



**American  
Red Cross**

# Nursing Matters Past and Present

American Red Cross National Nursing Committee

57th Edition  
Winter 2025

## Goodbye, Hello: Welcoming a New Volunteer



Linda Fahey, DNP, RN, CENP, Red  
Cross interim Chief Nurse

Last fall, we said goodbye to Linda MacIntyre, PhD, RN, PHN, FAAN as she retired from the position of Chief Nurse for the American Red Cross. During our celebration of all that she contributed, Wendy Vara, Division Volunteer Services

Executive for the Mid-

Atlantic Division, may have best highlighted what all of us were thinking:

*When I think about Linda - the words which come to mind are compassion, commitment, credible...and then I realize these are our Red Cross values. There is no question Linda embodies each of these and so much more. From the days when you were helping me navigate Humanitarian Services to today, I appreciate you! Best wishes on your next chapter!*

Dr. MacIntyre's many years of service to the Red Cross, including the past 13 years leading Nursing and Health as Chief Nurse, helped support and guide volunteers, staff and the organization. Her expert, kind, creative and positive leadership and wisdom will continue to influence all who have worked with and learned from her.

As Linda MacIntyre stepped away, Linda Fahey, DNP, RN, CENP assumed the role of interim Chief Nurse and continues to move forward with the Chief Nurse Initiatives for 2025. To achieve those initiatives, the Chief Nurse depends on nursing leaders across the enterprise for advice and action. One of the leadership roles is Senior Nurse Consultant. These volunteer nurses serve

collectively as a sounding board for ideas and provide perspective to the Chief Nurse based on their vast experience in the nursing and health field. Those who have served previously in the Chief Nurse role for the American Red Cross, along with health professionals who have national and international experience in other organizations, often agree to serve in this capacity. As a group, they meet monthly or more frequently to guide the achievement of the Chief Nurse Initiatives each year. For some, this is one of many leadership roles they hold within the Red Cross.

This month, we welcome Linda MacIntyre back as a volunteer to serve as a Nursing and Health Leader and Senior Nurse Consultant. The Red Cross will continue to benefit from the compassion, commitment and credibility that Linda brings to everything she does. As she returns in this new role, she will be stepping into areas where her passion leads and where she can continue to make a difference. Her old contact information is no longer active, but her new email is [Linda.MacIntyre3@redcross.org](mailto:Linda.MacIntyre3@redcross.org). Linda...welcome back and thank you!



Linda MacIntyre, PhD, RN,  
PHN, FAAN, new Red Cross  
Nurse volunteer

*Editor's note: In case you missed it, Linda MacIntyre's farewell is in the last article she wrote as Chief Nurse, which you can (re)read [on page 9 of the Fall 2025 newsletter](#). This quarterly newsletter greatly benefitted from her leadership, ideas, active involvement and kind and inclusive guidance over the years. We are so grateful for you; thank you, Dr. MacIntyre!*

## Volunteers, Community Health Focus of 2025 Red Cross Month Molly Dalton

Red Cross Month is just around the corner, a time when the American Red Cross honors the people who are critical to us achieving our mission — our volunteers. Whether it's volunteering, donating blood or platelets, giving financially or saving a life with first aid and CPR skills, these community heroes provide a beacon of hope in people's darkest hours.

This tradition began over 80 years ago when President Franklin Roosevelt issued the first national Red Cross Month proclamation — and each American president has followed ever since.

**JOIN US** As extreme weather intensifies, the need for people to help during disasters is critical. Red Cross volunteers are now responding to big disasters on a nearly continual basis — nearly twice as many major disasters than a decade ago.

So far this year, the support of volunteers, donors and partners have helped people affected by record-breaking wildfires in California and everyday crises across the country like home fires and storms. This follows 2024 having the second-highest number of billion-dollar disasters in a single year. With spring storm season on the way, there are no signs of the need for help letting up.

Join the Red Cross Month celebration by visiting [redcross.org](https://www.redcross.org) to make a financial donation, give blood or platelets, become a volunteer or take a lifesaving skills course. Donate at [redcross.org/GivingDay](https://www.redcross.org/GivingDay) to help ensure no one faces a disaster alone. A gift of any size makes a difference. Your donation will be part of our annual Giving Day on March 26 when we aim to rally 30,000 supporters to help people affected by disasters big and small.



Tulane Missionary Baptist Church volunteers gather to celebrate in front of the new food pantry in Yazoo, Mississippi. The new building, made possible by the Red Cross Community Adaptation Program, has plenty of space for new freezers and refrigerators to help provide food for dozens of families in need. Plus, the new generator will keep food fresh and the food pantry doors open, even during disasters. The volunteers include (left to right) Ada Monroe, Danija Moore, Joe Smith, LaVonne Fleming, Barbara Hendrix, McArthur Straughter, James Williams, Linda Cockrell, Kathleen Fox, Mattie Washington and Lorenia Williams. Photo by Scott Dalton/American Red Cross

**SUPPORTING COMMUNITY HEALTH** To help bridge health care access and disaster care needs in the U.S., the Red Cross is focusing on efforts to support the health of communities.

At present, conditions like hypertension and diabetes are increasingly affecting the country, particularly in areas with inadequate healthcare facilities. This is adding to higher impacts from these diseases and associated conditions such as cardiovascular

disease and chronic kidney disease.

The Red Cross is launching an extensive health literacy program, focusing on identifying individuals with hypertension and diabetes among our donors, employees and volunteers. Our expanded focus includes preventive measures to complement our immediate response efforts.

In addition, our Community Adaptation Program (CAP) is building new partnerships with local nonprofits that provide services related to health, hunger and housing. Together, we're developing collaborations focused on enhancing our partners' ability to deliver services and improve access to health and mental health services, nutritious food and safe housing for local families who are underserved.

Here are more examples of our existing community health programs:

**HOME FIRE CAMPAIGN** In 2014, the Red Cross launched its Home Fire Campaign to help educate people about home fire safety and install free smoke alarms in neighborhoods at high risk for fires. Since then, the effort has helped save 2,266 lives and installed 2.6 million free smoke alarms, helping to make more than 1.1 million homes safer

across the country.

### **SUPPORTING MILITARY FAMILIES, VETERANS AND CAREGIVERS**

The American Red Cross has been helping members of our country's armed forces, our veterans and civilians since 1989. Today the Red Cross provides more than 480,000 services to members of the military, veterans and their families each year.

We provide 24/7 global support to members of the military, veterans, their families and caregivers by focusing on their whole health through behavioral health and wellness workshops; hospital, clinic and peer support programs; and the distribution of care, comfort and therapy items.

**PREMIER BLOOD PROGRAM** The American Red Cross provides about 40% of the nation's blood supply. On average, the Red Cross delivers

more than 6.3 million blood products to meet the needs of patients at about 2,500 hospitals and other facilities across the country.

**LIFESAVING PROGRAMS** Part of the vision of the Red Cross is to ensure that there are always trained individuals available to use their Red Cross skills to save lives in an emergency. Today, more than 4.5 million people take Red Cross First Aid/CPR/AED, Lifeguarding, Learn-to-Swim, and other lifesaving courses, making communities, workplaces and hospitals across the country safer.

### **ELIMINATING MEASLES & RUBELLA**

Through the global Measles & Rubella Partnership, we're working with partners to vaccinate children and educate families about the dangers of these diseases around the world. Since 2000, measles vaccinations have saved an estimated 60.3 million lives.

## **Help for Victims of Hurricane Helene**

Hurricane Helene swept across the South last September, battering communities from the Gulf Coast to Appalachia.

Florida's west coast and Big Bend region were still recovering from earlier storms when Helene hit the area. Hundreds of miles inland, Helene brought catastrophic flash floods to mountain valleys in North Carolina, sweeping away homes, businesses and entire towns.

The American Red Cross mounted a massive response across 10 states, including Florida, Georgia, South Carolina, North Carolina, Tennessee, Virginia, West Virginia, Kentucky, Ohio and Indiana. Communications were difficult and many areas were completely cut off by Helene, but Red Cross employees and volunteers joined nonprofit, community and government partners to provide safe shelter for thousands of individuals and families who fled from — or lost — their homes.

Some who were able to remain in their homes still lacked communications, power or running water for weeks after the storm. At our shelters and community service sites, the Red Cross provided hot meals, drinking water, relief and cleanup items,

**Molly Dalton**

and a safe place to recharge devices and get the latest information. Trained volunteers also offered basic health services and responded to thousands of requests from people searching for missing friends and loved ones.

As bridges were repaired and roads re-opened, our emergency response vehicles reached more isolated areas. Many of these communities had unique needs and the Red Cross provided "nontraditional" supplies like laundry and shower trailers, cooking stoves, and spark plugs to power generators and machinery as cleanup and repair activities got underway. Our Latino Engagement Team deployed in multiple states, conducting outreach to primarily Spanish-speaking communities and ensuring their needs were met.

The Red Cross also offered Immediate Assistance — emergency funds storm survivors can use, for example, to pay for necessities like groceries and gas money, rental deposits and transportation costs, utility bills and much more. As of December 26, 2024, the Red Cross had already provided approximately \$3.1 million in financial assistance to help residents with some of their most pressing needs.



In addition, across Florida, Georgia, Indiana, Kentucky, North Carolina, Ohio, South Carolina, Tennessee, Virginia and West Virginia, the Red Cross and partners provided more than 3.3 million meals and snacks, almost 56,500 overnight shelter stays, relief items for more than 149,000 households and reached an estimated 464,200 people with disaster relief and recovery services.

**HELP FOR DISPLACED VETERANS** In North Carolina, a group of veterans were displaced when floodwaters destroyed the Veterans Restoration Quarters (VRQ) in East Asheville. Thomas Reimuth was one of those displaced. He has lived in North Carolina for 45 years—the past eight in Asheville. As an Army National Guard combat veteran, Thomas told us he has seen a lot, but nothing like the impact of Hurricane Helene.



Thomas Reimuth was displaced after Helene's floodwaters destroyed the Veterans Restoration Quarters in East Asheville, North Carolina, where he resided with other veterans. Photo by Sharonne Hayes/American Red Cross.

"When the storm started coming through, we just sat there and watched. There were folks just floating down the river," he said. The

VRQ — home to Thomas and many other vulnerable veterans in the area — was among the many houses, businesses and community buildings heavily damaged or destroyed by Helene.

After the storm, Thomas and several other veterans were evacuated to local shelters supported by Red Cross disaster teams. We worked closely with VA

officials and community partners to ensure they had access to vital medications, community groups and resources for ongoing aid and recovery. "I appreciate the Red Cross, law enforcement, medical—they were there 24/7," Thomas said.

Just before the Thanksgiving holiday, the Asheville-Buncombe Community Christian Ministry (ABCCM), which operates the VRQ, partnered with the Red Cross Long-Term Recovery team to support intermediate housing for the veterans. Red Cross partner Team Rubicon supported the process of cleaning and restoring the veterans' previous home.

**LONG-TERM RECOVERY** Months after Helene's landfall, the Red Cross is still on the ground in impacted communities and will be there for months to come. For those who couldn't return home, our Shelter Resident Transition teams have worked to identify stable alternative housing solutions, while caseworkers are helping affected individuals and families make recovery plans and locate available resources as they begin to rebuild their lives.

The Red Cross is supporting affected communities by providing technical expertise to Long-Term Recovery Groups (LTRGs), community-led organizations comprised of local nonprofits and community members dedicated to helping their community recover in weeks, months, even years to come.

This work wouldn't be possible without partners — including those that support the organization again and again. The Red Cross brings disaster and long-term recovery expertise and funding, and partners bring local knowledge, cultural sensitivity and community connection. [Learn more about our response here.](#)

## The Power of Pause

*(Reprinted from OneSource)*

"Just let me rest my eyes." I heard my mother say these words a thousand times, coming home from work — already on the brink of exhaustion and before starting her other job of being 'Momma.' After especially long days, she would sit in the armchair that seemed to wrap its arms around her,

**Yvette Miller, MD, ABIHM, Red Cross Medical Officer**

close her eyes, and take a deep breath for about 15 minutes before moving into the role of mom.

Only as an adult did I come to fully understand the power of watching my mother take these moments to care for herself so that she could be fully present



Taking her own wellness advice, Dr. Yvette Miller recharges through outdoor adventures, demonstrating that self-care is an unapologetic act of peace, power and strength.

for us. Having suffered from migraine headaches since childhood, I found that after years of failing conventional medical treatments, rest, sleep, and relaxation techniques became my most effective remedies. With fond memories and deep appreciation for my mother's wisdom, I now whisper to myself, "let me rest my eyes."

According to a recent report by the American Psychological Association, the top stressors affecting adults include concerns about the future of the nation, the economy, recent elections, and healthcare. While these uncertainties can lead to anxiety and overwhelm, we have the power to protect our wellbeing through intentional self-care.

Finding your own path to wellness can be a joyous journey. As a physician, I'm frequently asked, "How do you take care of yourself?". I have a variety of practices, but I start each day with the same routine: prayer, HeartMath, (a heart-focused breathing meditation), and Qigong, (a traditional Chinese medicine movement practice). These techniques nurture my overall sense of calm, happiness, and well-being, giving me strength to focus on my mission of advocacy for vulnerable communities.

On busy days, even two minutes of HeartMath and prayer can make a difference. I also incorporate journaling, dancing, spending time outdoors, massage, and Reiki—a Japanese technique for relaxation and stress reduction. Notice that most of these self-care practices cost nothing except the time we devote to them.

While there are many different breathing techniques, simply closing your eyes and taking slow deep breaths can lower your heart rate.

Another simple practice of resting our eyes involves taking mindful breaks from social media. Studies cited in "Psychology Today" show that limiting social media use to 15-30 minutes daily can significantly reduce stress, depression, and anxiety.

The beauty of self-care lies in its personalization—each person discovers what resonates with them and supports their lifestyle. I invite you to embrace this journey of finding what brings you calm, peace, and enchantment. As my mother knew all those years ago, the moments we take to rest, and recharge aren't selfish pauses—they're powerful investments in our capacity to show up fully for the life we want to lead.



Dr. Yvette Miller draws inspiration from her mother's wisdom about self-care in her role as executive medical officer with the American Red Cross, where she champions both personal wellness and community health.

When we prioritize our own wellbeing, we strengthen our ability to serve others. One powerful way to transform personal wellness into community impact is through blood donation.

### **Black Excellence is in Our Blood**

Blood and platelet donations are vital in supporting patients with sickle disease undergoing gene therapies, stem cell transplants as well as those in need of regular blood transfusions to alleviate pain and help manage their disease. Commemorate Black History Month by rolling up a sleeve to give blood or putting on a Red Cross vest to volunteer. Make an appointment to donate blood on the [Red Cross Blood Donor App](#) or by visiting [RedCrossBlood.org/OurBlood](https://www.redcrossblood.org/OurBlood). Sign up to become a Red Cross volunteer at [RedCross.org/Volunteer](https://www.RedCross.org/Volunteer) or call 1-800-RED CROSS (1-800-733-2767).



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**Ask me how you can help patients  
with sickle cell disease!**

## A New Chapter in Donor Health: Red Cross Adds A1C Testing to its Public Health Initiatives

Shenai Powell, MPH, CHES and Laura Mayer

As the nation's leading collector of lifesaving blood and blood products, the American Red Cross understands public health challenges. Health inequities, compounded further by the global pandemic and unrelenting climate disasters, are fueling a public health crisis that includes an increasing number of people developing hypertension and diabetes. Chronic disease rates are rising across the nation, particularly in underserved communities that lack access to quality health care. As the largest blood collections organization in the U.S., the Red Cross plays a unique role in supporting our nation's hospitals and has an opportunity to leverage our vast infrastructure, expertise in blood collection, and access to millions of volunteer blood donors to improve health outcomes.

To address the prevailing public health crisis, the Red Cross has launched a multi-tiered plan to increase health awareness for hypertension and diabetes that includes:

1. Targeted outreach to presenting blood donors with high blood pressure readings, encouraging follow-up care and providing health education.
2. Launching a health literacy effort that uses accessible messaging to educate donors and the public on chronic disease risks and prevention strategies.
3. Launching hemoglobin A1C screenings in March, providing donors with the average amount of glucose in their blood over the past three months

These insights empower individuals, particularly those in underserved communities, to take proactive steps in managing their health while contributing to a lifesaving mission of providing lifesaving blood to patients in need.

Nearly half (45%) of Americans 18 and older have hypertension, and according to a recent Centers for



In the last 20 years, the number of adults diagnosed with diabetes has more than doubled. Source: CDC <https://www.cdc.gov/diabetes/about/index.html>

Disease Control and Prevention (CDC) survey, approximately 40% are unaware. In 2023, the Red Cross introduced enhanced blood donor awareness efforts concerning heart disease. When blood donors have at least two readings of SBP  $\geq 140$  and DBP  $\geq 90$  mm Hg within an 18-month span, they

receive a letter from the Red Cross that alerts them to the health findings. The letter, available in both English and Spanish, also provides health literacy education, encourages follow-up with a medical professional, and lists resources to help them find affordable local providers such as low-cost clinics.

Since its inception in July 2023, over 100,000 letters have been delivered. Individuals who received letters lowered their systolic and diastolic readings from baseline, demonstrating impactful results when individuals are armed with data and education to take proactive steps. Likewise, donors that received health insights returned to donate blood more frequently, increasing donor engagement critical to retaining and growing the blood donor population.

Other ongoing public health efforts include the Red Cross Sickle Cell Initiative, launched in 2021. One in 3 African American blood donors is a match for people with sickle cell disease. We launched the Sickle Cell Initiative to grow the number of blood donors who are Black to help patients with sickle cell disease and improve health outcomes. As part of this initiative, we have provided more than 250,000 sickle cell trait screenings to date, to donors who self-identify as African American, Black or multiracial and aim to provide screenings to 500,000 donors as part of the initiative. Sickle cell trait results appear in the Blood Donor App or online Blood Donor Portal. Donors who test positive for sickle cell trait also receive a letter with additional information about sickle cell trait and disease and encouraging them to follow up with

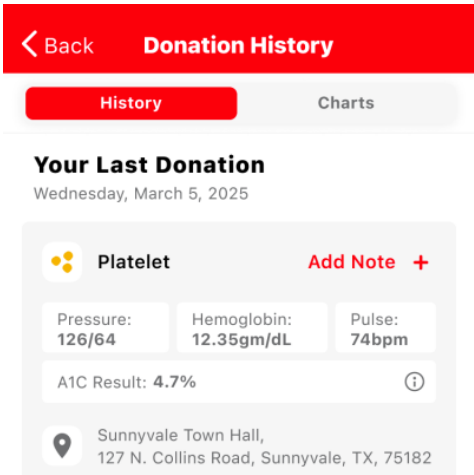


their healthcare provider to learn what their results mean for them. Visit [RedCrossBlood.org/OurBlood](https://RedCrossBlood.org/OurBlood) to learn more about the Sickle Cell Initiative or to be inspired by [how blood donations help patients like Dreylan](#).

Another growing concern is diabetes — today, over a third (38%) of Americans 18 and older are pre-diabetic.

The hemoglobin A1C level (A1C) test is commonly used to screen for prediabetes and diabetes. The test measures an individual’s average blood sugar level over the past three months. An elevated A1C level indicates that a person has prediabetes or diabetes. For individuals with known diabetic and prediabetic conditions, an A1C test helps determine how well their treatment plan is managing their blood sugar levels. The test does not require individuals to fast. This is noteworthy because eating a nutritious meal prior to blood donation is important.

To show our gratitude and help our donors maintain their well-being, for the first time ever, the Red Cross will test A1C levels for all successful blood, platelet and plasma donations made in March 2025, at no cost to the donor. Test results will be available in two to three weeks through the Red Cross Blood Donor App or a donor’s account at [RedCrossBlood.org](https://RedCrossBlood.org). Donors with an elevated A1C level will also receive a letter in the mail.



The Red Cross plans to offer A1C screening periodically, for one month at a time, allowing donors to track and monitor results over time. This service will enable thousands of individuals to take proactive

steps to improve and even reverse prediabetes by providing critical health insights they may not otherwise have been able to obtain.

### Fast Facts on Diabetes

#### Diabetes

- **Total:** 38.4 million people have diabetes (11.6% of the U.S. population).
- **Diagnosed:** 29.7 million people, including 29.4 million adults.
- **Undiagnosed:** 8.7 million people (22.8% of adults are undiagnosed).

#### Prediabetes

- **Total:** 97.6 million people aged 18 years or older have prediabetes (38.0% of the adult U.S. population).
- **65 years or older:** 27.2 million people aged 65 years or older (48.8%) have prediabetes.

Source: CDC <https://www.cdc.gov/diabetes/php/data-research/index.html>

Our public health efforts will empower the public to take charge of their well-being by equipping them with vital health information and resources

through a comprehensive, multi-channel marketing strategy running periodically throughout 2025 that includes digital, social and traditional media outreach. An anticipated 370,000 blood donations will be screened for hemoglobin A1C in Spring 2025, and the public outreach is expected to expose more than 2.6 million active blood donors to health literacy messaging. This effort will also play a key role in messaging to support the increased recruitment of blood donors who are Black through our Sickle Cell Initiative and increased exposure to Latino blood donors through our Latino engagement efforts.

Through our [Public Health & Safety Insights \(PHASI®\) platform](#), the Red Cross shares some of the analyses we have performed on data generated by our humanitarian activities, like blood donation, emergency preparedness and relief. Our purposes in sharing this de-identified data are to educate the public and media, aid in the development of health and government policy, and further clinical and outcomes research.

Red Cross employees and volunteers are valued members of the Red Cross and local communities across the country, so we are also offering an educational webinar series for employees and volunteers on important health topics. These webinars are hosted by the Red Cross Medical Office, which employs more than 30 physicians with a breadth of medical knowledge and experience. The first webinar was offered in February 2024 on Heart Health and Smoking. Since then, we have hosted additional webinars on the following topics: Blood Sugar and the A1C Test,

High Cholesterol, High Blood Pressure, Vaccinations: Myths vs. Fact, and GLP-1 Medications for Weight Loss and Diabetes. Through these interactive webinars, employees and volunteers can increase their knowledge to improve their health and interact live with our Medical Office to ask questions. Red Cross employees and volunteers can access recordings of the webinars and register for upcoming webinars at the Employee/Volunteer Health [One Source](#) page.

Access to preventive health services remains out of reach for many individuals, especially those in underserved and rural communities. Routine health screenings often are not possible for people facing economic challenges, transportation difficulties, or limited access to healthcare facilities. Through its blood donation process, the Red Cross provides donors with a convenient, free opportunity to gain vital health knowledge during their regular donations. These health insights can be particularly impactful for communities where healthcare gaps contribute to higher rates of undiagnosed diabetes. The Red Cross aims to help close these gaps and encourage individuals to take active steps toward better health outcomes.

One primary goal of A1C screenings is to educate donors about their health risks by providing actionable information regarding their blood sugar levels. This knowledge provides donors with information to make informed decisions in support of their health, including seeking follow-up care and adopting preventive measures. Early awareness can be pivotal in managing or even reversing chronic conditions such as prediabetes, providing donors with a proactive path toward improved health.

Another goal is to foster stronger connections between donors and the Red Cross mission. By offering a meaningful individual health benefit during the donation process, the program enhances the donor experience and encourages repeat donations, fostering greater engagement and long-term support and strengthening the bond between donors and the Red Cross mission. Providing this valuable health benefit highlights the importance of

regular blood donation while encouraging donors to prioritize their well-being. This dual focus not only saves lives but also fosters healthier, more engaged communities, emphasizing the organization's dedication to public health and donor care.

To drive engagement and awareness, the Red Cross will integrate culturally tailored educational content with digital health tools and outreach technology via our web page and social media pages. Our approach includes the use of informative videos, digital influencer campaigns, and digital ads along with a full-scale donor & blood drive sponsor marketing plan.

In addition, our free, secure, user-friendly digital tools provide blood donors with access to vital health indicators like their blood pressure and A1c levels. These tools and information can motivate donors to navigate their health journey and encourage proactive health management. Integration of technology with targeted outreach bridges the gap between digital innovation and community-centric health education. In providing free resources, we eliminate financial barriers, promoting inclusivity in health management.

By offering A1C testing, sickle cell trait screening and education related to chronic disease, the Red Cross empowers individuals to take meaningful steps to improve their health while continuing to save lives through blood donations. For many donors, insights learned from the Red Cross may represent the first step toward understanding and managing a serious health condition, providing important information and support when it is needed most.

Whether you [donate blood](#), spread the word about the program, or [volunteer](#) your time, every action contributes to creating healthier futures for individuals and families nationwide. To learn more or get involved, visit [RedCrossBlood.org](https://www.redcrossblood.org) or contact your [local Red Cross chapter](#). Together, we can build stronger and healthier communities through lifesaving care and proactive health efforts.

## **A Well-Forged Partnership: Dr. Cheryl Schmidt, the National Student Nurses Association and the American Red Cross**

“The National Student Nurses’ Association’s

Carol Toussie Weingarten, PhD, RN, ANEF  
(NSNA) collaboration for service with the American



Red Cross began decades ago when the NSNA Board of Directors recognized how the health and



Dr. Cheryl Schmidt

well-being of communities could be fostered through collaboration between the NSNA and the Red Cross,” said Cheryl Schmidt, PhD, RN, CNE, ANEF, FAAN. Dr. Schmidt may well be called an architect of NSNA’s collaboration for service and partnership initiatives with the Red Cross. A United States Army Nurse Corps

veteran and clinical professor in the pre-licensure program at Arizona State University’s Edson College of Nursing and Health Innovation, she is known for her service and leadership in NSNA as a student, then advisor and consultant at the chapter, state and national levels. A recipient of NSNA’s highest honors of Honorary Member and national Leader of Leaders, Dr. Schmidt has donated her time and expertise to educating nurses, nursing students and others to serve as volunteers during disasters, especially in Red Cross shelters. Her vision and commitment helped build the long-standing partnership between NSNA and the Red Cross. She also has been a Red Cross volunteer and nurse leader for many years, beginning her volunteer service in 1974. Her many accomplishments have been recognized with honors such as the Florence Nightingale Medal, the highest accolade from the International Committee of the Red Cross, the Arkansas Regional Ann Magnussen Award, and her Red Cross chapter’s Clara Barton Volunteer Leadership Award.

The partnership between NSNA and the Red Cross that Dr. Schmidt’s commitment and dedication has helped foster goes far beyond recognition as a partner on a website — it is demonstrated throughout the academic and calendar years at the local, state and national levels. Through virtual and in-person meetings, interactive web sites, email and social media, the NSNA actively communicates with its over 50,000 members, their faculty advisors, consultants, deans and directors. With an annual NSNA member turnover of between 12-25% due to changes in student status, every year NSNA increases the number of nursing students exposed to the opportunity to serve their communities

through the Red Cross.

Examples of the Red Cross and NSNA’s collaboration include:

1. Red Cross blood drives are hosted by nursing students, both in their schools and surrounding communities as well as at conferences and conventions sponsored by the state student nurses associations (SSNA) and the NSNA.
2. Resolutions to continue the partnership are presented by Student Nurses Association chapters and state associations at state and national conventions. When passed, resolutions become association policy and a source of inspiration and empowerment to chapters and states in building their own collaborations for service.
3. NSNA has sponsored Red Cross Disaster Training certificate programs at the NSNA MidYear Conference and Annual Convention since 2009, addressing the community’s need for disaster preparedness. Led by experts who are Red Cross nurses, these programs have helped prepare thousands of nursing students and faculty to respond to disasters. This has also met the needs of nursing programs which have been unable to host programs in their local settings. Red Cross nurses also serve as speakers and consultants at chapter, state and national events held by the student nurses’ associations. When the COVID-19 pandemic started, the training started being offered to state associations.
4. A representative from NSNA serves on the American Red Cross National Nursing Committee, jointly representing the Nurses on Boards Coalition as well as NSNA.
5. Helping new nurses understand community service: through their collaboration, in teaching Disaster Management content to NSNA members, the Red Cross teaches nursing students and nurses about their role in providing vital services to their communities.

As Dr. Schmidt said, “The American Red Cross needs the next generation of nurses to step up, since many of our current volunteers are in their 70s and 80s. Thanks to the partnership between the NSNA and the Red Cross, over 20,000 nursing students have been trained to serve as volunteers since 2009.”

Thanks to all those nursing students, the work of Dr. Schmidt and the partnership between NSNA and the Red Cross, the Red Cross will continue to expand its volunteer workforce in support of its

mission to prevent and alleviate suffering and help those affected by disasters in communities across the country.

## Newly Eligible Red Cross Courses Available for Prehospital Medicine Continuing Education Credits

Marie Manning, APR

The American Red Cross announced the addition of multiple courses eligible for prehospital medicine continuing education (CE) credits. This educational material has been approved by the Commission on Accreditation for Prehospital Continuing Education (CAPCE) and is available on a newly launched [learning platform](#) that makes real-time credit retrieval a more streamlined and efficient process.

“We are thrilled to expand our continuing education portfolio and make this essential resuscitation and critical care knowledge easily accessible to EMS clinicians on the front lines of our nation’s healthcare system,” said Matthew Levy, DO, chair of the Continuing Education and Editorial Committee for the [Red Cross Scientific Advisory Council](#).

“EMS professionals want content that is relevant and designed with their unique working and clinical environment in mind and Red Cross courses deliver on that expectation,” he continued. “Further, these CAPCE-approved courses meet rigorous standards for educational quality, independence and a commitment to healthcare quality and improved patient outcomes through interprofessional teamwork.”

While Basic Life Support, Advanced Life Support and Pediatric Advanced Life Support have been eligible for CAPCE credit, the following additional courses are also now eligible:

- Advanced Life Support Instructor
- Advanced Life Support Review
- Basic Life Support Instructor
- Basic Life Support Review
- Emergency Medical Responder
- Emergency Medical Responder Review
- Emergency Medical Responder Instructor
- Pediatric Advanced Life Support Instructor
- Pediatric Advanced Life Support Review

- Wilderness and Remote First Aid
- Instructor Inclusion Training: Creating an Inclusive Learning Environment
- Administering Emergency Oxygen
- Bloodborne Pathogens

Additionally, the Red Cross now offers CE credits recognized by the Joint Accreditation for Interprofessional Continuing Education for “Instructor Inclusion Training: Creating an Inclusive Learning Environment” serving the entire interprofessional healthcare team.

Coinciding with the additional course offerings, the Red Cross also debuted a new platform that allows learners to instantly and easily retrieve CE credits, complete course evaluations and browse a catalog of available activities. The platform also functions comprehensively to broadly support further growth and the development of additional educational activities. EMS professionals and other members of the interprofessional healthcare team can visit [redcross.cloud-cme.com](#) to learn more and claim CE credit for eligible Red Cross healthcare courses.

The Red Cross Office of Continuing Education reflects the organization’s commitment to advancing healthcare excellence. The Office supports the full range of Red Cross training and activities across six key areas: resuscitation and critical care, blood bank and transfusion medicine, healthcare volunteers, military healthcare education, science and research and accreditation support to other organizations.

In addition to accreditation by CAPCE, in support of improving patient care, the Red Cross is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE) and the American Nurses Credentialing Center (ANCC) to provide [continuing education](#) for the healthcare team.

## Let's Make a Plan This Year

Corie Story

The New Year brings a time to reflect, plan and start the tasks we meant to do last year, but never quite found the time. For some of us, the New Year to-do list includes planning for the future, whether that be for retirement, our health or for our family's needs. While finances and future plans are on many resolution lists, sometimes the hardest part is taking that next step. Here are some ideas you might think about to help move your planning forward.

- What has changed in your life? Consider marital status, children or grandchildren that have been born or loved ones that have passed, new health conditions.
- Does your will arrange for the care of any minor children or pets? Does it provide for any special needs your loved ones may have? Does it minimize taxes and name a capable executor to oversee your affairs?
- Do you have a health care proxy? Have you given directions to be followed in case you become incapacitated and can't make decisions for yourself?
- How much of your savings will you need? When will you need it? Will your income maintain the lifestyle you envision?
- How will you support the people and causes important to you? Have you considered the right plan to make your goals a reality?

When you create or review your plans you have an opportunity to consider gifts to the community as well as your family and friends. Take a moment to think about the American Red Cross and other organizations that have been important to you during your life, and what kind of legacy you would like to leave.

If getting your finances in order or retirement planning is on your to-do list this year, we can provide you with creative gift strategies on how to approach financial planning for your future, your loved ones and the American Red Cross. Our ability to provide disaster relief, supply 40% of the nation's blood and distribute international humanitarian aid depends on the generosity of donors like you.

For information, please contact Sr. Gift Planning Officer Corie Story at 314-239-2524 or at [corie.story@redcross.org](mailto:corie.story@redcross.org).

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### Help us connect 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](mailto:RedCrossNurse@redcross.org). Share this newsletter via email and/or 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!**