

June Edition



**American
Red Cross**

YOUTHWIRE

Impact Starts Here



Latest from youth leaders

As we step into the summer months, we want to take a moment to celebrate and congratulate our incredible volunteers who are graduating from high school and college! Your dedication to service has been truly inspiring, and we wish you all the best as you embark on the next exciting chapter of your life. Whether you are continuing your education, starting a new job, or exploring new opportunities, we know you will carry the spirit of volunteerism with you wherever you go.

We are also grateful and humbled by the overwhelming response to join the American Red Cross National Youth Council. We received hundreds of applications from passionate youth and young adult volunteers eager to make a difference. Our team has been working tirelessly to review each submission.

Recognizing the enthusiasm and commitment of so many young leaders,

we are actively working on new leadership opportunities that will allow more youth and young adults to serve alongside the council. Stay tuned for updates on how you can continue to engage, lead, and make an impact within the American Red Cross community.

National Youth Council Summer Series

School may be out, but service is still in! The Red Cross Summer Series campaign is a resource for staying connected, making an impact, and having fun from wherever summer takes you. Whether you're leading a club or just getting started as a volunteer, these virtual events will help you grow your skills, meet other youth leaders, and discover how you can make a difference year-round.

Here are the upcoming events.



Volunteer 101: Find Your Path with the Red Cross

June 25 (Wednesday) at 5 p.m. ET

New to the Red Cross? Want to volunteer but not sure where to start? This engaging kickoff session walks youth through the exact ways they can begin (or continue) their Red Cross journey. Whether you're interested in starting a club, joining an existing one, volunteering virtually, or helping with disaster relief efforts—this session will show you what's possible and how to make it happen. Join us via [**Zoom!**](#)

Disaster Relief Starts with You(th)

July 9 (Wednesday) at 7 p.m. ET

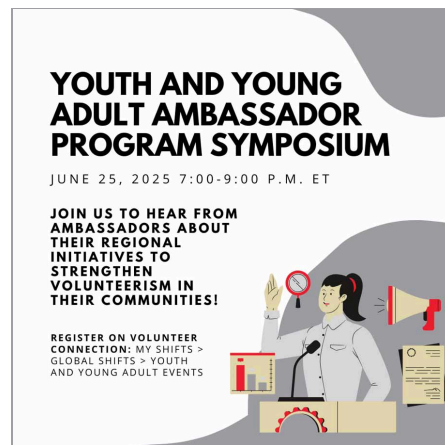
Disasters don't wait for the school year, and neither do Red Cross

volunteers. This [virtual session](#) (Zoom) features a Disaster Services panel with speakers sharing what it's really like to support communities before, during, and after disasters.

After the panel, you'll take the first step toward making your own impact: designing a summer disaster preparedness activity to do at home, with friends, or through your club.

Youth and Young Adult Ambassador Program Symposium

Join us via [Zoom](#) on June 25 from 7 p.m. to 9 p.m. ET to hear from Youth and Young Adult Ambassadors about their regional projects to bolster youth engagement. Ambassadors have been leading region-wide campaigns to strengthen volunteerism within their communities since November and are excited to share the results of their hard work.



This event is open to all, and youth or young adults interested in the Ambassador Program are highly encouraged to join.

AAPi+ Virtual Blood Drive Extended

The AAPi+ Blood Drive is extended until June 16 to help us hit our goal. We're halfway there with 25 donations and an amazing 72 pledges so far. The first 50 donations will also receive a free AAPi+ TMRG pin. [Donate](#), spread the word and contact [AAPi+](#) with questions and comments.



15 Mile Swim Challenge

Make a splash for a great cause! Dive into action this June with the 15 Mile Swim Challenge hosted by the American Red Cross. By joining, you will provide swim lessons to help reduce drownings and build competence in the water. Start a fundraiser on [Facebook](#) or [Instagram](#) and earn your exclusive Red Cross towel when you receive your first donation.



Sickle Cell Fighter High School Scholarship Program

The [American Red Cross Sickle Cell Fighter High School Scholarship program](#) is a student scholarship program that will reward schools that successfully collect blood from donors who are Black, supporting the goal of helping sickle cell patients by diversifying the blood donor base.



A high school must hold at least one Red Cross blood drive between July 1, 2024 and June 30, 2025. Units collected during this time frame will count toward the 2024–25 Red Cross Sickle Cell Fighter Scholarship Program.

The top ten high schools in the country that host at least one blood drive and collect the most productive units (minimum of 50) from donors who self-identify as African American this school year will be awarded a \$5,000 scholarship. Many schools are already close to qualifying—don't miss out on this opportunity! Host additional blood drives this month to boost your totals.

June Monthly Focus: National Safety Month

Join us in June recognizing National Safety Month with our theme, think safety, act safely. Throughout June, we will highlight key topics, workplace safety, home safety, mental health and vehicle safety, to promote a culture of safety in all areas of life. Engage in weekly activities for a chance to win prizes. For full details, please [visit Viva Engage.](#)



Expand Your Knowledge: How to Stay Safe During Extreme Heat

June 2 was Heat Action Day. It is a global day for raising awareness of heat risks and sharing simple ways to #BeatTheHeat. With experts predicting a hotter-than-normal summer across much of the country, it's important to not overlook this invisible danger.



Extreme heat can be dangerous—even deadly—and the American Red Cross urges everyone to take these three critical steps:

1. Stay hydrated by drinking a cup of water every hour, even if you don't feel thirsty. Avoid sugary, caffeinated and alcoholic drinks.
2. Stay cool by spending time in air-conditioned places. If your home is too hot, go to a mall, library or cooling center.
3. Stay connected by checking on others and asking for help if you need it. Make sure pets have access to fresh water and shade.

HEAT ILLNESS It's critical to act fast if someone has become ill because of the heat.

- **Heat cramps** are signaled by heavy sweating and muscle pain. Have the person stop what they're doing, rest in a cool place and slowly sip water. If they feel sick, don't give them anything to drink and get medical help if cramps last over an hour or they have heart problems.
- **Heat exhaustion** is signaled by heavy sweating, weakness, cool and clammy skin, muscle cramps, dizziness, fainting, nausea or

vomiting. Have the person stop what they're doing, rest in a cool place and slowly sip water. If they feel sick, don't give them anything to drink. Loosen their clothes and place cool wet cloth on their body. Get medical help if they don't feel better, vomit or have heart problems.

- **Heat stroke** is a deadly condition signaled by high body temperature, rapid heartbeat, confusion, headache, dizziness, fainting, nausea or vomiting. Call 911. Move the person to a cool place, remove extra clothing and use a wet cloth or a cool bath to cool down. Don't give them anything to drink.

Learn more about staying safe during extreme heat in the summer [here](#).

Young Adult Volunteer Spotlight: Beverly Tomita

Beverly Tomita is a current 4th year medical student and president of her school's Red Cross Club. Growing up with financial instability and housing insecurity, Beverly was drawn to joining Red Cross Disaster Cycle Services to support those who had lost everything in a disaster. This not only empowered her but also gave her knowledge of standard protocols for home fires, hurricanes and other events.



Beverly, President of the Red Cross Club at Carle Illinois College of Medicine; Disaster Action Team volunteer; and Youth Representative on the Board of Central Illinois Chapter

Starting in high school, she co-founded a Medical Emergency Club, based on a first aid book from her local library published by the American Red Cross. Upon turning 18, she joined her university's Red Cross Club and its Disaster Action Team (DAT). Since then, she has been a proud Red Crosser in three different states—Pennsylvania, Massachusetts and Illinois—as well as supported mobile vaccine clinics during the COVID-19 pandemic. Her personal mission for establishing a Red Cross Club at Carle Illinois College of Medicine was to foster interest in disaster services and maintain a vibrant flow of meaningful group activities.

During her clinical rotations, Beverly had the good fortune of working with

a global trauma surgeon who volunteers in areas of international conflict. His enthusiasm inspired her to enter the 2024 American Red Cross nationwide essay contest addressing International Humanitarian Law. The theme was nuclear war and armed conflict, which dovetailed seamlessly with her newly acquired knowledge of blast injuries. This unexpected 1st place award cemented her calling toward a career in surgery and humanitarian endeavors.

She continues to respond to local DAT calls as her schedule allows and mentor new DAT and Red Cross Club volunteers.

Youth Volunteer Spotlight: Raka Majumdar

Raka Majumdar is a Forest Hills Eastern High School senior in Michigan. She is the chief editor of the Michigan Youth and Young Adult newsletter, a Blood Donor Ambassador, and the founder and president of her school's Red Cross Club. In her roles, she highlights regional Red Cross Clubs and keeps volunteers informed about month-specific events such as organ, eye and tissue donation, human trafficking and natural disaster relief. Invited to speak, she presents at Michigan Red Cross Youth Summits.



Raka, Founder and President of the Forest Hills Eastern High School Red Cross Club; Chief Editor of the Michigan Youth and Young Adult Newsletter, and Blood Donor Ambassador

At her school, she helped raise funds for the “Vaccinate a Village” initiative, which protects children worldwide against the Measles and Rubella viruses. With her club, she created “thank you” cards for those from Michigan deployed to assist with the California wildfires and hurricanes Helene and Milton.

Volunteering for different Red Cross activities, Raka has witnessed the unwavering generosity of blood donors in her community, the impact of its programs, and learned about how youth can constructively contribute toward these worthy causes. Through these experiences, Raka has become captivated by the Red Cross’s global impact. Passionate about healthcare and a future career in the field, she intends to continue her

journey with the Red Cross through college and hopes to join the National Youth Council.

Share Youth Success Stories

We are gathering the great things happening with our youth and young adults across the country, and we need your help. No example is too big or too small. Click [here](#) to submit your success story! Not sure what to share? Here are a few ideas to get you started:



- What makes your Red Cross Club successful?
 - How does your region recognize young people's efforts?
 - What makes a good onboarding experience for young people?
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WHAT IS YOUTHWIRE?

Created by your National Youth Council, YouthWire is a monthly e-newsletter containing important Red Cross youth volunteer opportunities, stories and resources for youth, young adults and youth champions! We always want to highlight great stories and hear what awesome things are happening in your region!

Let us know what's new for you!

Questions about youth volunteering with the American Red Cross? Email YouthInvolvement@redcross.org.

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Log Your Hours on Volunteer Connection!

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Staying in touch via the American Red Cross email list is the best way we have of keeping in regular contact with supporters like you, letting you know about how you can protect yourself and your loved ones from disasters and other emergencies, and how you can support our lifesaving work.

Click here to unsubscribe from our list, but please know that if you leave, it will be harder for you to stay involved with the Red Cross and continue the work of which you've been such a critical part. It is only because of supporters like you that the Red Cross is able to respond when a disaster strikes or a home is impacted by fire, when someone needs CPR or a lifesaving blood transfusion, or when a family needs to contact a deployed service member in an emergency. And we don't want to lose you! Thanks for your support!

Please do not reply to this email as we are not able to respond to messages sent to this address.

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Donate by phone: 1-800-RED CROSS (1-800-733-2767) | **Donate by Mail**



Help people affected by disasters big and small.

A gift of any size supports all of the urgent humanitarian needs of the American Red Cross.

Prepare, respond and help families recover from home fires.

Your gift will help ensure that those who serve our country have our unwavering support.

Help ensure that the life-saving gift of blood and blood products will be available and as safe as possible whenever and wherever it is needed.



The Red Cross is proud that an average of 90 cents of every dollar we spend is invested in delivering care and comfort to those in need.