



Coronavirus Pandemic: How Red Cross is Helping

Molly Dalton

Almost one year ago, the World Health Organization (WHO) declared COVID-19 a global pandemic, acknowledging the virus would likely spread to all countries around the globe.

As of February 15, 2021, as many as 200 countries and territories around the world have reported confirmed cases of the virus. Billions of people have faced lockdowns. More than 108 million people have been infected and more than 2.4 million have died.

IN THE U.S. As of February 24, more than 28,261,000 people in the United States have been infected with the coronavirus and more than 502,000 have died. It all began on January 19, 2020, when a resident of Washington state became the first person in this country diagnosed with a confirmed case of COVID-19 after returning from travel to China. In February, the U.S. declared a public health emergency, followed by a national emergency declaration on March 13 of last year.

TODAY we are still seeing the effects of COVID-19 and wonder what our new “normal” will be. The CDC still [urges everyone to take these easy steps](#) to help slow the spread of COVID-19:

- **Wear a [mask](#)** to protect yourself and others and stop the spread of COVID-19.
- **Stay at least six feet away from others** who don't live with you.
- **Avoid crowds.**
- If you are going out, **avoid poorly ventilated indoor spaces and wash your hands often.** Use hand sanitizer if soap and water aren't available.

VACCINES The [Centers for Disease Control and Prevention](#) reports as of February 24 about 44.5 million people have received at least one dose of a COVID-19 vaccine, including about 19.8 million people who have been fully vaccinated. Several COVID-19 vaccines are now available. Visit your

[state](#) or [local](#) health department for more information on eligibility and availability in your area.

HOW THE RED CROSS IS HELPING As coronavirus vaccination efforts continue, the American Red Cross is supporting local communities across the country in their efforts to distribute COVID-19 vaccines.

Depending on the circumstances, our support may include helping to set up vaccination sites, collecting information from people being vaccinated, and providing water and snacks for medical staff and people waiting to be vaccinated.

Red Cross volunteers who are medical professionals may also be working with local authorities to help give vaccinations if their state licenses permit them to do so. The Red Cross is also helping to vaccinate U.S. service members on bases around the globe and is active in U.S. veterans' hospitals.

- We are helping families after disasters by making sure they have a safe place to stay, food to eat and tools to help them recover. To help keep them safe, we are following guidance from the CDC and public health authorities — and have put in place additional precautions such as face coverings, health screenings, using hotels for emergency lodging instead of shelters.
- Our [Virtual Family Assistance Center](#) is available to assist anyone who has lost a loved one.
- Alongside the Food and Drug Administration (FDA) and blood industry partners, we are collecting and distributing convalescent plasma from people who have fully recovered from COVID-19 to help patients in need.
- Red Crossers sewed more than 120,000 face coverings which were distributed to military and veteran communities. Volunteers supported military and veteran hospital staff,

assisted the military overseas to help map and contain the spread of COVID-19, provided online stress-relieving virtual workshops for military families and caregivers and distributed \$6.7 million in emergency financial assistance to nearly 5,000 military families on behalf of the Military Aid Societies.

- Our teams also battle the virus around the world. The American Red Cross has deployed nine disaster responders in a remote capacity and contributed more than \$11.2 million to the global fight against the coronavirus.
- The Red Cross continues to provide lifesaving training during this critical time. Essential courses have been modified to include social

distancing, face masks, virtual training and certification extensions. [Online courses](#), include new COVID-19 ones for safe work practices and psychological first aid. We've also provided responder guidance for companies and hospitals to adjust their training during COVID-19 to maintain their ability to save lives.

As the pandemic, precautions and winter wear on, Red Crossers need to remember to take care of ourselves too, to maintain our mental and physical health and strength, so we can continue helping others in need during these globally challenging times.

A Diverse Blood Donor Pool Should Matter to Everyone

The best blood match for patients often comes from donors of similar race or ethnicity. Together we must increase the number of blood donors from all racial and ethnic groups. Sickle cell disease occurs in 1 in 365 births of African descent and 1 in 16,300 Latino births. The American Red Cross, Sickle Cell Disease Association of America, Inc. and supporters like you can help connect our organizations with donors that best meet the needs of patients of all backgrounds.

Here's what you need to know

- Blood types are inherited, much like eye color, and are determined by antigens carried by red blood cells. Antigens determine one's blood type. There are more than 600 known antigens, and some antigens are unique to specific racial and ethnic groups.
- Most blood types fall into one of the major ABO groups, but for some patients with rare blood types, blood must be matched closely, beyond the primary A, B, O and AB blood types.
- As a blood donor it is not necessary to know your blood type to donate blood.
- A single sickle cell patient can require multiple

blood transfusions per year throughout their lifetime to treat complications from sickle cell disease.

- A patient in need is more likely to find a compatible blood match from a donor of the same race or ethnic group.

How you can help

- Schedule an appointment to give by using the free Red Cross Blood Donor App, visiting RedCrossBlood.org, calling 1-800-RED CROSS (1-800-733-2767), or by enabling the Blood Donor Skill on any Alexa Echo device.
- Recruit organizations that have diverse employees/members to host blood drives and support blood donation.
- Set up a virtual blood drive on RedCrossBlood.org/SleevesUp and encourage others to donate.
- Educate and engage your network about the importance of diverse donor pools.

Learn more at: RedCrossBlood.org/SickleCell and SickleCellDisease.org

Story of Hope: Blaze, Blood Recipient

Blaze Eppinger was born with sickle cell disease. People with sickle cell disease have red blood cells that are stiff and distorted in shape, sometimes blocking blood flow. Their red blood cells break down prematurely, leaving a shortage of healthy red blood cells. Sickle cell disease is most common in people of African descent. One in 12 African

Americans carries a sickle cell gene.

As a child, Blaze would receive blood transfusions at least once a month. Today at 28, he needs blood transfusions nine to 10 times a year. Each time he requires transfusions, he receives at least three units of blood. He has type A positive blood, but

when his blood type is not available he receives type O.

“When blood is not available for me, I would have to stay in the hospital longer, basically fighting a sickle cell crisis.”

Blaze explained that a sickle cell crisis is very painful. The pain starts at one part of his body and migrates throughout his entire body. The hospital gives him pain medicine, but the crises often continue until he receives at least three units of blood.

“When I receive the blood donations that I need and my numbers go up, I feel like I’m back to myself,” said Blaze. “I don’t feel the pain. I don’t feel drained. It’s like putting gas in the car or batteries in your remote. I’m energized!”

Blaze is grateful for the American Red Cross and its volunteer blood donors. “I feel like they give life



Blaze Eppinger

more than they know,” said Blaze. “Blood donors may not think about where the blood goes at the time of their donation, but I consider them as silent heroes. It’s just a task to them, an hour of their time, but that task helps save lives. If it wasn’t for generous blood donors, I wouldn’t be alive.”

Blaze volunteers at Red Cross blood drives to encourage new

and current blood donors to give. “I’ve received more units of blood than I can count. I’ve had more sickle cell crises than I can count. I can’t imagine how my life would be now if it wasn’t for blood donors,” said Blaze.

“To my millennial blood donors, think about who needs your blood donation and the end result because of what you’re doing. Your blood could be used in an emergency room one day. You may have that rare blood type that can save someone’s life.”

Closing the Sickle Cell Gap

Closing the Sickle Cell Gap is an American Red Cross-wide campaign to triple the number of African American blood donors by the end of December 2024. This national effort will help the Red Cross eliminate the gap in our ability to meet hospital demand and provide the most compatible units for patients with sickle cell disease. This disease is the most common genetic blood disease in the U.S., affecting about 100,000 people—primarily affecting Black and African American individuals. Though there is no widely available

cure, the Red Cross supports one of the most critical sickle treatments of all—blood transfusions. For many patients, a close blood type match is essential and is found in donors of the same race or similar ethnicity.

Closing the Sickle Cell Gap is one of three pillars of the Red Cross’ diversity and inclusion action plan. A Closing the Sickle Cell Gap toolkit is available on the [Exchange](#) intranet site.

Coronavirus Slows Measles Prevention Work Around the Globe

Molly Dalton

The COVID-19 pandemic has slowed work to prevent measles outbreaks around the world at a time when the global number of measles cases is at its highest in more than 20 years. This makes efforts by the American Red Cross as a partner in the international [Measles & Rubella Initiative](#) (M&RI) more important than ever.

According to [the World Health Organization \(WHO\) and the U.S. Centers for Disease Control and Prevention \(CDC\)](#), reported cases of measles were lower in 2020, but necessary efforts to control

COVID-19 have resulted in disruptions in vaccination and crippled efforts to prevent and minimize measles outbreaks.



Magrate Kagendo Mugambi holds her 11-month-old son, Bahati, while speaking with Red Cross volunteer, John Kamau, who walks miles to visit rural households in Kenya to ensure kids like Bahati receive lifesaving vaccines.

Photo by Juozas Cernius/American Red Cross

As of November of last year, more than 94 million people were at risk of missing vaccines due to paused measles campaigns in 26 countries.

Measles is one of the most contagious and severe



Photo by Brian Hatchell/American Red Cross

In Bangladesh, a group of children display their dyed fingers indicating they received their vaccination.

childhood diseases. Every day, it takes the lives of hundreds of children around the world. Even if a child survives, measles can cause permanent injury such as blindness or brain damage.

The risk is high in developing countries where there is limited access to health care and people are underfed.

WHAT IS THE MEASLES & RUBELLA INITIATIVE?

The Measles and Rubella Initiative is a global partnership to achieve a world without measles and rubella. The effort is led by the American Red Cross, the United Nations Foundation, the CDC, UNICEF, WHO and global immunization partners like Gavi, the Vaccine Alliance, the Bill and Melinda Gates Foundation and others. [Watch this video for more information.](#)

The M&RI helps countries raise coverage of measles, rubella and other vaccines; fund, plan and implement campaigns; investigate outbreaks and provide support for effective outbreak response; devise solutions on how to boost immunization delivery and support a global laboratory network for measles and rubella.

The Red Cross plays a pivotal role in M&RI vaccination campaigns worldwide. Local Red Cross

A Legacy of “Firsts” To Celebrate Black History Month

[Reprinted](#) from Red Cross Chat article by Estefania Garcia, South Florida Volunteer

Throughout American Red Cross history, notable African Americans have paved the way in our organization for future generations who came after them. As we celebrate Black History Month, we are honoring Black men and women whose contributions were essential to our humanitarian mission.

volunteers are key in mobilizing millions of families, many from remote villages, to participate in vaccination campaigns.



Photo by Bonnie Gillespie/American Red Cross

Measles kills nearly a half million children globally each year. Health campaigns like this one in Indonesia provide an opportunity for vaccinations at less than one dollar per child.

They use mass media, rallies, door-to-door visits and educational entertainment to reach families who do not have access to routine health services. Whether in distant villages or urban settlements, these campaigns may be the only way for children to receive this lifesaving vaccine.

Here in the United States, Red Cross nurses provide community education and educate legislators about the Measles and Rubella Initiative (M&RI). Over the past several years Red Cross nurses have been invaluable in reaching out to key members of Congress to raise awareness of the continued global disease burden due to measles and rubella and advocate for continued support for M&RI through the U.S. Government. Over that time numerous Nurse Advocate volunteers have been trained and conducted visits with dozens of Congressional offices. These nurses have helped to secure \$150 million toward measles and rubella elimination programs through our key M&RI partner, the U.S. CDC.

HOW YOU CAN HELP It only costs \$2 to vaccinate a child. To join the global fight, text PREVENT to 90999 to give \$10 to the Red Cross and help us vaccinate children against measles. With just \$10 you can save the lives of 5 children.

[Frederick Douglass](#), prominent abolitionist and author, became friends with Clara Barton shortly after the Civil War. He offered her advice and support as she tried to get the organization established in the U.S. Douglass’ name is on the appeal for funds after the 1882 Mississippi floods and he would eventually sign the Articles of

Incorporation for the American Red Cross in his capacity as Register of Deeds for the District of Columbia.



[Frances Reed Elliott Davis](#) brought her passion for nursing to the Red Cross, becoming its first African American nurse. Her first assignment was providing medical care for the families of service members during World War I in Chattanooga, TN. As a legacy for future nurses, she helped organize the first training school for African American nurses at Dunbar Hospital, the first hospital for the black community in Detroit, MI.

Artist [Henry Ossawa Tanner](#) painted and sketched the work of the Red Cross in the region of Neufchâteau, France, during World War I. His indelible artwork features many images of African American troops serving on the front lines.

The iconic Red Cross bloodmobiles were the brainchild of [Dr. Charles Drew](#), a pioneer in developing a national blood bank. He was already an authority in this field when he was appointed director of the first Red Cross blood bank in 1941. He was outspoken against unscientific and racially discriminatory practices in blood collection and was dedicated to blazing a trail for African Americans pursuing a medical education.

An advisor to President Franklin D. Roosevelt as the director of Negro Affairs of the National Youth Administration (the first African American woman to head a federal agency), [Mary McLeod Bethune](#) was integral in discussing and increasing African American representation within the Red Cross – from staff in overseas clubs and enrollment of nurses, to those serving on committees and staff departments both locally and nationally, and more.

[Dr. Jerome Holland](#) became involved with the Red Cross as a member of the Red Cross Board of Governors from 1964 to 1970. President Jimmy Carter appointed him chairman of the Board in 1979. He was the first African American to hold this position and was appointed again by President Ronald Reagan in 1982. His greatest contributions

include advancing blood research (a Red Cross biomedical research facility in Rockville, MD, was named after him), as well as encouraging the integration of volunteers so all communities could receive essential and equitable Red Cross services.

A young volunteer serving in the Service to Military Families Department of the Greater Milwaukee Chapter would eventually become the Chairman of the Board and Executive Committee of the same chapter. [Gwen T. Jackson](#)'s other leadership roles included the first African American appointed National Chairman of Volunteers in 1988, a member of the American National Red Cross Board of Governors in 1992 and re-elected in 1995, and Chair Emeritus of the Milwaukee Chapter.

Today, a legacy of “firsts” continues for African American Red Crossers. [Rod Tolbert](#), a South Carolina native, was named the first African American Chief Executive Officer for the South Carolina Region of the Red Cross. His journey with the Red Cross started in 1998 as a Health and Safety Director for a local chapter. He then went on to join Red Cross’ national team as the Vice President for Disaster Services Technology, where he oversaw a team of staff and volunteers that provided IT support for regional and national level disasters.

These are the stories of trailblazers from our past and today, who made significant contributions to the American Red Cross. Without them, our humanitarian mission in providing lifesaving blood, critical aid to families impacted by disasters and support to military members, veterans and their families would not be possible.



Historical poster developed by the D.C. Chapter in 1988, featuring F.D. Patterson, Mary McLeod Bethune, Jesse O. Thomas, Henry O. Tanner, Charles R. Drew, Frances R.E. Davis, Jerome H. Holland, William H. Dabney, illustrated by Kenneth C. Gaylor.

This month, we celebrate our historical figures and recognize current African American leaders like Rod Tolbert, who make the Red Cross what it is today.

New Member Reflections: Fundamental Humanitarian Principles

April D. Matthias, PhD, RN, CNE



It is my pleasure to introduce myself as a new member of the Heritage Subcommittee of the National Nursing Committee and the Nurse Historian contributor for this newsletter. I have been a registered nurse for nearly 24

years and a nurse educator for 20 years. I am currently an Associate Professor and the Master of Science in Nursing Nurse Educator Program Coordinator at the University of North Carolina Wilmington. My research encompasses historical and contemporary study of professional identity and role development of the nurse through various educational pathways and pedagogies. I serve on the board of the American Association for History of Nursing as the First Vice President and now serve as a Nursing and Health Leader for the American Red Cross. I am a brand new American Red Cross volunteer and it has been exciting to learn about its amazing history and contemporary operations, reach and contributions.

My first email from the Eastern North Carolina Team of the American Red Cross arrived the day after the events at our Capitol on January 6, 2021. Within that communication, the Division Vice President, Anna Trefethan, reminded members to “stand firmly behind our fundamental principles” and encouraged “Red Crossers...to be relentlessly kind to one another.” This statement powerfully and positively impacted me because the year 2020 has been difficult for me, as it has been for many people in many ways. The polarized commentary related to social, political, scientific and health issues have integrated and influenced our personal and professional lives. Relationships, security and hope have been threatened and for some, damaged or destroyed. The moment I read Division Vice President Trefethan’s words, I was confident that the Red Cross was exactly where I needed to be to recover from the year 2020 and to be part of something good. Immediately, I began my search to learn more about the Fundamental Principles.

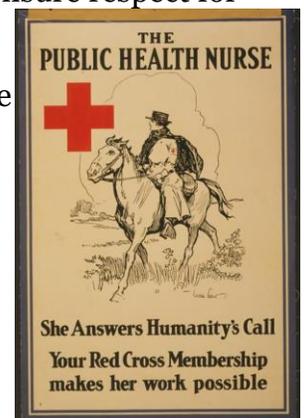
The seven Fundamental Principles—humanity, impartiality, neutrality, independence, voluntary service, unity and universality—were proclaimed to not only provide the Global Red Cross Network a

common identity and purpose, but to guide the actions of the Red Cross and its volunteers. Although the principles were not codified until 1965, these principles had been evolving in the Red Cross since it was founded in the late nineteenth century. I will focus my reflections on the first three humanitarian principles and would like to preface my reflections with a statement from the [report](#) of the 2015 conference, “Connecting with the Past” which took place in Geneva and focused on critical historical perspectives of the Fundamental Principles. This statement provides the raw purpose for each principle related to humanitarianism and serves as my foundational understanding of each principle.

“Humanitarian action should be motivated by the sole aim of helping other human beings affected by conflicts or disasters (humanity); it should be exclusively based on people’s needs and should avoid adverse discrimination (impartiality); it should be carried out without taking sides in hostilities, or engaging at any time in controversies of a political, racial, religious or ideological nature (neutrality); and it should be free from any economic, political or military interest (independence).”

Humanity

The humanity principle focuses on the prevention and alleviation of human suffering; it serves to protect life and health and to ensure respect for individuals. Historically, the principle of humanity was embraced because of the desire to provide aid on the battlefield without discrimination. Although the sufferings of war inspired the creation of the Red Cross, the Red Cross now provides aid in times of peace to prevent and alleviate suffering wherever suffering may be found. The restorative action to alleviate suffering must be accompanied by preventative action and requires identifying and eliminating causes. Preventative action also includes advanced preparation to be able to respond when needed. For the Red Cross, protecting human beings and relieving their suffering occurs regardless of the context. In [The Fundamental Principles of the Red](#)



Poster from 1914-1918, Library of Congress

[Cross: Commentary](#), the former 1971-1979 Vice President of the International Committee of the Red Cross, Jean Pictet explains it this way; “there is no just war and no unjust war – there are only victims in need of help.” The Red Cross and Red Crescent serve as symbols of peace in the presence of combat or conflict and this is demonstrated through the spirit of mutual understanding and friendship among all people. The relationship between the one giving and the one receiving care is a critical aspect of this principle and requires the giver to respect and regard the receiver’s individuality and worth.

Impartiality

The impartiality principle focuses on the absence of discrimination in the relief of suffering, ensuring everyone receives help based solely on their needs. Impartiality forbids discrimination as to nationality, race, religious beliefs, class or political opinions. This not only refers to the recipients of aid, but also non-discrimination of members, encouraging diverse individuals to become part of the American Red Cross. Within the principle of impartiality, the principle of proportionality and equity also exist to direct humanitarian efforts. Prioritization of the aid available is determined based on need alone, taking into consideration urgency related to distress. There is always a risk of partiality but according to Jean Pictet, the risk is higher in cases of civil war, internal disorders, or political tensions. Therefore, volunteers must be trained to set aside all subjective distinctions to



Detail of “The Brotherhood of Man” sculpture by Nathan Rapoport at American Red Cross National Headquarters

ensure non-discriminatory behavior becomes their natural response. Without impartiality, the Red Cross would not be trusted by the receivers of its assistance or protection.

Impartiality protects relationships and ensures the Red Cross can be trusted to provide the greatest help to the greatest need.

Neutrality

The neutrality principle ensures the Red Cross does not take sides in hostilities and does not engage in controversies of a political, racial, religious or ideological nature for the purpose of maintaining confidences of those it serves. Neutrality itself does not have moral value and can only be assessed in relation to circumstances. It

demands self-control and establishes the first step towards peace. Neutrality, along with impartiality, provides the means to maintain access and extend aid to all those suffering, and protects the individuals providing the assistance. Historically, during periods of political and social turmoil, neutrality has been tested. When humanitarian aid is used as a political instrument, this too can threaten the principle of neutrality. To quote Jean Pictet in a statement that may ring true today; “Politization undoubtedly constitutes the greatest danger now confronting the Red Cross.” There has been a recurrence of tension within the humanitarian sector between a neutral approach versus a politically engaged approach. Neutrality is sometimes misunderstood as passivity and anyone who refuses to commit to one side of a conflict is accused of being a coward. The Red Cross has experienced this pressure, but neutrality is essential for the Red Cross to have access to all people who are suffering. Jean Pictet offered a great response to the pressure to pick a side; he suggests this reply, “I am with all those who suffer, and that is sufficient.” Neutrality provides an important thread of consistency and predictability for the Red Cross across different contexts.

Infusing the Principles in Our Daily Lives

Red Cross volunteers embrace the principle of humanity in their desire to serve others. Review of this principle reminds us how we can serve others within our day-to-day lives. Echoing the words of Division Vice President Anna Trefethan, kindness must be extended to everyone to live by this principle and to actively prevent and alleviate suffering of those we have contact with each day. Suffering is not always obvious and extending kindness may have positive, unintended preventative or restorative action. Additionally, we must be kind to and care for ourselves to ensure we are prepared to respond. To quote Jean Pictet, humanitarianism “is one of the rare meeting places where people of all beliefs can come together and grasp one another’s hands, without betraying what is most intimate and sacred to each of them.” Red Cross members can greatly benefit, individually and collectively, by coming together to alleviate the suffering created by the divide of our nation today. Kindness can bring us together.

Review of the principles of impartiality and neutrality are critical as we navigate the current

societal terrain of social injustices and polarized politics. Intentionally exercising empathy in all communications and behaviors will help us achieve impartiality in our volunteer services, personal relationships and professional collaborations. Our neutrality has been tested and the pressure to pick a side on every issue has been high. Neutrality, alongside impartiality, can nurture and rescue relationships among individuals with diverse backgrounds, experiences and perspectives present within our families, friends, colleagues and broader communities. Relationships are often more important than being right, and relationships are essential for humanitarian work.

Importance of History

The humanitarian principles evolved intuitively by the realities of the combat field during war; they evolved in response to authentic problems

The Making of the Wellbeing Toolkit

Wellbeing is the balance and alignment of body, mind and spirit (Kreitzer, 2012) and is associated with increased quality of life among diverse populations and cultures (Rath & Harter, 2010). Higher levels of wellbeing in the workplace increases workforce engagement and influences growth of the organization (Rath & Harter).

The work of creating a Wellbeing toolkit began almost two years ago with an initiative put forth by Chief Nurse, Linda MacIntyre, to positively influence the volunteer workforce. A workgroup was formed to develop a repository of best practices that would cross business lines and departments within the American Red Cross to foster wellbeing among volunteers.

World Health Organization Framework

Early efforts by the workgroup were focused on conducting an extensive search for resources that promoted wellbeing. Over 70 resources were included for consideration in the first draft. The next step was to organize topics and develop a method to evaluate each resource. The World Health Organization (WHO) Healthy Workplace Framework was adopted because of its global perspective and focus on the work environment. A healthy workplace is defined by WHO as one in which continual improvement processes are used to “protect and promote the health, safety and well-

regarding acceptance, access and intercultural understanding. We must not forget the history of their development nor hinder their continued evolution.

Andrew Thompson, a speaker and co-organizer of the 2015 Geneva conference, addressed the need for the humanitarian sector to protect itself against the “arrogance of the present.”

In other words, not embrace the idea that the current time is different and better than the past and that history cannot guide us or teach us something of value. Members of the Red Cross are encouraged to know and understand its history and utilize the historically significant Fundamental Principles as a guide for current realities and the future.



Poster from 1914-1918, Library of Congress

Donna Velasquez, PhD, RN, FNP-BC, FAANP

being of workers”. Areas of focus include health, safety and wellbeing concerns in the physical and psychosocial work environment, personal health resources, and ways of participating in the community to improve health.

Evaluating and Selecting Resources

To ensure that resources were accessible to all volunteers, the committee eliminated resources that required a Red Cross email or for the user to create an account. It was critical that resources were backed by best evidence and research. Government websites, such as the Centers for Disease Control (CDC) and the National Institutes of Health (NIH) and the American Red Cross were among those selected because of their high-quality and relevant information. These sites also tend to be easy to navigate and are frequently updated.

COVID-19

In early 2020, as realization of the scope of the COVID-19 pandemic grew, the committee began adding resources to provide credible information about the disease and its spread. The urgency of this information quickly became apparent and in spring 2020 (several months before the targeted release) the toolkit was posted.

The purpose of this toolkit is to help volunteers maintain and improve wellbeing. There is a short

[video](#) to introduce the concept of wellbeing and provide tips on how to best use the toolkit. The design of the toolkit allows volunteers to select topics of greatest interest and does not require that topics be viewed in any specific order. In fact, we hope that it will allow individuals to explore credible sites to find additional information of interest to them. The Wellbeing toolkit can be found on [The Exchange](#) by typing wellbeing into

the search bar. Individuals viewing the toolkit can also send suggestions for additional topics or any problems accessing sites by contacting RedCrossNurse@redcross.org.

Kreitzer, M. J. (2012). Spirituality and well-being: Focusing on what matters. *Western Journal of Nursing Research*, 34(6), 707–711. <https://doi.org/10.1177/0193945912448315>

Rath, T., & Harter, J. (2010). *Wellbeing: The five essential elements*. Gallup Press.

Training During a Pandemic

Marie Manning, APR

The COVID-19 pandemic has dramatically increased the need for nursing professionals. These photos, taken at the end of 2020 at Moon River Nursing Careers in Ashburn, Virginia, show how one educator has adapted the lab portion of the American Red Cross Nurse Assistant Training program to meet public health guidance.



Above: Moon River program director Betsy Palewicz, RN, BSN (far right) demonstrates passive range of motion exercises to a class of socially distanced students taking a Red Cross Nurse Assistant Training course.



Above: Student Nelly Okadjamba demonstrates her skills to the Moon River Instructor as part of her final Red Cross Nurse Assistant Training exam. She successfully passed and moved on to take the state competency exam.



Above: In pre-pandemic times, students would often practice skills on each other. Now, plastic patient care manikins simulate the patient experience.



Preserving your Nest Egg While Making a Gift

Candace Roosevelt, MAN, MBA

Many friends of the American Red Cross are looking for alternatives to stock market volatility or low CD rates – or just a safe place to put some of their nest egg.

The charitable gift annuity can meet all those needs. Charitable gift annuities are, in effect, a partnership with the Red Cross. In exchange for an asset, such as appreciated stock or a gift by check, the Red Cross promises to pay you and/or any other individual you may name a guaranteed amount each and every year for the rest of your life. The donor also receives a charitable deduction, and, since part of the distribution you receive is considered a return of your own funds, you can receive a substantial amount tax-free.

You have the added flexibility of deciding whether you would like to receive your payments quarterly, annually, or even monthly to supplement retirement income.

A charitable gift annuity might appeal to you if:

- You prefer the security of payments that will not vary with the ups and downs of the economy
- You like the idea of receiving payments made even more favorable by the opportunity to receive a portion tax-free
- You can use a federal charitable income tax deduction

- You wish to provide support to the Red Cross while enjoying the security of lifetime payments

The minimum age for gift annuity recipients is 65, but younger donors often establish gift annuities for older relatives, which helps provide needed financial support for the older relatives, plus charitable deductions for the donors.

Another gift annuity option for a younger supporter is to set up *deferred payment gift annuities* as a supplement to their other retirement savings arrangements. Deferred gift annuities offer a substantial fixed income that starts after you retire, plus considerable income tax savings right now – and the satisfaction of assisting the Red Cross.

To learn more about charitable gift annuities please contact Gift Planning Officer, Candace Roosevelt at 617-306-3875 or candace.roosevelt@redcross.org.

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



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Thank you!