



Florence: Red Cross Nurse Helps Save Life of Shelter Resident

Candace Lamb, Molly Dalton, Mary Casey-Lockyer

Mid-morning on September 28, Israel Pedroza Valle started to feel an incessant itch on his legs. A North Carolina resident staying at the Smith Recreation Center American Red Cross shelter in Fayetteville due to Hurricane Florence, he made his way over to the shelter’s 24-hour nurse’s station to seek some relief.

Connie Garrison, a volunteer nurse with Red Cross Disaster Health Services, took one look at Pedroza and knew he was having an allergic reaction of some sort. He had welts on his ankles and legs and told Garrison he was allergic to bee stings and had suffered respiratory symptoms as a result of stings in the past. Garrison thought he looked slightly puffy around his eyes as well, and she promptly administered an antihistamine and hydrocortisone cream.



When Israel Pedroza was stung by bees, Red Cross nurse Connie Garrison was there to help.

Pedroza returned to his cot to rest. After noticing his limbs remained swollen he returned to the nurse’s station. On his second round into the clinic to see her, Garrison could tell that his face and skin were much puffier than before. Knowing his condition was only going to get worse, she jumped into action.

“I called 9-1-1, and the paramedics came right away,” Garrison said. “The only reason I knew something was wrong was because I could tell his limbs and face looked much more swollen than earlier in the day.”

By the time he got into the ambulance, he went into anaphylaxis and his airway closed. He does not

remember anything that happened during his ambulance ride, only that he felt fear. Paramedics had to administer three epinephrine injections to open his airway.

Pedroza, who later regained consciousness in the hospital, was told that doctors had located three dead bees in his pant leg. It was apparent that had Garrison not recognized Pedroza’s symptoms, seen the urgency of his needs, and reacted quickly, this situation may have turned out much worse.

“I’m grateful for the nurses here. I thank her for calling the ambulance, because if she wasn’t here, I wouldn’t be here either,” Pedroza said.

Garrison, who hails from Erie, Pennsylvania, has been with the Red Cross about two years. She decided to join the Red Cross Disaster Health

Services team after retiring from a life-long career in nursing. This was her first deployment on a Red Cross disaster relief operation, and the day she assisted Pedroza was her first day working in Red Cross clinic setting.

“Many years ago, there were a number of large tornados that hit around my area,” Garrison said. “I volunteered for the Red Cross a few days here and there when I was off of work and I was real impressed with what they did. I knew then and there that when I retired and had more time, I would volunteer for the Red Cross. I wanted to retire, but I didn’t want to stop taking care of people.”

Pedroza, who has a Bachelor's degree in business management, recovered from his reaction and returned to the shelter. While still sheltered there, he worked with Red Cross caseworkers on a long-term, post-hurricane recovery plan, which includes pursuing a job in hospitality. He also connected with his local doctor and will carry an epinephrine injection pen with him wherever he goes.

"I'm really thankful for the Red Cross nurses – especially Connie, because she saved my life," he said.

DISASTER HEALTH SERVICES VITAL

During a disaster relief response, an important part of the Red Cross team is the Disaster Health Services volunteer. After training, these licensed professionals are on site to meet the short-term health needs of people impacted by the disaster. Teams of these volunteers have responded to Hurricane Florence, providing more than 41,900 health services as of October 4.

WHAT DOES A DISASTER HEALTH SERVICES VOLUNTEER DO?

Part of the services provided by Disaster Health Services volunteers includes assessing individuals for health needs, providing care and support to people who have disaster-related or disaster-aggravated unmet health needs. This assistance may include providing hands-on care as well as replacement of medication, durable medical equipment such as eyeglasses, walkers and wheelchairs, or

consumable medical supplies. The team may also help with the activities of daily living. Included in all services is the commitment to support individuals with disabilities and functional and access needs.

Common individual health needs include acute onset of injuries and illnesses, stress-related symptoms, aggravation of chronic health conditions and decreased availability of the community health delivery system that existed before the disaster.

JOIN THE TEAM The Red Cross relies on the more than 20,000 nurses and other health professionals who bring our mission to life each day. These volunteers and staff members bring relief to disaster victims, work in military hospitals, and collect lifesaving blood. They develop and teach courses ranging from CPR/first aid to disaster preparedness. And they serve in management, supervisory, and governing roles throughout our organization.

Are you a nurse, nursing student or other health professional? Whether you are new to the Red Cross, re-engaging after time away, or have been living our mission for many years, we welcome you and thank you for your service. [Find out more here](#) about how you can join us and help support our mission of alleviating human suffering in the face of emergencies.

Pillowcase Project – The Mid-Florida Experience

with input from Jose Bueno, Martha Donagrandi, RN, MSN and Paul Johnston, MPA

Jean Van Voorhis, RN, MSN,

The American Red Cross is continually searching for educational programs that meet the needs of the entire family. In 2005, Kay Wilkins, Louisiana Regional Chief Executive, learned that Loyola University students who evacuated during Hurricane Katrina carried their valuables in a pillowcase. This inspired Wilkins to appoint a team to work with an art therapist on developing and implementing a Red Cross disaster preparedness program for children ages 8-11. The resulting program, the Pillowcase Project, aims to ease fears about disasters while planning for them: children decorate and use a pillowcase as a tool to store essential supplies, nonperishable food and identification documents so they are prepared



Children at the Mid-Florida Chapter display the pillowcases they decorated as part of the Pillowcase Project.

when evacuating a disaster.

After its creation and implementation in New Orleans, the Pillowcase Project was adopted and used in other chapters. Then from 2013 to 2016 the program was redesigned and evaluated by the Red Cross and rolled out nationwide, becoming its signature youth preparedness program. It is now available to youth groups and classrooms throughout the country and is supported by the Disney Corporation.

In the Central Florida Region, the program was first offered beginning in 2015 and is under the direction of Jose Bueno, Regional Preparedness Manager. The basic principles of the Pillowcase Project are to learn, practice and share: it teaches



Jose Bueno with New Port Richey Chasco Elementary School students learning how to safely evacuate their home during a fire.

school-aged children in grades 3-5 how to prepare for and remain calm in emergencies and encourages them to share their newly-learned information with the adults in in their household so the whole family can be prepared.

The program can be tailored to focus on the most prevalent local disasters. In Florida children are taught about hurricane and fire safety. During the course they have an opportunity to demonstrate to the instructor how to escape their home during a fire. A workbook tool shows the children how to make a plan, share the information with their family and to practice what they learned and planned.

The key to a successful program is trained and enthusiastic volunteer instructors. At the

conclusion of such a program the author has personally witnessed children rush to hug the instructor, her enthusiasm was that infectious. In addition, youth group leaders and school teachers follow up on the goals of preparation and response with the children and their family members after the course and pass on any new information including safety information.

The Pillowcase Project lead in the Mid-Florida Chapter's Pasco County office is Martha Donagranti, RN, MSN. She contacts youth groups and schools to ascertain interest and to schedule programs. Jose Bueno orients leaders, assists instructors and distributes supplies, which may include coloring pens or pencils the children use to decorate their personal pillowcases. In 2018, Donagranti received the Volunteer Spirit award for her volunteer work with several Mid-Florida projects. Bueno was selected this fall to lead train-the-trainer sessions on the Pillowcase Project, Prepare with Pedro and Be Red Cross Ready, as part of a long-term recovery project for Puerto Rico and the U.S. Virgin Islands.



Martha Donagranti

Paul Johnston, Regional Disaster Program Manager, has partnered with the Pasco Fire and Rescue Department to recruit volunteer instructors. One firefighter, Amy Schultz, has successfully scheduled several summer programs to teach the course to local youth groups and camps in Pasco County.

The Pillowcase Project has been a success because of committed volunteer instructors, class assistants, school teachers and enthusiastic students. Donagranti reports that in 2016, the scheduled programs in the Pasco County area engaged more than 2,000 school children in 2nd – 5th grades.

Bueno shared the following statistics about Central Florida Pillowcase Project activity: 7,431 students were trained during FY 2018 (July 1, 2017 to June 30, 2018). Of those, 89% focused on hurricanes, 6% on home fires and 13% on hurricanes and typhoons.

In collaboration with FEMA, the Red Cross has developed a new program for children in grades K-2 (ages 5-8), called "Prepare with Pedro." It will provide this younger age group with their first

introduction to home fire preparedness and safety. Prepare with Pedro is being piloted in the Mid-Florida Chapter under the direction of Jose Bueno and has been very well received so far.

Thanks to all of the volunteers, classroom teachers

Mary Furth, in Memoriam

Mary Furth was an American Red Cross volunteer and Disaster Services nurse for 30 years. She graduated from St. Catherine's College School of Nursing in 1950. At St. Paul Chapter in Minnesota, Furth was a disaster nurse who took call for fires and other disasters. At that time, nurses made home visits when fire clients needed health services. Remembering Furth, Vonnie Thomas said that "Mary would



and local partners, the Pillowcase Project has been successful in the Mid-Florida Chapter and is helping prepare children to stay safe in a disaster. For more information about the Pillowcase Project, to request a presentation or to help deliver the program, [contact your local Red Cross chapter.](#)

always say 'yes' when asked to take on a task and would do it herself or find someone to do the activity." Mary was known as a mentor for new nurses and other disaster volunteers in the chapter. She died in Arizona and is survived by her husband, children, grandchildren, great-grandchildren and the people whose lives she touched during her decades of volunteer service.

WGU Education Discount Available To Red Cross Employees and Volunteers

Did you know that Western Governors University offers special benefits to Red Cross employees and volunteers? Classes start the first of every month, so give them a call when you are ready to begin! From October 15 – December 15, 2018, volunteers can receive a 5% tuition discount and an opportunity to apply for the WGU Red Cross Partner Scholarship. This offer is valid for all

degree programs, including nursing/health professions, business, IT or teaching. Please visit WGU.edu/redcross for more information.

Note: The Red Cross does not provide endorsement of academic institutions, but works with organizations to share opportunities with Red Cross employees and volunteers.

The Last Centennial – Commemorating Jane Delano

Jean Shulman, RN

The Great War concluded on November 11, 1918. Days of celebration were followed by months of returning home and years of assessing the lessons learned by all participants.

This article is the final centennial commemoration of the Red Cross Nursing Service during World War I. On April 15, 1919, we will observe the 100th anniversary of the death of Jane A. Delano, beloved director of the Service. Delano arrived in France in early 1919 to inspect hospitals, report on the working conditions of "my nurses" and to attend the Cannes Medical Conference. Sadly, after weeks of illness and several surgeries, she died at Base Hospital #69 at the Hospital Center in Savenay and was buried in the American military cemetery nearby. She had expressed a desire to be buried in Arlington National Cemetery.

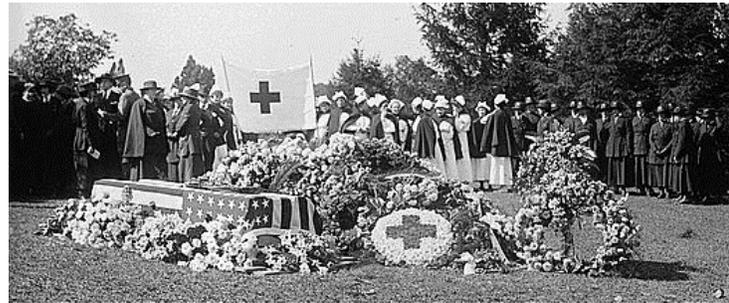


On September 11, 1920, the body of Jane Delano arrived in New York on the U.S. Transport "Sherman" and was brought to Arlington National Cemetery. For three days, her casket lay in state at the Bivouac of the Heroic Dead, surrounded by 40 flag-covered caskets of soldiers, all under constant military guard assigned by the War Department.

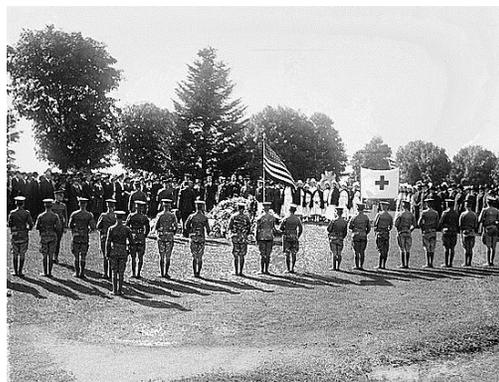
Julia Stimson, Major, U.S. Army Nurse Corps, wrote a detailed account about the September 18 military commitment ceremonies.

"To those who have not seen this most beautiful cemetery in the world, it is hard to describe the splendor of the scene. On the rolling slopes of the old Lee estate, high upon the banks of the Potomac, overlooking the shining Capitol of the country, under beautiful trees and close-cut sod, lie ranks and ranks of the Nation's dead."

Nurses and representatives from the American Red Cross, Army and Navy Nurse Corps, Public Health



Service, Surgeon General M.W. Ireland and Surgeon General W.C. Braisted gathered around the burial site. Delegates from Jane A. Delano Post No. 6 and Post No. 344 of the American Legion joined Mrs. Bertha Robinson, Regent of the Judge Lynn Chapter of the Daughters of the American Revolution, where Jane Delano had served as vice-regent. A platoon from Fort Myer and the Fort



Myer Band participated as Chaplain Milton Beebe of Walter Reed Hospital conducted services. The moving ceremony ended with

three volleys fired over the grave.

Miss Stimson continued:

“The bugler then stepped to the head of the grave and sounded taps, that beautiful bugle call which chokes the throats of the many who have heard it so often under similar circumstances during the last few years, and the brief services were over. The band played a few bars from the Chopin Funeral March, and the troop, wheeling at the quiet command of their leader, marched off to another part of the cemetery, where commitment services of the soldiers whose bodies had also just been brought back from France, were then held.”

Miss Delano became the third nurse buried in what would become the hallowed Section 21, the Nurses Section. Army nurses Cornelia E. Thornton and Genevra Robinson received the first military funerals in June 1920. Today, the graves of

hundreds of nurses cover the hillside, surrounding the Delano site.

As American Red Cross nurses raised funds for a special memorial to honor their leader, the will of Miss Delano created a legacy for a special group of Red Cross public health nurses.

From the Last Will and Testament of Jane A. Delano:

“I give and bequeath the sum of Twenty-Five Thousand Dollars, unto the American Red Cross...to be used for the support of one or more visiting nurses . . . in loving memory of my father and mother, such nurse or nurses to be known as the ‘Delano Red Cross Nurse, or Nurses’.”

This trust fund [Delano’s bequest was the equivalent in today’s dollars of about \$450,000] would also receive royalties from her textbook, *Home Hygiene and Care of the Sick*. Little did Miss Delano know at the time how important that book would be to the Delano Nurses of the 1930’s. Although not explicit in her will, associates believed she would have wished that the selected public health nurses would provide health care and education to the most remote areas of the country.

The first Delano Nurses, named in 1922, were Margaret Harry in Macon County, North Carolina and Stella Fuller in Alaska. Edith Spiers soon followed. She served the islands off the coast of Maine. Emily Thornhill arrived in Buchanan County, Virginia

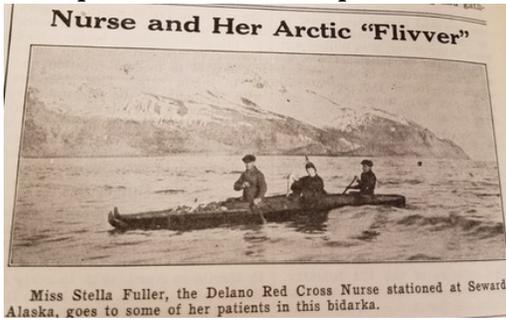


Miss Edith Spiers, the Delano Red Cross Nurse, stationed at Swan's Island, Maine, climbing the ice-covered wharf after her trip by boat to the day's work.

to find 514 miles of unpaved roads with three wagon bridges for rivers and creeks. Janet Worden worked in mountain districts of Idaho. Others served in Arizona, California, Washington and Tennessee.

All knew they faced isolation and difficult living and working conditions as they provided health care to the neediest communities. They showed great courage, creativity and perseverance as they delivered babies, nursed infectious diseases and

taught basic hygiene and first aid. Their transportation to reach patients included boats, steamers and skis in Maine and Alaska, flat-bed cars and log trains in Virginia, horses and miles of walking in North Carolina and a trusty Ford in Idaho.



Miss Stella Fuller, the Delano Red Cross Nurse stationed at Seward, Alaska, goes to some of her patients in this bidarka.

After several years of Delano Nurses working full time to establish local public health programs, the Delano Committee at national headquarters decided to change the service to better meet the needs of isolated areas. From the report:

“The Committee has gradually reached the conclusion that a greater amount of good can be accomplished by supplying nurses to poor and isolated communities for a few months, rather than a continued period. For a community so poor that it cannot give any financial assistance or where there seems little hope of ever transferring the support of the service to local authorities or to a Red Cross Chapter, an itinerant service offers a more constructive type of service.”

The new plan stressed the importance of Red Cross Home Nursing classes and using the Delano textbook to prepare women to carry on locally after

the Delano Nurse completed her three months of service. The classes were important to younger residents as well. Miss Spiers reported from Maine, “My classes in Home Hygiene are going nicely and the children seem to enjoy them so much. They say, “What will we do when we can’t come anymore?” The nurses had positive responses from courses in all the participating communities.

By 1937, the only full time Delano nurse worked four months of the year on the island of Matinicus, 20 miles off the coast of Maine. The rest of the year, she nursed in a far eastern county, teaching classes and working with children. From 1922 to 1940, the Delano Nurses faced the same stresses and hazards as they brought care to the sick or injured. The early nurses experienced many weeks waiting for winter weather to clear. As late as 1940, a Delano nurse spent the winter snowbound in Glacier Park, Montana. As a Red Cross Courier article noted, mere training is not enough for such nurses; intelligence, intuition, judgement and experience are all needed to enable a nurse to carry on for Jane A. Delano.

Although the Delano Nursing Service ended before World War II, Red Cross nursing still benefits from Delano's generous gift in memory of her parents. The fund continues to support various Red Cross nursing activities and services. On April 15, 2019, Red Cross nurses across the country can join together to honor the centennial of Jane A. Delano's death.

The Joy of Charitable Giving at Year's End

Candace Roosevelt, MAN, MBA

Charitable giving has become one of the hallmarks of the holiday season. For those looking to support the American Red Cross while reducing federal (and sometimes state) tax bills, here are ways to give generously and to save substantial tax dollars – a win for the Red Cross and a win for you, too.

Outright giving

Writing a check or making a charge to your credit card are among the simplest ways to make a charitable gift. Gifts to charity are generally tax deductible provided you itemize tax deductions on your federal income tax return. If you mail your check, make sure the postmark on the envelope is no later than December 31, 2018. If you charge your gift to a credit card, you can only take your

deduction in 2018 if your gift has been posted to your credit card account (not just submitted on the charity web site) by December 31, 2018.

Giving appreciated securities

The substantial gains in the stock market make giving appreciated securities to charity especially tax-smart this year. For appreciated stocks, bonds, and mutual funds qualifying for favorable capital gain tax treatment that you have owned at least one year, you will receive an income tax charitable deduction for the fair market value of the securities given to the Red Cross. The added benefit is that you avoid paying tax on the capital gains, which would have been the case if you had sold the securities and then given the cash proceeds to the

Red Cross.

Keep in mind the gift is only complete once the securities have been transferred to the Red Cross. Allow sufficient time at the end of the year for the broker or investment company holding the securities to complete the transfer so your gift is in the Red Cross account no later than December 31, 2018. It is just three easy steps, including notifying the Red Cross of your gift so we can send the appropriate acknowledgement for your records.

Gifts that will pay income

If you are retired or approaching retirement, a charitable gift annuity allows you to make a gift to the Red Cross and receive income for the rest of your life. Gift annuity rates are quite generous compared to interest rates being paid by banks on certificates of deposit. You will receive an income tax charitable deduction for a portion of your gift. In most cases, some of the income paid to you (and to a second person, if you wish) will be tax-free for a period of time. Gift annuities can be funded with cash or appreciated securities. For larger charitable gifts (i.e. \$100,000 or more), a charitable remainder trust is another way to make a gift and receive income in return.

For donors 70 ½ or older

If you are 70 ½ or older, an IRA charitable rollover is a way to make a gift to the Red Cross and enjoy the tax savings even if you do not itemize your deductions. The IRA charitable rollover allows you to make a gift to the Red Cross of up to \$100,000 per year. The gift must come from your traditional or Roth IRA and must be transferred by the IRA

administrator directly to the Red Cross. The gift will satisfy your Required Minimum Distribution and the withdrawal is not included in your income, so it does not affect your taxes. However, because you do not pay income tax on the withdrawal, you will not be entitled to an income tax charitable deduction.

Giving through your will

Give a gift that will last for generations to come, and costs nothing today. A gift in your will leaves an extraordinary legacy, and ensures the mission you care about continues for years and years to come. Plus, writing an up-to-date will provides peace of mind and security for yourself and your loved ones. Get started on your will today - create or update your will for free at www.freewill.com/redcross.

You should always consult your tax advisor about how charitable gifts will impact your personal tax situation. Take advantage of the many opportunities to make year-end gifts to sustain the work of your favorite charities, and to potentially maximize your tax savings as an added benefit for being charitably inclined.

For information on any of these gift options please contact Candace Roosevelt, Gift Planning Officer 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/Contributors: Molly Dalton; Bill Darr; Donna Dorsey; Marie Etienne; Donna Jensen; Linda MacIntyre; Candace Roosevelt; Cheryl Schmidt; Jean Shulman; Jean Van Voorhis



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

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Thank you!