A Call to Action, 2021

As disasters rage across the nation and the pandemic continues, I ask for your assistance in recruiting nurses, other health professionals, friends and family to volunteer and help individuals in need. The first Red Cross Fundamental Principle is Humanity, “The International Red Cross and Red Crescent Movement, born of a desire to bring assistance without discrimination to the wounded on the battlefield, endeavours in its international and national capacity, to prevent and alleviate human suffering wherever it may be found. Its purpose is to protect life and health and to ensure respect for the human being. It promotes mutual understanding, friendship, cooperation and lasting peace amongst all peoples.”

This principle of Humanity forms the foundation for Red Cross work and for the annual Chief Nurse initiatives. To prevent and alleviate human suffering, we should care for ourselves first, so that we can respond effectively.

The Future of Nursing 2020-2030 Report recommends “preparing nurses to respond to disaster and public health emergencies” (p. 370). Training alone is not enough. We need to ensure that nurses have the confidence to respond in community settings. This requires having a kit, making a plan for ourselves and those we support – children, parents, pets, neighbors - and developing skills, knowledge and the confidence to respond. The Red Cross provides free training for volunteers. Newly licensed nurses often find a disaster assignment to be beneficial as they begin their nursing career.

The Red Cross Disaster Health Services (DHS) uses a registered nurse-led model to assist clients with unmet disaster-related needs. DHS workers are part of a team of health and mental health professionals and they can contact their DHS supervisor with questions.

For those who deploy (minimum of 10 days for DHS volunteers), travel, lodging and meals are provided through the generosity of donors. Local shifts are available in disaster response areas. All opportunities are determined by safety considerations and client needs. These ebb and flow. Patience and understanding are needed as situations change quickly in disasters. Flexibility and grace for self and others eases stress and promotes resilience.

The conditions where people live, work, play and go to school affects their health and wellbeing (the social determinants of health). Red Cross health professionals help address health equity issues such as the need for diverse blood to support individuals with sickle cell disease. Assisting individuals who need shelter, meals and support to maintain their health and independence following a disaster is critical. Supporting members of the military and their families with Red Cross resiliency programs promotes wellbeing. These actions align with the Future of Nursing Report 2020-2030 and the Red Cross humanitarian mission.

As the pandemic continues, nurses and other health professionals are needed more than ever to support individuals in need. There are also many volunteer positions that do not require a professional license. Volunteers are needed to assist with blood drives as well as disasters, and there are both in-person and virtual opportunities. If you are not already part of the Red Cross, please apply now to volunteer and encourage your friends and families to apply. Together we can prevent and alleviate human suffering. I send heartfelt appreciation to all who volunteer. You bring comfort and hope.
Never Forget: Red Cross Remembers 9/11, 20 Years Later

Twenty years ago, the United States faced one of the worst days in its history. As our country marks 20 years since the September 11, 2001, terrorist attacks, the American Red Cross remembers the victims of that horrific day, honors the brave responders and is working to rekindle the spirit of service the country saw then to help those in need today.

The Red Cross is grateful to those across the country who came forward with donations of time, blood and funds to support the victims and survivors of the attacks. Within minutes of Flight 11 crashing into the north tower of the World Trade Center, the Red Cross mobilized to provide immediate help. Our work continued for years after.

Details of the Red Cross response included:

- Nearly $1.1 billion in generous donations were used to fund massive relief and recovery efforts and help more than 59,000 families affected by the terrorist attacks.
- Hundreds of millions of dollars in financial assistance were provided to families that lost loved ones, those who were physically injured, first responders, residents of lower Manhattan who couldn’t return home and workers who lost their jobs.
- More than 57,000 Red Crossers from across the country served more than 14 million meals and snacks, opened dozens of shelters for people who were left stranded, and connected some 374,000 times with people to provide emotional support and health services.
- Hundreds of thousands of individuals lined up to give blood as people came forward to help in any way they could.
- We worked with Red Cross and Red Crescent teams in over 65 countries to help families located overseas who lost a loved one in the terrorist attacks. The Red Cross provided support such as financial assistance and mental health.
- Americans who were unsure where to find or give help turned to the Red Cross, which set up a call center to help people navigate uncertainty in the days and months after the attacks. Callers asked about how to locate missing loved ones, where to find financial assistance, and how to help those impacted by the tragedy.
- At the Pentagon, the Red Cross set up its mobile disaster command center. We provided mental health services and food support for first responders and survivors.

The 20th anniversary of the attacks is a reminder that the unimaginable can occur — and that Americans need to do everything they can to protect their neighbors and be ready for crises of any size. Emergencies can happen at any time, and everyone can do their part to be prepared.

Part of doing that is ensuring an adequate blood supply is available year-round. Blood can take up to three days to be tested, processed and made available for patients — so it’s the blood already on the shelves that helps save lives in an emergency. Find out more here.

To help prepare your household, the Red Cross suggests planning ahead on how to deal with the types of disasters that are likely in your neighborhood, what to do if separated and how to stay informed. Next, build an emergency kit. Your kit should contain food, water and other basic supplies to last at least three days for each family member.

Also, don’t forget to include essential medications, copies of important documents and special items for children and pets. Including your pets in your emergency plans is essential. Remember, if you and your family need to evacuate, so does your pet. It’s important to plan in advance to know which pet-friendly hotels are in your area, and where your pets can stay in an emergency situation.

The final step to preparing your household is to be informed. Consider taking a First Aid for Severe Trauma™ or first aid and CPR course so you’ll know what to do until help arrives in the event of an emergency.
COVID-19: Virus Still Here; Pediatric Cases on the Rise

Molly Dalton

Now is not the time to relax about the coronavirus pandemic. Many hospitals are again overwhelmed with COVID-19 patients, more children are testing positive than ever before, and the number of deaths attributed to the virus is five times higher now than a little over a month ago.

The Centers for Disease Control and Prevention (CDC) reports that the U.S. is seeing more than 150,000 new COVID-19 cases every day and averaging more than 1,500 deaths daily. Daily death totals have grown more than five times what was seen at the start of August, though they remain well below the peak levels from last winter.

The U.S. has recorded more than 40 million confirmed COVID-19 cases and more than 653,000 deaths since the onset of the pandemic. Outbreaks are growing in the Mid-Atlantic and Mountain West regions.

**PEDIATRIC OUTBREAK** More children are testing positive with COVID-19 in the United States than ever before. Children remain less likely than adults to be hospitalized or die from COVID-19. But the United States recorded more than 251,000 child cases from August 26 through September 2.

CDC recommends everyone 12 years and older should get a COVID-19 vaccination. Children 12 years and older are able to get the Pfizer-BioNTech COVID-19 Vaccine. Children between the ages of 2 and 12 should wear a mask in public spaces and around people they don’t live with.

**HOSPITALS OVERCROWDED** The current surge in the number of COVID-19 cases in the U.S. is once again filling many hospitals to capacity and overwhelming medical staff. In some regions, critically ill patients are forced to remain in the emergency room because no ICU beds are available. In Idaho, the governor has called in the National Guard to help. Recently as many as 10 states saw their highest number of COVID hospital admissions ever.

**GET VACCINATED, WEAR A MASK** The CDC recommends everyone get vaccinated as soon as you can and wear a mask indoors in public if you are in an area of substantial or high transmission to maximize protection from the Delta variant and prevent possibly spreading it to others. About 53% of the country’s population is fully vaccinated against the coronavirus.

It’s also critical that those with a weakened immune system, age 65 or older, or with an underlying medical condition are at increased risk of severe disease and should resume wearing masks. If someone in your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated, you should put your mask back on. If this applies to you or your household, you might choose to wear a mask regardless of the level of transmission in your area.

**BOOSTER SHOTS** The goal is for people to start receiving a COVID-19 booster shot beginning in the fall, with individuals being eligible starting 8 months after they received their second dose of an mRNA vaccine (either Pfizer-BioNTech or Moderna). The first people eligible for a booster dose will be those who were the first to receive a COVID-19 vaccination (those who are most at risk). This includes healthcare providers, residents of long-term care facilities and other older adults.

**TRAVEL** The Transportation Security Administration is extending its mask mandate for airports, airplanes and public transportation in the United States through Jan. 18, 2022. Travelers under the age of 2 and those with certain disabilities are exempt.
If you are planning to travel internationally, check the CDC’s travel recommendations before making plans to learn about the current coronavirus situation in that country. Full CDC travel information is available here.

VACCINES To find where you can get your COVID vaccine:
- Visit vaccines.gov
- Text your zip code to 438829
- Call 1-800-232-0233
- Check with your local pharmacy
- Watch local news outlets
- Contact your state health department

RED CROSS AND COVID-19

DISASTERS COVID-19 has not changed the Red Cross mission. We are providing the same types of support we always have. Ensuring people have a safe place to stay during a disaster is a critical part of the Red Cross mission, but how we support sheltering efforts may be different in each community, depending on local emergency plans and the scale of the disaster.

To help keep everybody safe, everyone in Red Cross emergency shelters is required to wear face coverings. In addition, we’re using health screenings, enhanced cleaning procedures and encouraging social distancing as much as possible.

BLOOD DONATIONS The Red Cross also urges individuals to make an appointment to give blood to ensure a sufficient blood supply remains available for patients. Schedule a blood or platelet donation appointment by using the Red Cross Blood Donor app, visiting RedCrossBlood.org or calling 1-800-RED CROSS (800-733-2767). In most cases, those who have received a COVID-19 vaccine can donate. However, knowing the name of the manufacturer of the vaccine they received is important in determining donation eligibility.

RED CROSS CLASSES As the nation actively responds to and navigates through this evolving pandemic, we are all having to make difficult decisions to ensure our health and safety. The Red Cross is requiring all participants and instructors attending in-person classes to wear a face mask regardless of their vaccination status.

Red Cross Helping Coast to Coast

The American Red Cross is on the ground, helping people affected by Hurricane Ida and supporting people outwest impacted by the massive wildfires along with countless other emergencies.

Back-to-back massive disasters have more than 1,400 American Red Cross volunteers working tirelessly from coast to coast right now providing food, shelter and comfort to thousands of people in need. Over the past several weeks (as of September 14):

- The Red Cross has provided some 48,000 total overnight stays in emergency shelters across multiple states.
- With the help of partners, we’ve served more than 572,000 meals and snacks, and distributed more than 208,000 relief items, such as comfort kits and cleaning supplies.
- Red Cross volunteers have provided more than 29,000 individual care contacts to help people with medical or disability needs, as well as emotional and spiritual support during these challenging times.

Molly Dalton

Red Cross volunteer Dave Wagner makes sure Greg Norton is comfortable in his new wheelchair in the shelter parking lot in Susanville, CA. Norton and his family fled their Hamilton Branch, CA, home when evacuation orders were issued ahead of the Dixie Fire. Photo by Scott Dalton/American Red Cross.
**YOU CAN HELP PEOPLE** affected by storms, wildfires and countless other crises by making a gift to Red Cross Disaster Relief. Your gift is a commitment to helping people in need, and every single donation matters. Financial donations enable 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.

**GIVE BLOOD** The Red Cross also urges individuals in unaffected areas of the country to make an appointment to give blood to ensure a sufficient blood supply remains available for patients. Schedule a blood or platelet donation appointment by using the Red Cross Blood Donor app, visiting RedCrossBlood.org or calling 1-800-RED CROSS (800-733-2767).

**VOLUNTEER** Experts are predicting there will be more large emergency situations as both wildfire and hurricane seasons aren’t near to being over. Trevor Riggen, the head of the American Red Cross’s domestic disaster program, said the agency is “testing the limits” of its network. Thousands of staff and volunteers are deployed across the country. Many of them are on their second or third crisis of the summer. “It’s no longer, ‘We have a big event and then there’s time to recover,’” Riggen said. “Disaster has become a chronic condition.”

Stefanie Arcangelo of the American Red Cross shares a comfort kit and a smile in Larose, Louisiana with a child after Hurricane Ida left him, his three siblings and his mother, Yvonne Padilla Lucca without power and damage to their home. In some of the hardest hit parishes, like Larose, the Red Cross has emergency response vehicles circulating through accessible areas to distribute critical supplies including water, comfort kits and ready to eat meals. Photo by Scott Dalton/American Red Cross

It’s critical that the Red Cross have a trained, ready volunteer workforce to ensure we can provide relief at a moment’s notice. Especially in need are health professionals, shelter, disaster finance and disaster public affairs volunteers.

If you want to make a difference and are interested in helping your community should a disaster occur near home or across the country, please visit redcross.org/volunteertoday to learn more.

**National Preparedness Month: Climate Change at Root of More and Larger Emergencies— Get Ready Now**

Molly Dalton

The impact of climate change is being felt by families across the country as more intense storms, heavier rain, higher temperatures, severe droughts and record-setting hurricanes and wildfires hit the nation. The American Red Cross urges everyone to get ready by making preparedness a priority this September during National Preparedness Month.

Emergencies are impacting people who don’t usually experience a major disaster or extreme weather, while other communities are going through the devastation of disasters multiple times a year. Disasters can happen anywhere, anytime. We urge people to prepare now and be ready if an emergency occurs in their home or in our local community.

**HOW TO GET PREPARED** Help keep your family safe by taking three actions to: 1) Get a Kit. 2) Make a Plan. 3) Be Informed.

1. First, build your emergency kit with a gallon of water per person, per day, non-perishable food, a flashlight, battery-powered radio, first aid kit, medications, supplies for infants or pets, a multi-purpose tool, personal hygiene items, copies of important papers, cell phone chargers, blankets, maps of the area and emergency contact information.

2. Next, plan what to do in case you are separated from your family during an emergency and what to do if you have to evacuate. Coordinate your plan with your child’s school, your work and your community’s emergency plans. Don’t forget to include your pets. Remember, if you and your family need to evacuate, so does your pet. Know in advance which pet-friendly hotels are in your area, and where your pets can stay in an emergency situation.

3. Finally, plan to stay informed by finding out how local officials will contact you during a disaster and how you will get important
ADDITIONAL CONCERNS Being prepared is important for everyone. Depending on your household’s needs, there might be additional considerations to take into account as part of your emergency planning.

For example, older adults or people with mobility, hearing, learning or seeing disabilities may need to create a support network of people that can help during an emergency. The Red Cross recommends creating a plan that considers each person’s capabilities, any help they may need and who can provide it. This is especially important if evacuations are called for or if the power goes out for several days.

Disasters can be scary for children. It’s important to talk with your kids about preparing for common emergencies, how to stay safe and what to expect before a disaster happens. The Red Cross has free programs and tools to help, visit redcross.org/youthprep for more information.

HELP YOUR COMMUNITY National Preparedness Month is also a good time to take steps to help your community get prepared for emergencies of all sizes. By volunteering, donating blood or learning lifesaving skills, you can be ready to help your loved ones and neighbors when needed. Visit redcross.org to learn more.

Red Cross volunteers play several critical roles in their local communities, including providing aid after disasters and educating people about home fire safety. People can also support local military members, veterans and their families, or volunteer as a blood donor ambassador or a blood transportation specialist to be the critical link between blood donors and recipients.

Learn lifesaving skills so you can help people in a crisis until medical professionals arrive. Sign up for a first aid, CPR or other classes available online or in-person.

New First Aid for Severe Trauma Course, Free for High School Students, Empowers People to Act

Being prepared for crises saves lives. In August, the American Red Cross released a new course, First Aid for Severe Trauma™ (FAST™), which equips participants with skills to handle life-threatening bleeding emergencies. Such training has the potential to save thousands of lives, considering that traumatic injuries are the leading cause of death in Americans up to age 45.

FAST, which is a STOP THE BLEED® course, covers response principles, scene safety and emergency communications in addition to caring for life-threatening bleeding with direct pressure and/or a tourniquet. When combined with psychomotor skills practice, participants earn a two-year certification from the Red Cross.

“A person can die from blood loss in just over five minutes,” says David Markenson, MD, Chief Medical Officer, Red Cross Training Services. “We want to ensure our nation has a trained population able to respond to an emergency at a moment’s notice and to empower the next generation by offering trainings to young people.”

FAST is a new Red Cross educational program developed with collaboration from the Red Cross, National Center for Disaster Medicine and Public Health at the Uniformed Services University and the Department of Homeland Security Science and Technology Directorate (DHS S&T). Thanks to a DHS S&T grant, the FAST course and digital materials are available at no charge for high school students under the age of 19.

To learn more about FAST, visit the landing page. On that page you’ll find a webform if you are interested in becoming a FAST training provider.

Photos courtesy of the Red Cross FAST course
On September 15, 2021, The National Interagency Fire Center reported 78 large active fires burning more than 3.1 million acres across 11 states in our country. More than five million acres have burned in the first eight months of 2021, more than the yearly totals for the past two years. Our country’s National Preparedness Level is currently at Level 5, the highest level of wildland fire activity. Level 5 National Preparedness indicates at least 80% of the country’s firefighting resources including the Incident Management Teams and wildland firefighting personnel are already committed to wildland fire incidents. This level of activity and use of personnel has the potential to exhaust national wildland firefighting resources and continues to command the American Red Cross’ attention to support victims of the fires.

The Red Cross has been active in providing wildfire relief efforts as some of these fires have extended into populated areas destroying residences and businesses, significantly impacting the day-to-day life of individuals, families and communities. Red Cross wildfire relief efforts vary depending on need and include sheltering families, serving meals, supporting the emergency responders, delivering relief supplies, providing medical care, and creating recovery plans. These immediate, reliable and supportive disaster relief efforts of the modern-day Red Cross find their historical antecedents in the response to a

April Mathias, PhD, RN, CNE forest fire 140 years ago in September 1881. Clara Barton led this first official disaster relief effort, aiding victims of a forest fire in Michigan on behalf of the newly-established American Red Cross. The devastation of the Michigan forest fire, and the Red Cross response led by Barton, set the precedent for what the public could expect from the Red Cross and how the Red Cross would provide disaster relief and assist with recovery.

On September 4, 1881 a fire erupted in the thumb area of Michigan, lasting three full days and burning over 1 million acres across the counties of Tuscola, Huron, Sanilac and St. Clair. The cause of the fire was a combination of the early timber industry’s logging practices leaving behind large amounts of dry wood and brush piles, the dead timber remains from a large fire that occurred a decade prior, the excessively dry land following a two-month drought and high winds that swept through the area. Within the path of the blaze, 3,400 buildings, including homes, businesses, and barns, were destroyed, totaling more than two million dollars of destruction at the time. Individuals and families suffered great loss as 15,000 people were left homeless, and 282 people died because of the fire. In some instances, entire families perished. Of the fatalities, many bodies that were found dead on scene were spared by the flames but had been killed by suffocation, smoke inhalation and the mere heat of the fire, whereas some died days after the fire from burns and lung inflammation. The fire left 14,000 people dependent on public aid, having lost all possessions and sources of income.

American Red Cross Disaster Relief Started with a Forest Fire

Red Cross volunteer Dave Wagner looks over damage from the Dixie Fire in Greenville, CA, a small town that was devastated by the fire. Many of the evacuated residents found shelter with the Red Cross in nearby Quincy and Susanville, CA. Photo by Scott Dalton/American Red Cross

Ron Fernandez’s neighbor, a Cal Fire chief, called to warn him about the approaching River Fire and that it was time to evacuate. Fernandez remembers, “I grabbed my “go box” but I forgot my phone.” He’s lived in the same house since 1977 but has never had to evacuate before. “This is my first experience with the Red Cross. I’m so amazed and thankful that this organization exists.” Photo by Scott Dalton/American Red Cross

A family fleeing from the advancing flames. American Red Cross Archives.
The Michigan forest fire started less than four months after the American Red Cross was established on May 21, 1881 and less than two weeks after the first local chapter in Dansville, New York, where Clara Barton resided, was formed on August 22, 1881. Upon hearing news of the fire, Barton sent Julian Hubbell, a University of Michigan medical student, to investigate the situation and report to her how the Red Cross could help (Dulles, 1950 and Hurd, 1959). When she received his report of the structural devastation and resultant community desperation, Barton immediately worked to raise money and supervise the distribution of money, food, clothing, medicine, household supplies, lumber supplies, agricultural tools and seeds to the survivors (Dulles, 1950). Donations totaling $80,000 were distributed to rehabilitate the communities and help restore the survivors’ normal way of life (Dulles, 1950).

As Red Cross donations and volunteers continue to effectively help survivors of the recent forest fires that have impacted our country, may we remember and honor the pioneering work of Clara Barton during the Michigan fire that established the construct of our disaster relief efforts today. Also, respect is due to the survivors of the 1881 Michigan fire who received Red Cross support and, with their own grit and resilience, rebuilt their communities and livelihoods in the thumb area of Michigan, moving away from its lumber era and forward into agriculture.

References:

For Your Information...
A volunteer opportunity for those interested in Clara Barton, her words and history: help transcribe her correspondence for the Library of Congress! The work is in progress, but on a recent check more than 10,000 works remained to be transcribed.

“Health Insurance Portability and Accountability Act (HIPAA) Provisions and the American Red Cross: Emergency Communication for Members of the Military and Disaster Response,” is a 25 minute presentation by Chief Nurse Linda MacIntyre, PhD, RN, PHN published on YouTube and RedCross.org. It discusses HIPAA provisions for Red Cross SAF emergency communication and victims of disasters; it does NOT cover blood collection or blood-related services.
When I was a youth growing up in apartheid South Africa, I heard of the International Red Cross and the humanitarian work associated with the organization. Little did I know then that my life purpose and journey would one day lead me to the American Red Cross as a volunteer.

Immigrating to the USA as a nurse executive born in South Africa who had worked for 12 years in Saudi Arabia, I found myself professionally isolated and facing extremely challenging personal and professional situations in a new country. Building resilience to overcome stress, networking and establishing new contacts as well as giving back to the community quickly became essential for me. Luckily HeartMath tools and techniques and Caritas coach education prepared me well for coping in times of chaos and complexity. Most importantly, connecting with the Red Cross helped me in more ways than I can ever begin to describe. While my journey entailed sharing myself as a volunteer in the Red Cross, the support structure, networking opportunity and sense of community I experienced in return was unbelievable and my healing and recovery as a nurse leader in my new adopted country soon began.

Dr. Linda MacIntyre, Chief Nurse (CN) of the Red Cross opened her heart and arms and welcomed me into the Red Cross as a volunteer in the role of Senior Advisor for Leadership Development in August 2018. Linda is my role model and mentor; she is truly a remarkable leader. Her ability to listen with empathy and advise appropriately is one of her superpowers. Shortly before joining and during my initial onboarding with the Red Cross, I found myself in strategy conversations with the CN, who clearly cares deeply about Red Cross nurses’ professional development as well their physical, mental and emotional wellbeing. Her focus on developing the nursing workforce in the Red Cross inspired me to think creatively and look deeply into my 30-year international career as a nurse leader, where I found thoughts and ideas to share with her and sought ways to contribute as a volunteer.

Shortly after joining I was given an opportunity to attend the Federal Nursing Service Council (FNSC) meeting as a facilitator, with the honor of supporting the CN in an advisory capacity. The Red Cross CN was the FNSC chairperson and wanted to have a neutral individual as a facilitator and to embrace diversity at the same time. The FNSC partners meeting in Washington D.C. in November 2018 was one that was thoughtfully planned by the FNSC, with consideration for both caring and science. The meeting supported the FNSC’s stated strategic goal “to enhance collaboration to create a unified federal-civilian voice for policy and health system improvement” through the following: a) continue to build collaborative relationships, b) share the priorities and strategic direction of our organizations, and c) strengthen existing partnerships.

Visiting National Headquarters in Washington D.C. for the meeting in the Tiffany Hall of Service was thrilling — such utter beauty in a room with stained-glass windows and posters reflecting the history of the American Red Cross, just minutes away from the White House.

The CN also introduced me to another amazing Red Cross leader, Posie Carpenter, National Nursing Network Director. I met an extremely confident, dedicated, caring and kind leader in Posie, who oriented me to the many facets of the Red Cross scope of work.

Working closely with Posie I had the opportunity to support the development of a two-day leadership development program agenda for the National Nursing Network. It was a wonderful experience to serve as a presenter at the leadership development sessions held in April 2019 at Samuel Merritt University. Other presenters included Dr. Sheva Carr and Mr. Robert Browning of HeartMath, who incidentally were the HeartMath Master Trainers...
who supported my growth and development in becoming an independent HeartMath Certified Trainer and Coach. In that two-day program I met many amazing Nursing Network leaders and learned about the great successes and challenges they have experienced while remaining dedicated to serving people in need.

I was inspired by the CN’s deep consideration for Nursing Network volunteer leaders and witnessed her steadfast pursuit of excellence in working to build capacity and resilience by offering tools and training to the workforce. When discussions between the CN and Fyera Foundation CEO Sheva Carr resulted in an MOU that facilitates HeartMath training for Red Crossers, I was delighted to serve as a Red Cross Resilience Instructor, facilitating virtual HeartMath training sessions in 2020. Bringing HeartMath to the Red Cross was a great initiative to prepare leaders to cope with stress while responding to disasters such as wildfires and the COVID-19 pandemic.

In my experience, integrating Caritas coaching, HeartMath training, seeking to understand others, focusing on oneself and one’s journey, helps support the people I lead. It truly is magical to witness people’s growth and participate in it at the same time. Eternally grateful for the opportunity to be a part of the Red Cross family, I look forward to making more contributions in the future and to building connections with additional leaders.

Katharine “Posie” Carpenter Receives Ann Magnussen Award

Linda MacIntyre, PhD, RN, PHN and Ana Ramirez

For seven years, the extensive experience of Katharine ‘Posie’ Carpenter, RN, MSN, MPH as a registered nurse and manager, combined with her dedication to the American Red Cross humanitarian mission, has been a great asset to the organization. Carpenter is a retired health care executive, having most recently served as the Chief Administrative Officer of Santa Monica-UCLA Medical Center and Orthopedic Hospital. After retiring, Posie earned a certificate in Fitness Instruction from UCLA Extension and a certification in Aquatic Fitness as well as her Water Safety Instructor and Life Guard certificates from the Red Cross. With these qualifications, she enjoys coaching friends and family in healthy lifestyles and hopes to extend her practice to others. She is an avid athlete, enjoying swimming, watersports, sailing, yoga, tennis, biking, hiking and skiing.

Carpenter began volunteering with the Red Cross in 2014 when she joined the Board of the Santa Monica Bay Chapter (now called the Western Los Angeles Chapter).

Since then, Posie Carpenter’s contributions to the Red Cross have been impactful. She recruits community members through her extensive networks to help fulfill the mission. Within 9 months, her efforts led to a 24 percent increase in filling key volunteer positions. Carpenter’s commitment is evident in the various positions in which she serves, including the National Nursing Network Director, Board Chair for the Western Los Angeles Chapter, Tiffany Circle National Council member (now Torchbearer as of July 2021), Los Angeles Tiffany Circle Vice-Chair, disaster volunteer, Los Angeles Region Volunteer Engagement team member, and Biomedical Services RN of Record and Volunteer Medical Screener.

One of Carpenter’s most notable Red Cross achievements is the online orientation that enables Nursing and Health leaders to achieve success in their roles. The development of the training involved countless research hours on Red Cross programs, services and resources, resulting in a comprehensive and valuable training tool utilized by remote volunteer leaders.

Posie Carpenter coaches Nursing Network Division nurse leaders to promote recruitment, engagement and collaboration across all lines of business. She led the first National Nursing Network leadership training in 2019. Through Carpenter’s advocacy, participants received continuing education credits for their professional licenses. Evaluations were very positive, with her teaching style described as patient, clear and inclusive. Due to her persistence
and leadership, the team is growing and is more effective.

Carpenter maintains a firm understanding that at the core, the Red Cross is a humanitarian organization that exists for the community when needed the most. Posie Carpenter’s leadership, compassion and “boots on the ground” service exemplify what it means to be a Red Cross Nurse.

Posie Carpenter was nominated for the Ann Magnussen Award by Ana Ramirez, Red Cross Volunteer Services Senior Recruitment Specialist, who shared, “From the moment that I was introduced to Posie I was taken aback by her wealth of knowledge regarding all things Red Cross. As a Volunteer Recruitment Specialist for Blood Services, I wanted to take the time to tap into all the things she knew regarding Red Cross Nurses and the nursing profession in general. Posie took the time to demonstrate the various types of programming that the organization offered that would benefit from nurse volunteers, and how these individuals would greatly impact service delivery in the community. Her understanding of the roles that nurses have in the organization is admirable, and her desire to help those around her, both in the organization and the community, inspire me to reach out to others who may share the same passion as her. I am very fortunate to be able to work alongside someone that exemplifies all Red Cross values and truly understands what is at the heart being a Red Crosser. It is my privilege to be able to nominate Posie Carpenter for the Ann Magnussen award for her contributions to strengthening and consistently improving Red Cross programs and services.”

The Ann Magnussen Award is presented annually to a volunteer or employed registered nurse who has made an outstanding contribution to strengthening or improving American Red Cross programs and services. It is the highest honor of individual nursing achievement in the American Red Cross. Due to the COVID-19 pandemic, the presentation of National Awards was delayed throughout 2020. A virtual National Awards ceremony was held in May 2021, at which Posie Carpenter was finally presented with the 2019 Ann Magnussen Award. Thank you Posie, for all you do for Red Cross Nurses and Nursing!

Achievements and Recognition

Congratulations to Dr. Elizabeth (Liz) Dietz, EdD, RN, CS-NP, CSN, on her selection as a Fellow in the American Academy of Nursing.

2021 Jane Delano Student Nurse Scholarship Awarded to Katie Pierson

Katie Pierson was selected by the American Red Cross’ National Awards Committee to receive the 2021 Jane Delano Student Nurse Scholarship.

Pierson is a San Francisco native and a second semester nursing student in an accelerated MN+MSN program at Emory University in Atlanta. Before starting nursing school this past May, she worked for the Northern California Coastal Region’s Red Cross of the Bay Area (San Francisco) Chapter as a Youth Services AmeriCorps Volunteer for two AmeriCorps service terms. As a Youth Services Coordinator, she helped oversee more than 3,000 youth and helped increase engagement in the virtual world of volunteering. During her first term as an AmeriCorps volunteer with the Red Cross, Pierson ran the summer youth intern program, placing 10 youth out of over 75 applicants into five highly selective internships. This year, Pierson’s project was to transition the Sound the Alarm in-person volunteering opportunity for youth into a virtual platform to engage and activate youth volunteers to educate their communities. Over the course of the four-month program, 400 youth volunteers participated in educating more than 2,800 people in over 700 different households.

Prior to working as the Youth Services Coordinator with the Red Cross, Pierson was a Peace Corps volunteer in Liberia, West Africa teaching junior high math and science. In Liberia, she also worked at the local community clinic where she enjoyed...
In Memory of Jean Van Voorhis, MSN, RN

Jean Van Voorhis, MSN, RN died on July 27, 2021. We have missed her presence on the Heritage newsletter sub-committee and wish to honor her memory with the following reprint of a newsletter article from Fall, 2019, that highlighted Jean and her many years of Red Cross service.

Reprint from Fall 2019, in Memory of Jean Van Voorhis

Jean Van Voorhis Retires After 20 Years of Red Cross Volunteering

Jean Van Voorhis was born in Des Moines, Iowa. As a young girl, she visited the sick with a neighbor doctor and decided early on that she would be a nurse. She received her RN license after graduating from Iowa Methodist Hospital School of Nursing in Des Moines then received a BS and MS from the University of Illinois at Chicago. She is married and has two children.

Jean Van Voorhis traveled the world, from Hadrian’s Wall to the Great Wall of China to the Great Barrier Reef, from Karnak and the Valley of the Kings to Canterbury where she searched for an ancestor, Archbishop William Whittlesey.

Her life’s dream was to work with others to help others. During her career her work was instrumental in the new field of infection control. Nurse epidemiology was a most rewarding, satisfying career. She was invited to help institutions across the country start their own programs in infection control. She published her work and brought that knowledge and skill to the Red Cross after retiring.

Van Voorhis says, “My greatest experience in my professional life and Red Cross volunteering has been helping people in need – helping them financially and clinically by linking them to the right resources or providing immediate care to individuals and their families – as well as participating in disaster management decisions. I also need to thank my husband, Don for his support over the past 20 years. Without being an official volunteer, he has transported Disaster Health Services (DHS) volunteers and taken conference photographs that were used in the final event report. He also kept the home fires burning and cared for my 93-year-old mother for three of my volunteer years.”

Here are some of the many and varied ways Jean has made a difference:

- Served as a National Disaster Health Service Manager and Staff Wellness Manager, serving in both positions in multiple disasters, including Level 4’s...
• Served as Disaster Health Service (DHS) Advisor for Iowa Region and Tampa Bay Chapter
• Served as DHS Lead in Iowa Rivers Chapter, and in Tampa Bay and Pasco County Chapters in Florida
• Served as a National DHS Liaison at American Red Cross Washington, D.C. headquarters for several years
• Served across the country as Quality Review Facilitator for the Disaster Preparedness Response and Recovery Quality Review Program
• Served as State Nurse Liaison and State Nurse Liaison Advisor in Florida
• Member of Pasco County Emergency Management and Pasco Health Care facilities with regard to facility communication systems and evacuation and shelter in place policies, procedures and employee education
• Collaborated with Florida Pasco County Department of Health to recruit Red Cross DHS volunteers to participate in a church parking lot drive through administration of free influenza vaccine to the community
• Participated in Iowa and Florida community disaster drills including a nuclear disaster and an airplane crash
• Collaborated with Iowa Red Cross blood bank and the National Nursing Committee to interest and recruit student nurses to educate community groups regarding the need for blood donations
• Taught Psychological First Aid, Family Assistance, DHS and community table top activities
• Taught Disaster Preparedness and Response in Poweshiek County, Iowa to service groups, firemen, farmers’ wives and business organizations
• Assisted Iowa Region Human Relations to organize community health services and university personnel to volunteer their services at the Iowa State Fair First Aid Stations
• Volunteered at the Iowa State Fair First Aid Stations
• Member of Centers for Disease Control and Prevention (CDC) and DHS committee responsible for reviewing and revising existing DHS forms
• Member of Heritage Committee, newsletter editor and frequent author
• Member of national Service to Armed Forces (SAF) review committee responsible for reviewing HIPAA guidelines as they relate to SAF medical liaison purpose and role and for making recommendations for system changes to the SAF medical liaison role
• Member of SAF Medical Liaison program
• Assisted the Tampa SAF director to collect data regarding contact information of hospital personnel responsible for SAF contacts.
• Wrote the initial Red Cross isolation and infection control policies and procedures
• Produced, edited and published FOCUS DHS newsletter for three years
• Received numerous Red Cross awards, including Clara Barton Award, Iowa and Florida chapters’ service awards and Iowa Regional Award
• Received Iowa 100 Great Nurses award

Of these activities in service and leadership, Jean says: “The American Red Cross and especially DHS gave me valued experience and purpose after retirement. I am proud of the service I provided and the mentors, volunteers and clients I met and worked with. I will always be a Red Cross Nurse.”

We, the Red Cross Nursing Network and leadership, are proud of and thankful for Jean Van Voorhis, a 20-year, committed, competent, caring volunteer! Van Voorhis notes she is sad to complete her Red Cross service but her “memories will always be with her.” The American Red Cross will always remember her dedication and service.

Jean Van Voorhis, right, and Dr. Vivian Littlefield at a Red Cross nurses’ meeting in Florida in 2012.

“Jean was instrumental in developing protocols for infection control in Red Cross general population shelters. She was a dedicated volunteer with a strong love for the American Red Cross, never afraid to take on a challenge.” Sharon Stanley, PhD, RN, RS and COL (ret), US Army, former Chief Nurse, Red Cross

“Jean was passionate about infection control and ensuring the safety of clients. I appreciate Jean’s advocacy for the Red Cross mission, her support of nurses and her work on the Heritage Committee. Jean truly gave of herself to serve others.” Linda MacIntyre, PhD, RN, PHN, Chief Nurse, Red Cross

In Memoriam – Joseph Gray

Joseph Gray passed away unexpectedly on August 8, 2021, in Phoenix, Arizona. Joe served the American Red Cross in various roles over the past 20+ years.

Matt Bertram, Vice President, Volunteer Services
Joe began his journey with the Red Cross at a young age through his love of water safety. He became a lifeguard and water safety instructor while in high school and advanced into a lifeguard instructor trainer during his college years, while actively engaged as a member of the Red Cross Club at the University of Nebraska.

While in college, Joe joined the Cornhusker Chapter in Lincoln, Nebraska as a swim coordinator and first aid team leader. He quickly rose to become the assistant executive director at the Loess Hills Chapter in Iowa before moving to Las Vegas to serve as a Preparedness, Health and Safety Services (PHSS) leader for the West Service Area. Joe brought his expertise to Chicago and led the PHSS department which grew to a division role and eventually a national position over quality assurance.

Over the last five years, Joe broadened his scope, joining Volunteer Services at Red Cross national headquarters and utilizing his knowledge to build volunteer programs and to develop systems and processes used across regions. He had a keen ability to utilize data to show a story and drive decisions. During Joe’s career, he impacted many people and programs with his attention to detail and his ability to inspire others through his leadership and training.

Joe was a key leader and a pivotal member of the Red Cross team. He was beloved and well known by many near and far. Joe cared deeply about his work and his Red Cross family.

Joe adored his two rescue dogs, Wrigley and Maggie. He was passionate about rescue animals. If you’d like to honor Joe, you can do so through a gift to The Animal Foundation.

If you would like to share a special story or memory about Joe – please visit remembering Joe Gray.

“In Joe Gray was a vital member of the National Headquarters Volunteer Services team, and he is deeply missed. I’m grateful for Joe’s many accomplishments in support of volunteers that help further the humanitarian mission.” Linda MacIntyre, PhD, RN, PHN, Chief Nurse, Red Cross

In memory of Virginia Stroud Hooper, Red Cross Nurse

Virginia (Ginny) Stroud Hooper, RN was born in Shreveport, Louisiana. Her first involvement with the American Red Cross was as a water safety instructor in the late 1960s. Ginny taught many young children how to swim. She attended LSU-Baton Rouge, LSU-Shreveport, and then graduated from Northwestern School of Nursing. While Ginny had a full nursing career in Houston, Shreveport, and Bossier City, Louisiana, she volunteered her nursing expertise for American Red Cross health fairs and for Disaster Services. Her community in Benton, Louisiana was hit by a devastating tornado in April of 1998. Her neighborhood sustained major damage and many lives were lost, but that evening, she drove to the hospital in Bossier City to render assistance with Disaster Services for the many incoming injuries. When Hurricane Katrina struck New Orleans, Ginny was one of two Disaster Services volunteers sent by the local chapter to Hirsch Coliseum to set up that large facility for busloads of incoming displaced disaster victims. Ginny continued daily services as a nurse and as a Disaster Services volunteer for weeks after Katrina. A friend said, “She was a fun-loving friend to all and never failed to accept a challenge as a nurse.”

In addition to her Red Cross volunteering, Ginny was a life member of the Girl Scouts of America. She enjoyed camping, hiking, canoeing, exploring, nature study and scuba diving, and traveled to all the United States and to 42 countries, reaching every continent. She even summited Mt. Kilimanjaro in Tanzania. Ginny was very kind, generous, and an advocate for wildlife and for protecting the environment.

Ginny is survived by her family and friends. Long-
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. 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!

As you begin to think about your year-end charitable giving, consider a gift to the Red Cross. There are many ways to make tax-wise gifts in 2021.

**APPRECIATED SECURITIES** Making a gift of appreciated stock, mutual funds or bonds is a popular way to give because it saves taxes twice. Providing you have held the securities for more than one year, you will receive an income tax charitable deduction for the share price at the time of your gift. You’ll also avoid capital gains tax on the appreciation. Most gifts of stock can be made easily via electronic transfer.

**QUALIFIED CHARITABLE DISTRIBUTION FROM AN IRA** If you are 70 ½ or older, a Qualified Charitable Distribution (QCD) allows you to contribute up to $100,000 from your IRA directly to a charitable organization, such as the American Red Cross, with no tax on the withdrawal. Additionally, if you are subject to a Required Minimum Distribution (RMD) in 2021, a QCD gift can help meet the required distribution without increasing your taxable income.

**CHARITABLE GIFT ANNUITY** Make a gift of cash or securities and benefit from an immediate tax deduction while receiving fixed annual payments for life. Advantages of making a charitable gift annuity to the Red Cross by year-end include:

- A partial charitable deduction for income tax purposes if you itemize your taxes for 2021.
- A portion of your income payments is tax-free throughout your estimated life expectancy.
- Any applicable capital gain is reportable over your life expectancy.

As always, your own advisors are in the best position to help you determine what would be most appropriate for you. We are available to work with you and your advisors to consider gift options. Some gifts take longer to accomplish, so please be aware of timing if you would like to meet a year-end deadline.

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

Candace Roosevelt, MAN, MBA

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 Mathias; Candace Roosevelt; Cheryl Schmidt

time friend Lelia Vaughan, Red Cross Volunteer, met Ginny in a Red Cross class in the 1960s and returned Ginny’s American Red Cross Nurse Badge #359529 to Red Cross National Headquarters per Ginny’s explicitly-expressed wish.