earning course credit.

Applicable volunteer opportunities are identified and coordinated by the local AS-L Volunteer Coordinator, DHS lead, and the nursing school clinical instructors. The nursing clinical instructors determine how Red Cross volunteer activities in the community will meet clinical course objectives, accreditation, and nursing state board guidelines.

Generally, the volunteer activities/clinical experiences are focused on age-specific activities over the lifespan. AS-L opportunities that have been considered and/or implemented include Prepare with Pedro, Pillowcase Project, International Humanitarian Law, Hands-Only CPR and blood donation-related activities. During the service activity nursing students are supervised by their nursing instructor. Hours are reported in Volunteer Connection. The faculty completes the nursing schools' documentation for meeting clinical objectives.

To date through this partnership, nursing students have earned clinical hours while participating in a local Red Cross chapter mock sheltering event and working with preschool children during Prepare with Pedro activities. Graduate nursing students



University of Arizona nursing students participating in a mock sheltering event, Fall 2022

have assisted clients displaced by a multi-family home fire to replace lost prescriptions, eyeglasses and durable medical equipment. The nursing school allowed the graduate nursing students 60 clinical hours for their volunteer service. Each nursing school sets the number of clinical hours the students may earn toward the clinical course objectives. Generally, nursing schools partnering on AS-L with the Red Cross have determined that 10-12 hours for each activity will be part of the total clinical course hours.

Another bonus of this partnership is that the nursing students/AS-L volunteers have the



University of Arizona nursing students at a Southern Arizona Chapter mock sheltering event, Fall 2022

potential to become long term volunteers. The nursing students come prepared to assist the experienced presenter with the

Pillowcase Project, Prepare with Pedro, Hands-Only CPR, and other local Red Cross activities etc. The nursing students distribute supplies and help keep the children on task, while observing various behaviors and speaking directly with the children or adult participants in each service event. Through their experience with the American Red Cross AS-L program, nursing students may graduate with a

broader perspective of effective, interactive clinical experiences by responding to diverse human needs related to community disasters, local healthcare events and public services. Other volunteer opportunities include undergraduate nursing students participating in blood drives and local health teaching/learning activities related to public safety, disaster preparedness and Hands-Only CPR.

One of the developmental goals for Healthy People 2030 is to “Increase the inclusion of core clinical prevention and population health content in undergraduate nursing and graduate nurse practitioner training programs.” Partnering with public health organizations such as the Red Cross to provide nursing students with experience in community-based practice will help nursing schools promote health and wellness for our diverse populations. As this endeavor progresses, further online resources will be developed and shared. These resources will provide Red Cross volunteers and nursing schools with a step-by-step AS-L implementation process, that will be shared in the Red Cross national AS-L Toolkit. As a result of their nursing schools partnering with the Red Cross through this program, nursing students engaging in AS-L will benefit from meaningful and possibly unforgettable opportunities to meet their clinical requirements while experiencing the joys of providing much needed health and wellness services in their local communities.

For more information, please contact RedCrossNurse@RedCross.org.

Red Cross Has a New Federal Nursing Service Council Deputy

Posie Carpenter, RN, MSN, MPH

Did you know that the American Red Cross is one of eight member organizations of the Federal Nursing Service Council (FNSC) which includes the U. S. Army, Navy, Air Force, Public Health Service, Department of Veterans Affairs, Uniformed Services University Graduate School of Nursing and Defense Health Agency? Organized in 1943 during the height of World War II “to provide a means for easy exchange of information, provide mutual assistance in the consideration of nursing issues, and formulate recommendations regarding federal nursing,”¹ the



Maggie Jones

present day’s FNSC is a united federal nursing leadership team poised to address tomorrow’s health care challenges today.

The FNSC’s mission is to “bring together Federal Nursing’s collective leadership and expertise to advance and strengthen professional nursing and enhance partnerships among federal agencies and the American Red Cross.”¹ The Council

“seeks to enhance and strengthen its constituencies; to collaborate and enrich the environment for federal and civilian nurses and

those entrusted to their care; and to advance and explore professional issues and leadership.”¹ Membership of the FNSC includes the principal nurse executives and deputies of the eight member organizations. The council meets every other month and is chaired for a term of eighteen months, on a rotating basis, by the nursing executive of the FNSC member organizations.

The Red Cross recently welcomed a new deputy as representative to the FNSC, Col. Maggie Jones, (Ret). Maggie served in the United States Air Force Nurse Corps for 30 years. During her Air Force career, she held multiple positions including Surgeon General Liaison Officer to Military Health System Governance; Director of Staff/Executive Officer to Air Force Surgeon General; Air Force Medical Support Agency, Director, Healthcare Operations & Research; Director, Plans and Programs; Director USAF Nurse Corps and Chief,

Officer Force Development; and Commander, 628 Medical Group, Joint Base Charleston, SC. Maggie served as a member of the FNSC during her tenure as the Director of the Air Force Nurse Corps and now returns to the council as a Red Cross volunteer. For the Red Cross she serves as the Nursing Network Advisor for Service to the Armed Forces and as the Red Cross Deputy to the FNSC supporting Chief Nurse, Linda MacIntyre. In her retirement, when she is not volunteering for the Red Cross, Maggie enjoys singing with her church choir, volunteering at her local food bank, photography and travel. Thank you, Col. Jones for your service to our nation and for your continuing service as a Red Cross volunteer!

¹ Commissioned Corps of the U.S. Public Health Service Nurse Professional Advisory Committee. (2020). *Federal Nursing Service Council*. <https://dcp.psc.gov/OSG/Nurse/federal-nursing-service-council.aspx>

Spotlight on Nicklaine Paul

In February of 2022, the Red Cross Health Professional Community learned about health equity issues associated with blood transfusions when Yvette Marie Miller, MD, ABIHM and Nicklaine Paul, RN, BSN, CCM co-presented “[Meeting the Transfusion Needs of Patients with Sickle Cell Disease – It’s About More Than Blood](#).” As Executive Medical

Amy Wills, RN, BSN, MSHCA and Posie Carpenter, RN, MSN, MPH



Nicklaine Paul

Officer for the American Red Cross overseeing donor eligibility determination, product management and donor management, Miller is passionate about assuring that the right blood products are available and accessible to all those who need them. During the February session, Miller introduced Red Crossers to Nicklaine Paul who is equally passionate about access to life saving blood because she lives with sickle cell disease (SCD) and has dedicated much of her career to the care of individuals living with SCD. Those who viewed the presentation were not only grateful to learn so much about the physiology of sickle cell disease from Miller but also about the human suffering that comes from lack of knowledge (on the part of health professionals) and appropriate resources to treat and manage the disease properly. Paul presenting her perspective helped participants better understand a patient’s experience of the

disease, with insights only a nurse with the disease could share. In the course evaluation, one attendee wrote, “Thank you so much! I had no idea that people with sickle cell disease had so many different antigens involved in getting the right transfusion! It was also very helpful to know the triggers, the extent of pain, and the factors that have hindered health equity!”

Following the presentation, Nursing and Health leadership invited Nicklaine Paul to become a Red Cross volunteer by joining the Nursing Education Workgroup. With her personal experience living with a chronic illness along with her clinical expertise, she is in a unique position to serve as a subject-matter expert. Paul joined the Red Cross as a volunteer and Nursing Education Workgroup member in April 2022. Since then, she has been developing an Academic Service-Learning module on SCD targeted toward nursing students and the Red Cross workforce. A key take-away from the training module is that individuals with SCD require frequent blood transfusions and may need up to 100 transfusions a year.

Paul has had an impactful and varied career. She assisted with establishing the Sickle Cell Infusion

Center for Adults at Johns Hopkins Hospital (JHH) in 2008. There she served as the lead clinical nurse/nurse manager for close to 10 years. To this day, Paul actively participates in JHH sickle cell initiatives and research as a nurse consultant. In March 2021, Paul launched her nurse consulting company, Sickle Care Solutions, LLC (SCS). SCS is focused on improving the care provided to individuals living with SCD to ensure optimal, compassionate care for all. Through SCS, Paul educates healthcare professionals, students and the public on SCD and the management of its

medical complications, and guides clinicians and healthcare providers on how to establish dedicated clinics for the care of individuals living with SCD. Serving as an expert nurse witness and legal nurse consultant on medical malpractice cases involving individuals with SCD, Paul assists law firms in supporting clients. Clearly, Nicklaine Paul was called to do this work in support of those living with SCD, and the Red Cross is fortunate to benefit from her passion and expertise. To learn more about Ms. Paul and SCD check out this [Red Cross Chat](#).

Getting to Know Our Nursing and Health Leaders: Linda Fahey

Posie Carpenter, RN, MSN, MPH

Back in March of 2022, Linda Fahey, DNP, RN, was looking for a volunteer opportunity with an organization that values nursing. Dr. Fahey combed the Nursing and Health redcross.org pages to learn about the deep history and current impact of nurses and health professionals with the Red Cross, was impressed, and decided to share her talents with the organization. She accepted her first Red Cross volunteer position in April as a Nursing and Health Special Projects Leader.



Linda Fahey

committees including the National Nursing Committee (NNC), the Communications and Partnerships Subcommittee of the NNC, and the Nursing and Health Education Workgroup of the NNC; she is leading key Nursing and Health projects related to Academic Service-Learning and a sustainability study for nurses in the Red Cross; and she is supporting the Chief Nurse with important deliverables such as manuscripts and presentations.

With her wealth of skill and knowledge as a former hospital Chief Operating Officer, Chief Nurse Executive and Chief Information Officer, it quickly became clear that Fahey could and should be even more strategically placed within the Nursing and Health Leadership. Fahey is also a faculty member with extensive academic expertise. Consequently, Chief Nurse, Linda MacIntyre asked Fahey to serve as her Executive Assistant. In that role, Fahey serves as a valuable advisor, consultant, planner and facilitator. She organized and manages the Nursing and Health projects in Trello (a project management tool); she is supporting multiple

Dr. Fahey has lots of balls in the air and juggles them seamlessly. In addition to her Red Cross service with the Nursing and Health team, Fahey is serving as a Disaster Health Services Case Manager, and she continues to teach as Adjunct Clinical Instructor/Adjunct Clinical Assistant Professor for the University of Illinois Chicago College of Nursing where she is currently co-teaching a class of 100 students. She enjoys spending time with her children and grandchildren. And, she will frequently join a meeting having just been fishing, boating or hiking. Fahey is an inspirational leader who clearly values hard work, delivering customer-focused, quality service, collaboration and fun.

Advanced Life Support Sepsis Code Card Available for Downloading

Marie Manning, APR

With the goal of providing healthcare professionals quick reference practice guidance based in the latest science, the American Red Cross has developed the *Advanced Life Support Code Card: Sepsis and Septic Shock: Screening, Early Intervention and Resuscitation*. This unique code card

comprehensively illustrates the identification, initial treatment and stabilization of adults with sepsis and septic shock. [Download](#) the new Advanced Life Support Code Card: Sepsis and Septic Shock, which offers clinicians guidance for the screening and early treatment of sepsis in the acute care setting.

American Red Cross Nurse Sophia Valentine Kiel

April D. Matthias, PhD, RN, CNE and Gertrude B. Hutchinson, DNS, RN, MA, MSIS, CCRN-R

A year ago, I wrote a piece for this newsletter describing the selection and work of the “Mercy Ship” nurses during the Great War. This year, my colleague, Dr. Hutchinson, is joining me to share a glimpse of the nursing career of one of the Mercy Ship nurses, Miss Sophia Valentine Kiel. She sought out adventure to provide care to diverse patients in challenging situations. We will provide highlights of her nursing career and specifically, her experiences in Imperial Russia that positively impacted her development as a nurse and leader as a result of boarding the Mercy Ship.

Becoming a Nurse

Sophia Valentine Kiel, born 22 November 1879 in Manhattan County, New York City, was the fifth of nine children of grocer Ernst Leberecht Kiel and Maria Anna Sophia Reiss. The 1900 census counts her living with her Aunt Maria and Uncle Louis Grimm while employed as a cashier in the Borough of Manhattan. By 1905, Sophia Kiel was a fledgling nursing student at the St. Luke’s Hospital School of Nursing in New York City. In 1908, she graduated from the school and started working as a nurse at St. Luke’s.

Seeking Adventure

Looking for a way to serve and travel, in 1910 Kiel volunteered to work under the direction of Dr. William Grenfell at the Grenfell Mission in Battle Harbor, Labrador, Canada. Labrador was isolated — the only way to reach the island was by boat. The environment was not always hospitable due to the cold, wind, and ice that lingered well into the spring and early summer months. At the mission, she cared for the indigenous populations, their children or orphans, and fishermen who sustained



Kiel with camera, from her photo album

on-the-job injuries. She also traveled from Labrador to Newfoundland to provide needed health care to fisherman there.

Kiel was an avid photographer and took several pictures during her time in Canada. Her diary of photographs continued throughout most of her nursing career.

After serving two years, Kiel returned to the United States in 1911 and began her work with the American Red Cross and the citizens of New York City.

Red Cross Experiences in Imperial Russia

When the Great War erupted in Europe, Kiel was selected to join one of ten American surgical teams which were each tasked with creating a war hospital to provide humanitarian aid to injured combatants. Each team consisted of 12 nurses and three surgeons, and they all boarded the *SS Red Cross*, popularly known as the “Mercy Ship,” and departed New York Harbor on September 12, 1914. Kiel’s team was assigned to a posting several hundred miles behind the Caucasus front located in then Imperial Russia’s city of Kiev (now present-day Kyiv, Ukraine). The arduous journey to her destination over sea, road, and railway stretched beyond 50 days and required much patience, as the arrival of needed equipment could lag days behind the teams’ arrivals. Her team was given access to a wing of Kiev’s Polytechnical Institute where it took them an entire month to “clean away 25 year’s accumulation of dust.”

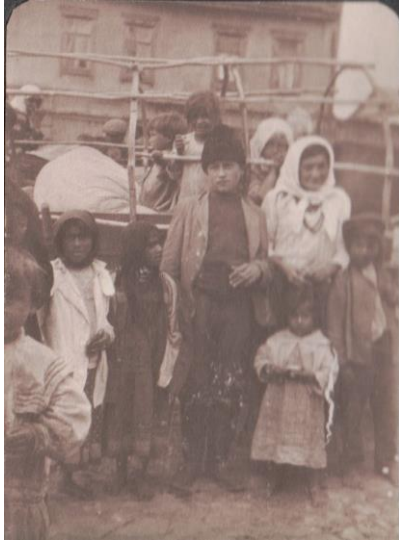
The make-shift hospital had three floors. The first floor was used for personnel, administrative offices and the pharmacy and the other two floors were wards, operating, rooms and dressing rooms. The wards were large with high ceilings and many windows that assisted to provide light and fresh air for the patients. The largest inconvenience was scarcity of water; there was often no running water after 10:00 a.m. and all hot water had to be transported up from the basement. They created a clean and well-organized hospital. The local Kiev newspaper complimented the cleanliness of the American-run hospital.

The hospital opened and they accepted their first 50 “slightly wounded” patients; however, the number of patients requiring care quickly rose. Kiel described the consistent increased influx of patients in this way: “when you are working in a



“Austrians in Prison Camp at Darnitzer, Kiev. 20,000 at one time.”
from Kiel’s photo album

war zone you work up to a speed and when you get to that speed, everything after that seems nothing.” The normal patient census soon became 150 to 200 patients each day and by February, two surgical teams (25 nurses and 6 surgeons) were caring for 600 patients, yet with only 240 beds. Later in the spring, Kiel recalled caring for 800 patients during a 22-day battle. Kiel was also astounded by the large amount of people that passed through Kiev. She recalls “thousands and thousands and



“Polish Refugees” from Kiel’s photo album

thousands of men” who were mostly Austrian prisoners passing by the hospital to a detention camp nearby. Additionally, hundreds of refugees in a “steady stream from morning to night and for days and weeks” passed by the hospital with only the government-issued wagon, the clothes

on their back, a little bedding and a sack of flour for food. She witnessed courage, strength and resilience in her patients and the passersby.

Near July 1915, Kiel learned that the American Red Cross needed to withdraw all units from the war zone. She was devastated and described this news as the “greatest blow I ever received” because she wanted to stay and continue to care for the patients. Kiel described her duty to the patients in this way: “They are human beings, just as much as we are and we are just as much responsible for them.” With news that the Germans were approaching Kiev, they quickly moved to evacuate the patients and stripped the hospital of anything that could be of use. At this time, Kiel made her decision to not return to America and to stay and volunteer her services to the Russian Red Cross.

Early in her service with the Russian Red Cross, she made a thousand gauze masks to help decrease inhalation of gas and worked in dressing stations, dressing hundreds of patients each day. Although she was part of a surgical unit, her team provided

much needed medical care. She was assigned as chief nurse of a military hospital supporting Russian forces fighting in Turkey. She converted a 200-camel adobe caravanserai in Khoy, Persia (also part of Imperial Russia at the time) into a 250-bed hospital while battling a typhus epidemic. Here she “nursed wounded and frostbitten Cossacks, diseased Turkish prisoners of war, and starving Armenian refugees.” She recalled making underwear and nightgowns for the barely clothed



Kiel, back row, second from right, with Imperial Russian soldier patients

Armenian refugee children from the doctors’ underclothing and leftover cloth from uniforms. In one quarantine station made of nothing but tents, they operated early in the morning before the day’s temperature became too hot. She recalled surgeries performed out in the open “under the sky” with a circle of men waving palms to keep flies away. She proudly declared that none of the operative cases became infected nor died.

As the work in Russia lessened and the make-shift hospitals began to close, Kiel was sent home two years after she left New York Harbor. Kiel proudly recalled the opportunity afforded to her through her experiences in Russia:

It was a wonderful opportunity, because with all the experience we had the first year, the second year we had a chance to show what a trained nurse can do; we had a chance to use our brains, we had a chance to improvise things. In all my training the one hope I had had was that someday I would get a chance to be in a place where I could improvise and do things when I had nothing to work with. We had a chance there.

Challenged with limited resources, difficult cases and gruesome environments, she exercised her nursing skills learned in training and used critical thinking and creativity to improvise and provide effective care to patients, refugees and prisoners.

Sophia Kiel was awarded the Russian St. Anne Medal (silver) for her work in Kiev and the Russian St. Anne Medal (gold) for her service in Khoy. The St. Anne Medal was one of the few imperial military awards that could be bestowed on foreigners to recognize acts of courage or daring not performed during combat. Kiel also earned the American Red Cross World War I Service Medal, with "Overseas Service" bar, and the Russian Red Cross Medal.

Post-Russia Nursing Career

After completing her duty of service to the American Red Cross as a member of the Nursing Service, Atlantic Division in both Assistant Director and Acting Director capacities, Kiel joined the United States Navy, at one point stating, "and [now] I belong to Uncle Sam." Her assignment was United States Naval Transport with a designation of Chief Nurse aboard the *USS George Washington*. This ship's mission was to safely carry President Woodrow Wilson and First Lady Edith Wilson to and from the United States and Europe in the pursuit of peace and international unity. From time to time, troops and global leaders also traveled on board as well. It was on such a trip when Queen Elisabeth of Belgium, a guest aboard the *USS George Washington*, became aware of all of Kiel's efforts caring for ill and wounded Belgian soldiers and citizens and personally awarded the Order of Queen Elisabeth medal to Sophia Kiel.



Kiel aboard the USS George Washington, 1918. Courtesy of Naval History and Heritage Command

Summary

A survey done by the St. Luke's Hospital Alumnae Association at the close of the Great War showed "197 graduates were engaged in war service in 12

Creating a Legacy

Perhaps you have thought about supporting the American Red Cross with a legacy contribution in your will. If so, thank you! Updating your will can be daunting, and we want to remind you that

countries..." Sophia Valentine Kiel was one of those 197. Throughout her service to the people of New York City, Labrador, Imperial Russia, Europe and the members of the United States military, whether as a civilian, an American Red Cross nurse or an officer in the United States Navy, Kiel used her intelligence, her wit and her commitment to the nursing profession to care for others. No longer is the name of Sophia Valentine Kiel lost to the passage of time. Her name and her contributions are synonymous with leadership, a joy for life and a passion to make a difference.



Kiel, courtesy of Naval History and Heritage Command

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Candace Roosevelt, MAN, MBA

designating the Red Cross as a beneficiary of certain accounts or assets you own allows you to make a legacy gift without changing your current will.

A “beneficiary designation” is a simple way to make a legacy gift, as easy as filling out a form directing your account to be distributed to the Red Cross at the end of your lifetime. Beneficiary designations can be quite flexible. You can name Red Cross as the sole beneficiary of your account or as one of several.

There are many benefits of making a legacy gift through a beneficiary designation:

- **Flexibility:** Your accounts remain under your control; you can change your beneficiary designation at any time as need be.
- **Easy to arrange:** A beneficiary designation doesn’t require you to wait until you make a change to your will.
- **Tax smart:** Funds passing via beneficiary designation to the Red Cross are not subject to income or estate tax; 100% of your gift will go toward supporting the important work of the Red Cross.
- **Family-friendly:** You can name family or others to receive some of the assets with the Red Cross receiving the remaining portion.

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

Retirement accounts: A contribution from your retirement account is a tax-wise gift. Retirement plan assets that you leave to someone else can be subject to income taxes, but taxes are eliminated

when you leave your retirement plan account to the Red Cross through a beneficiary designation.

Life insurance policies: Your insurance company can provide a simple form that will allow you to designate the 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 all or a portion of what remains in your checking or savings account to the Red Cross 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 Red Cross some or all 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.

For more information, please contact Red Cross Gift Planning Officer, Candace Roosevelt at 617-306-3875 or candace.roosevelt@redcross.org.

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



Help us connect with and recognize other current and former Red Cross Nurses!

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Thank you!