



## American Red Cross National Nursing Committee

### Red Cross Nurses to be Inducted as Fellows into the American Academy of Nursing

Two American Red Cross nurses are to be inducted as fellows into the American Academy of Nursing.

Donna Meyer and Chad Priest are among 231 highly distinguished international nurse leaders selected as its 2019 class of Academy fellows. The American Academy of Nursing announced that the inductees will be honored at a ceremony during the Academy's annual policy conference, *Transforming Health, Driving Policy*, which will take place October 24-26, 2019 in Washington, D.C.

The Academy serves the public and the nursing profession by advancing health policy, practice and science through organizational excellence and effective nursing leadership.

#### **Donna Meyer, MSN, RN, ANEF, FAADN**

serves on the Red Cross National Nursing Committee, the Robert Wood Johnson Foundation Academic Progression in Nursing Advisory Board, the Nurses on Boards Coalition, the Institute of Medicine's Global Forum on Interprofessional Healthcare Education, the Illinois Center for Nursing Advisory Board, the American Association of Community Colleges Workforce Commission, the Illinois Healthcare Action Coalition for the IOM/Future of Nursing, National Nursing Centers Consortium Health Policy Committee and Sigma Theta Tau International Honor Society. She is also the Chief Executive Officer of the Organization for Associate Degree Nursing.



Meyer believes in today's world the future nursing

workforce needs to be engaged in the communities in which they reside and be prepared to assist in the disasters they may encounter. She is very supportive of engagement of faculty and students in Academic Service Learning with the Red Cross and works to help bring the mission and work of the Red Cross to the many community college nursing programs in the country.

#### **Chad Priest, JD, MSN, RN** serves as the

Regional Chief Executive Officer for the American Red Cross Indiana Region. He received his MSN and BSN from Indiana University (IU) School of Nursing. His research and scholarship interests include international disaster risk reduction, healthcare emergency management, crisis leadership and community resilience to disasters and crisis events. He is a frequent international consultant on issues related to healthcare emergency management, disaster medicine and nursing.



At IU, Priest is also an Adjunct Assistant Professor of Emergency Medicine; Program Director of the Disaster Medicine Fellowship Program; Adjunct Assistant Professor of Nursing; a Visiting Scholar at the IU Center for Law, Ethics and Applied Research in Health Information and an Affiliated Investigator at the IU Center for Bioethics. He applies concepts from law and nursing to further the Red Cross mission.

Many congratulations to Donna Meyer and Chad Priest for this outstanding achievement! To learn more about the American Academy of Nursing, visit [here](#).

## Dr. Janice Springer Selected as a 2019 Florence Nightingale Medal Recipient

Cheryl K. Schmidt, PhD, RN, CNE, ANEF, FAAN

Janice Springer, DNP, RN, PHN, was selected as one of two U.S. recipients of the [2019 Florence Nightingale Medal](#). The Florence Nightingale Medal is awarded bi-annually by the International Committee of the Red Cross to recognize exceptional courage and devotion to the wounded, sick or disabled or to civilian victims of a conflict or disaster; or exemplary service or a creative and pioneering spirit in the areas of public health or nursing education. It is the highest international distinction a nurse can receive. Springer's award recognizes her extraordinary service in both categories – in disaster situations and in public health and nursing education.



Springer co-authored the American Red Cross *Disaster Health and Sheltering* course with Cheryl Schmidt, PhD, RN, CNE, ANEF, FAAN and Sharon Stanley, PhD, RN, RS, which has been used to teach more than 18,000 nursing students nationwide how to serve as Disaster Health Services volunteers. Springer and Cheryl Schmidt piloted the course in twelve nursing programs in the United States and then taught it at the 2010 National Student Nurses' Association (NSNA) Convention in Orlando, FL, with the support of former Chief Nurse Dr. Sharon Stanley. The course was so well-received that it has been taught at NSNA conventions twice a year since then, helping to expose students from across the country to disaster nursing and Red Cross volunteerism. Students who complete the course may go on to become official Red Cross nurses after graduation, thus expanding the pool of prepared Disaster Health Services volunteers. The course was published by Sigma Theta Tau as part of a Disaster Preparedness Curriculum to help nursing school faculty introduce students to disaster nursing, further expanding its impact.

Springer also created the evidence-based Cot-to-Cot<sup>®</sup> model which is used in conjunction with the C-MIST (Communication, Maintaining Health, Independence, Services, Support and Self-Determination and Transportation) strategy to assist clients with functional and access needs in American Red Cross shelters. Her public health nursing expertise provided an excellent background for this project. Springer has deployed to 15 disaster

relief operations since 2005, often as a leader. After Hurricane Katrina she served in several Red Cross leadership roles within Disaster Cycle Services and the International Services Department, notably as the first Disaster Health Services Advisor in the North Central Division. She created a Disability Integration Portfolio within the division. She is currently serving as Volunteer Partner for

International Recovery, working with Lesley Schaffer, Senior Director, International Response and Recovery in the American Red Cross International Services Department, further expanding her public health nursing expertise in the international arena.

Springer serves as a disaster public health and disability integration subject matter expert for the North American Humanitarian

Response Summit, a coalition of U.S. and international government and humanitarian response organizations, to help plan for international cross-border catastrophic disasters. Springer ensures that the planning includes consideration of at-risk and vulnerable people with access and functional needs. She has published extensively in nursing textbooks and professional journals and has presented papers and posters on her evidence-based research and best practices throughout the world, including at the World Nurses Conference and the World Society of Disaster Nursing.

In addition to her exemplary Red Cross service, Springer has an extensive background in U.S.-based public health and international outreach. She planned, organized and executed several trips for health care delivery, work and recreation in Latin American countries, and delivered disaster relief health care in national disasters. She has shared her expertise in disaster planning and response with community partners in Minnesota.

Springer's contributions to public health nursing, disaster nursing and the Red Cross are exceptional. The effects of her dedication, leadership and work will continue to spread their positive impact on Red Cross nursing and support individuals affected by disasters around the world. Congratulations to Dr. Janice Springer for being selected as a Florence Nightingale Medal recipient.

## Tanya Porter Awarded Florence Nightingale Medal

Parker Hahn, LTC, U.S. Army

For her extraordinary acts of heroism, Tanya C. Porter, RN, was one of two U.S. recipients awarded the [2019 Florence Nightingale Medal](#) by the International Committee of the Red Cross. This prestigious award is presented bi-annually to exceptionally qualified nurses and voluntary nursing aides around the world who have distinguished themselves in time of peace or war by extraordinary courage and devotion to victims of a conflict or disaster. It is the Red Cross' highest international honor of nursing contribution. Porter was selected in recognition of her great courage, personal sacrifice and voluntary risk of life that directly resulted in saving dozens of lives after the Amtrak Cascades Train 501 derailment outside of Dupont, Washington on December 18, 2017.



Photo courtesy of Madigan Army Medical Center

Porter comes from a very large military family; grandfathers, great-grandfathers, uncles and cousins have all served in some branch of service at some time in their lives. She went back to school in her late thirties to become a nurse. Working as a clinical staff nurse at one of the Defense Department's most demanding Progressive Care Units in Madigan Army Medical Center on Joint Base Lewis-McCord, Washington offers her the opportunity to continue the legacy of service in her family.

At roughly 7:30 a.m. on December 18, 2017, Tanya Porter had finished her 12-hour night shift and was headed home, traveling south on Interstate-5 towards Olympia, Washington. Cars travelling south were running parallel with the Amtrak Cascades Train 501, and Porter remembered thinking how warm and cozy the train looked with the lights shining through the windows. Within seconds the view in front of her transformed to smoke, debris, and brake lights as cars started skidding to a halt. Her car was two cars behind the first vehicle crushed by the derailed train. She was a mere 50 meters from the derailment and dangling train cars. As she looked forward and saw the train hanging from the bridge she knew she needed to react.

Without hesitation, Porter exited her car and ran

towards the wreckage. There were no first responders in sight, and she immediately took control of the scene around her. Within seconds bystanders recognized her as a nurse and she began moving from victim to victim, completing a quick triage and assessing the patient category the best she could under the circumstances and with no equipment.

As a young man with a broken leg was being assisted away from the scene, he screamed back at Porter to help his father, who was in critical condition lying under the train. Porter immediately went to the man, recognizing that he was an "urgent surgical red" category patient and needed life saving measures. His face was unrecognizable, having sustained massive visible head trauma. He was trying to get up, but Porter insisted he remain still, and that is when she noticed her immediate surroundings. She looked up and found herself directly under the dangling 10-ton train car that appeared to still be swaying from the initial derailment. Another young man was behind her screaming in agony and fear. She looked to her left and right, noticing several other train passengers lying all around her. Not knowing whether they were alive or deceased she called to the bystanders and asked for assistance. However, they screamed back at her to "get out of there, get away from there, it's not secured!" As if everything was in slow motion she pieced together that they were fearful to go under the train and assist her, but she knew she couldn't leave the wounded. Porter then noticed the pungent smell of fuel and recognized she was covered in fuel, and it was still misting and spraying all over her and the many casualties.

Porter instantly recognized other rescuers would be in danger trying to get to them below the dangling train and yelled for assistance to move the two patients she was working out from directly beneath the train. As she backed away from under the train, she directed some bystanders to cautiously remove those patients still in this dangerous area. Porter then led the efforts in setting up a remote triage site and casualty collection site. More medical personnel started arriving from their cars and they started rounding up bandages, first aid kits, blankets, belts,

and anything they could use to save the lives of the injured.

After medical personnel set up a small casualty collection point and triage area, the victims started coming towards them. Tanya Porter and other first responders assessed patients and started working on the dozen or so patients that were being collected around them. Her primary patient had a severe head injury, demonstrated intermittent seizure activity and was exhibiting abnormal posturing in both his upper and lower extremities. Porter found a sweater someone donated and wrapped the patient's head in the sweater to protect him from further injury from the seizures and from striking the pavement. She found a towel and made a makeshift cervical spine support/collar to maintain his spinal stability. She continued to monitor him and tried repeatedly to engage with him but he was unable to speak. Another rescuer, possibly a physician, came around to obtain status updates on the casualties. By then they could hear the sirens and knew that additional help was near. She gave this man a quick report and he agreed with her assessment of the patient's critical condition. As the paramedics arrived they were turning the patient and he began coughing up blood, risking aspiration. The paramedics immediately intubated the patient and rushed him to the ambulance for transfer.

Covered in fuel and blood, Porter sat down to

compose herself, believing she had done her best. A police officer came to her, having heard of her heroic actions and expertise as a nurse, and asked her to come and take a look at a mother and her baby who were involved in the derailment. The baby had fallen from a changing table and hit her head when the train derailed. After giving proper report to the paramedics on the mother and child, Porter was escorted to a passenger car where two young women who were pulled from the train were keeping warm in a stranger's car, and she quickly assessed them for further injuries and efficiently handed them off to additional medical responders. With great courage and tremendous personal risk, Porter directly triaged, assessed, and treated over two dozen victims that day, some of whom laid directly under the dangling train and were covered in fuel, before finally finding herself back in her own car being escorted home.

Tanya Porter's selfless heroism on December 18, 2017 goes above and beyond the call of duty. She did not waver despite the risk to her own safety, and instead remained focused and clear as she saved the lives of several victims, truly exemplifying the Army values of duty, selfless service, and personal courage, as well as the Red Cross mission of preventing and alleviating human suffering in the face of emergencies. In awarding the Florence Nightingale Medal to Tanya Porter, the International Committee of the Red Cross honors a life saver and true nurse hero.

**Barb Billmeier Receives Ann Magnussen Award**

Judith Schotzko, JD, BA, RN

Barb Billmeier, BA, RN, PHN, LSN, a Red Cross nurse for 20 years, was in Washington, D.C. on March 27, 2019 to receive the Ann Magnussen Award in recognition of her exceptional contribution to Red Cross nursing on local and national levels. Billmeier and her husband Jim live in a rural southwestern Minnesota county. He farms; she is a public health nurse who works in schools. She is also the emergency preparedness coordinator for her county and the community team coordinator for two counties.

Red Cross regional headquarters gathered to honor Billmeier at a local reception in her home county. Billmeier has been a dedicated local volunteer for the Disaster Action Team, client casework and Disaster Health Services. During a recent flood in her area, Barb left her own flood-affected basement to support others in need. Weeks later she continued to follow up with those affected to ensure they were on their way to recovery.



Barb Billmeier (center), with Gail McGovern, Red Cross CEO and Linda MacIntyre, Red Cross Chief Nurse.

Dennis Drenner/American Red Cross

Billmeier has also served as the Nursing Network Minnesota Regional Nurse Leader. She was

On April 30, 2019, more than 50 area residents, several nurses from around the state and staff from

instrumental in the Minnesota Region receiving the Susan Hassmiller Award in 2012, with the goal of

building teams of nurse leaders and engaging them year-round across Red Cross business lines. With that grant she worked diligently to recruit, train and financially support nurses to attend bi-annual meetings. For three years she facilitated the grant to develop an emphasis on “Recruit, Receive, Retain, and Recognize” in Minnesota. Leading two meetings a year for Minnesota health care professionals, Billmeier provided attendees with the opportunity to develop goals which were reviewed and revised at the meetings. These meetings provided health care professionals with an opportunity to network and to earn continuing education units for their licenses.

Billmeier has deployed on three large-scale local disasters and three national disasters. Not only does

### The Nurse Assistant Training Program

Every year the American Red Cross trains over 5,000 nurse assistants through its Nurse Assistant Training (NAT) program. A dedicated cadre of nurses provides these future healthcare workers with the knowledge and skills needed to prepare them to work as nurse assistants in nursing homes, assisted living facilities, hospice, home health and acute care facilities such as hospitals.



NAT students in Baltimore.

During this course, students learn principles of care such as infection control, communication, dignity, safety, independence and privacy. They practice related skills

such as measuring vital signs, providing personal care (bathing, dressing, grooming, etc.), assisting with elimination, providing restorative care and assisting with meals. They also study how to provide care for people with dementia as well as people at the end of their life. After spending numerous hours in the classroom and lab, students complete a clinical rotation at a local nursing home, which provides them with an opportunity to provide hands-on care to residents.

While the majority of students are just starting out in the healthcare field, a significant number are nursing or physician assistant students who are taking this training to gain clinical experience or because they want to work in healthcare prior to graduation from their program. According to

she lead and train by example, but she does so with compassion and professionalism. The Disaster program manager of southwest Minnesota commented that “Barb’s dedication to the American Red Cross and serving those in need has been an inspiration to me throughout my time with the organization. Barb truly cares for everyone that she serves and puts her whole self into the support she gives.”

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.

Laurie Willshire, MPH, BSN

Cherrie Eubanks, Lead RN for the two Virginia NAT programs, this course “is flexible and adaptable to all of the populations that we service.” She adds that it is “a good entry level for those who want to be hands-on as a CNA and also for those who want exposure and to understand the steps at every level.”



NAT skills lab

Red Cross Nurse Assistant Training was initially developed thirty years ago, when the federal government, concerned about the quality of care provided to nursing home residents, enacted legislation that mandated standards and training requirements for nurse assistants working in long-term care. States established similar, and in many cases stricter, laws and regulations. Initially Red Cross partnered with Beverly Enterprises, a large nursing home chain, for the delivery of this training in Beverly’s facilities, with some Red Cross chapters offering the program as well. The arrangement with Beverly ended after several years, but many Red Cross chapters continued to offer the training in their local jurisdictions. As more chapters expressed interest in starting a NAT program, a small number of experienced chapters stepped up to provide the primary support and guidance. This eventually became unmanageable, and the program came back to Training Services at national headquarters for product development as well as administration and support.

The Red Cross NAT program meets all federal requirements and is designed to be adapted to meet specific state requirements by modifying content and hours as needed. Individual NAT programs vary from about 80 hours to 160+ hours depending on state regulations. Approval of the Red Cross program by individual state regulatory bodies is necessary prior to offering the program.

The locations where NAT has been offered have varied considerably over the past 30 years. Currently the program can be found in over 60 locations in 11 states: California, Connecticut, Florida, Maryland, Massachusetts, Michigan, Minnesota, New Hampshire, Vermont, Pennsylvania and Virginia. While this program is primarily offered by Red Cross as an instructor-led course taught by Red Cross staff, efforts are underway to allow external providers (as Red Cross licensed training providers or authorized providers) to offer our training in locations where there is not an established Red Cross NAT program. In addition, Red Cross recently piloted a blended learning NAT course in Minnesota, and is in the process of expanding this option to other programs in states where this type of training is allowed. In a blended learning NAT course, students complete the theory portion of the training online, then attend class to work with instructors during the skills lab and clinical rotation.

To work as nurse assistants in long term care, individuals must pass a state competency evaluation that typically includes both a written examination and a skills demonstration. If they are successful, they can then be listed on their state's nurse aide registry. Depending upon the state, a nurse assistant may be known as a CNA (certified nurse assistant) or similar title. Red Cross also

### Three Caregivers on a Mission

The mission of the American Red Cross Military and Veteran Caregiver Network (MVCN) is to provide our nation's military and veteran caregivers of all eras with peer support to reduce their isolation and increase their connection, engagement, knowledge, skills and hope, as well as their overall well-being.

Dr. Rachel Moyers is a caregiver to her Air Force

administers state competency testing in California, Massachusetts, New Hampshire and Vermont. This testing is administered by RN evaluators with at least a year's experience in caring for the elderly or chronically ill of any age.



NAT program graduates in Baltimore.

Instructor and evaluator requirements are set by the federal government and individual states. While all Red Cross NAT instructors are licensed nurses who have completed an instructor's course and who teach under the supervision of an RN with long-term care experience, in many states the instructor must have at least two years of experience as a nurse, including one year of long-term care experience. Instructors are often required to have prior teaching or supervisory experience as well. While some states will allow LPNs/LVNs to teach under the supervision of a qualified RN, other states will only allow RNs to teach. These requirements have made it challenging for many Red Cross NAT programs to recruit enough instructors to meet the training demand, which in some cases has led to courses being postponed or canceled. The Red Cross testing program has faced similar challenges in recruiting evaluators. **The NAT program is actively recruiting instructors and evaluators. Open positions are posted on the Red Cross Career Opportunities Center at <https://www.redcross.org/about-us/careers.html>.**

Any questions about the Red Cross Nurse Assistant Training program may be directed to Laurie Willshire in Training Services, [laurie.willshire@redcross.org](mailto:laurie.willshire@redcross.org).

Melissa Comeau, Director, Military and Veteran Caregiver Network, Service to the Armed Forces

veteran who has severe back trauma and depression from serving during the Iraq war. Melissa Johnson is a caregiver to her Army veteran who served both in the Gulf and Iraq wars and is now legally blind. Melissa Comeau cares for her Marine Corps veteran who served in both Iraq and Afghanistan and was medically retired due to a myriad of combat-related injuries including TBI and PTSD. Created by caregivers for caregivers, this dedicated MVCN staff

of three makes the mission a reality every day.

The MVCN assists caregivers of all eras, all relationships, all ages, and in all stages of caregiving, by providing access to three highest-quality peer support programs including an online peer support community, a Peer Mentor Support Program and online and community-based peer support groups.



The MVCN team, L to R: Melissa Comeau, Dr. Rachel Moyers and Melissa Johnson.

The MVCN supports caregivers, families, clinicians, nurses, partners and supporters by providing access to two open caregiver-focused services: a categorized, searchable resource library and a master calendar of caregiver-focused events.

Using their experience and expertise in peer support, the team at MVCN is creating meaning and purpose out of the wounds, illness and injuries they have cared for as the caregivers of veterans. The MVCN team encourages caregivers to identify as caregivers while providing resources and support that are vital to the caregiver journey. Weekly online caregiver peer support groups continue to grow in membership and the feedback from the caregivers being served validates the need for these services.

The MVCN focuses on two main peer support models: Companionship, based on the work of Dr. Alan Wolfelt at the Center for Loss and Life Transition, and Rutgers University's Reciprocal Peer Support model. The Companionship model aims to have peer support that is present and holds

space for those experiencing loss. [Visit here for more information.](#) The [Reciprocal model](#) speaks to the mutual benefit of peer support for all involved.

Both of these peer support models have been dynamically applied to suit the needs of our caregivers.

Mary Mulholland-Kafar is a caregiver to her wife, a Navy veteran battling PTSD, dementia and the aftermath of stroke. Mulholland-Kafar says the MVCN “has meant being able to have awesome support, not just from team

leaders, but also other members. Making new friends that I hope I can show love and provide support to when needed.” She has been a member of the MVCN since 2018 and regularly participates in the online groups and chats. She also volunteers as the MVCN moderator for the LGBTQ Caregiver Group. By sharing her challenges and triumphs in our online groups, she inspires others with her story. The MVCN team is grateful to be able to offer a secure, comforting environment for that service.

The American Red Cross Military and Veteran Caregiver Network creates opportunities for caregivers to increase their connectedness, engagement, knowledge, skills and hope. If you know a caregiver in need of support, please connect with the MVCN online at <https://milvetcaregivernetwork.org> or via any of the following social media platforms: <https://www.facebook.com/MilVetCaregiver> <https://twitter.com/milvetcaregiver> <https://www.instagram.com/milvetcaregivernetwork>

## Lifesaving Awards: Nominate, Recognize, Inspire

Michael Sylvester

The American Red Cross has recently relaunched its Lifesaving Awards program. “Lifesaving Awards: Nominate, Recognize, Inspire” aims to start a significant safety training movement that will energize public awareness and save more lives. It is a national call to action to save lives by reducing death and life-threatening injuries by inspiring people to take the appropriate training.

The Lifesaving Awards program, originally launched in 1928, was created to provide recognition to those who embody the spirit of the American Red Cross by alleviating suffering

through the use of lifesaving skills. Today, American Red Cross Training Services trains more than 6.2 million people annually who, at some point in their lives, may use those skills to save a life.

The Lifesaving Awards program allows people to use the Red Cross web site to nominate life savers of any background for recognition. There are three different Red Cross Lifesaving awards: the “Certificate of Merit” for those who have Red Cross training or are off-duty professional responders; the “Lifesaving Award for Professional Responders;” and the “Certificate of Extraordinary Personal

Action” for those who are not Red Cross-trained. Sharing their stories will permit recognition of the lifesaver and will also inspire others to get lifesaving training. Some stories have been retold very powerfully in YouTube videos, with the intent to inspire more people to get training to save more lives.



program.

- In the last 12 months, the Red Cross has:
- Awarded over 350 individuals for their efforts in saving or sustaining a life;
  - Saved over 166 lives because of their efforts.

The “Nominate, Recognize, Inspire” relaunch provides the opportunity to increase awareness of the Lifesaving Awards program, to increase the visibility of the Red Cross and to engage students, instructors and partners in new ways. Every Red Cross line of service has a role to play in the

If you or someone you know has used skills and knowledge learned in an American Red Cross Training Services course to help save or sustain the life of another individual, visit [LifesavingAwards.org](http://LifesavingAwards.org) to nominate them for recognition and to inspire others to get trained and help save more lives.

### New Jersey Nursing Student Honored for Saving Life

One May afternoon last year at the Jewish Community Center (JCC) in Medford, NJ a maintenance worker started to complain of chest pains. He collapsed and fell unconscious. Staff members surrounding him immediately called 9-1-1.



Kyle Winkler with his mother, Rita Spaulding (left) and Madhuri Rodriguez, executive director, American Red Cross of Southwestern New Jersey.

JCC employee Kyle Winkler, a current nursing student as well as trained lifeguard and instructor with Katz JCC Aquatics program and aquatics supervisor at JCC Camps at Medford, happened to be on the camp site at the time and was nearby.

The co-worker did make a full recovery and returned to work at the JCC in Medford last July.

“Kyle used the training he received from the Red Cross when it was most necessary,” said Madhuri Rodriguez, executive director, American Red Cross of Southwestern New Jersey. “I’m so proud of how Kyle sprang into action, and thanks to that training, he knew exactly what to do and helped save a life.”

Winkler quickly assessed the situation and determined CPR was necessary. He began giving both chest compressions and rescue breaths. Other staff members helping were not trained with lifesaving skills, but Winkler gave them direction to help while he was performing CPR. At the same time, he provided the 9-1-1 dispatchers with more detailed information regarding the situation.

For his heroic and lifesaving actions, Kyle Winkler was honored at a gathering of family and friends by his co-workers at the Katz JCC in Cherry Hill in April of this year.

Rodriguez presented Winkler with the Certificate of Merit, the highest award given by the American Red Cross to an individual who saves or sustains a life by using skills and knowledge learned in a Red Cross Training Services course.

After continuing for a few minutes, Emergency Medical Services arrived on the scene and connected an AED. Multiple shocks were given to the victim and he was taken to a local hospital. At the hospital, it was uncertain what his survival chances were. On multiple occasions, the doctors and nurses who came into the waiting room told the group waiting that they were uncertain of the prognosis, but clear that without the CPR having been performed, the co-worker’s chances of survival would have been slim to none.

“Your action exemplifies the highest degree of concern of one human being for another who is in distress and we commend you for these actions,” Rodriguez told Winkler.

The Certificate of Merit bears the signature of the President of the United States, who traditionally serves as the Honorary Chairman of the American Red Cross, as well as the signature of American Red Cross Chairman Bonnie McElveen-Hunter.

“I urge more people to take American Red Cross Training Services courses in life-saving skills like first aid and CPR,” said Rodriguez. “Red Cross training gives you the knowledge and skills to act in an emergency and potentially save a life, just as Kyle has.”

The Red Cross has a variety of online, blended

### Making a Gift of Life Insurance

There is a versatile, easy way to support the Red Cross and it is called life insurance. Of course, most of us think of life insurance in terms of providing financial security to our spouse or children, or perhaps to business partners, should an untimely death occur. Wonderfully, another option is to use life insurance to support the Red Cross. Often this gift can be arranged at no additional cost to you.

Ways to do this, for your consideration, include: Name the Red Cross as a Beneficiary. Simply request a beneficiary change form from your insurance company and add the American National Red Cross as a beneficiary. You can name the Red Cross to receive a portion of the proceeds – large or small, whatever works best for you – or the entire amount (sole beneficiary). Your decision is not set in stone and can easily be changed as your circumstances change.

Give a Paid-Up Policy. Consider if you have a policy that is paid-up but that you no longer need. Perhaps your children are grown and doing well, or you retired from that small business long ago. You

(online and in-person skills session) and classroom courses available at [redcross.org/takeaclass](http://redcross.org/takeaclass).

If you or someone you know has used skills and knowledge learned in an American Red Cross Training Services course to help save or sustain the life of another individual, visit [LifesavingAwards.org](http://LifesavingAwards.org) to nominate, recognize, or be inspired.

Candace Roosevelt, MAN, MBA

can give the policy to the Red Cross and make a generous gift, with no change to your financial situation. Indeed, you’ll receive a charitable deduction which will help you keep more money in your bank account.

Take Out a New Policy. With a modest outlay in the form of premium payments, you can arrange for the Red Cross to receive a generous gift upon your passing. This can be a perfect gift arrangement if you want to do more but can’t afford to make a large gift outright. You could pay the premium all at once or over a period of years, whatever is most comfortable for you.

**For information about how to make a gift of life insurance, please contact Gift Planning Officer, Candace Roosevelt at 617-306-3875 or email [candace.roosevelt@redcross.org](mailto:candace.roosevelt@redcross.org).**

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



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

Please send the email, phone, and address of your friends and colleagues to us at [RedCrossNurse@redcross.org](mailto: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!**