Hi volunteers!

We wanted to start off by reminding you that National Youth Council applications are open! If you are looking to expand your impact, connect with volunteers across the country, and gain professional development opportunities, we encourage you to apply!

The National Youth Council is a group of thirteen youth and young adult members and two adult advisors who nationally represent and serve the youth and young adult volunteers of the American Red Cross. Applications are open until Friday, May 12 at 11:59 p.m. ET. Find more information on the Council and the application here. Reach out to YouthInvolvement@redcross.org with any questions and keep an eye out for @americanredcrossyouth on Instagram for further opportunities to learn about the Council.

We also encourage you to join us for World Red Cross Red Crescent Day on May 8th, a day to celebrate the achievements of all the Red Cross volunteers and staff around the world, whose impactful services allow us as an organization to keep our commitment to humanity every day!

- This marks over 140 years of alleviating human suffering.
- One in 65 people in the world is helped by the Red Cross every year.
• Service is delivered in line with **seven fundamental principles**: humanity, impartiality, neutrality, independence, voluntary service, unity, and universality.

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**May is Mental Health Awareness Month**

The way we think, feel, and act, affects our mental health and forms the basis of our emotional and social well-being. It serves a major role in how we interact with others and comes into play when we connect with others as volunteers. Everyone is impacted by their mental health, and it deserves your attention just as much as your physical health does. When individuals are mentally healthy, they are able to feel good about themselves, engage positively with their communities, and cope with stress. Help promote mental health throughout your region by leading your club and community in awareness efforts!

See the list below for some tips for self-care:

• Have a video call with family and friends
• Start a puzzle
• Host a party
• Organize your space
• Bake a new recipe

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**Saesha Wani serves on the South Florida Region Youth Executive Board as an International Services/Service to the Armed Forces Officer**

Saesha began volunteering with the American Red Cross in 2020 as a producer and presenter for "The Pillowcase Project" and "Prepare with Pedro." Drawn to the Red Cross mission, she decided to get more involved with all the incredible opportunities that the Red Cross offered.

She has now been serving on the South Florida Region Youth Executive Board. As the International Services/Service to the Armed Forces Officer, she hosts weekly Missing Maps sessions where she gets to show other volunteers the importance of geospatial data and how to start mapping!

Additionally, she has hosted monthly IHL movie nights for the South Florida Region while also working on expanding the education of International Humanitarian Law through developing virtual case study courses. The course covers the conflict's background, refugee experiences, the Red Cross's role in the conflict, and the role of IHL in the conflict. She hopes to continue these projects and make significant impacts on her community.

Thank you so much for your work, Saesha!
Try yoga
• Meal prep
• Read a book
• Go on a walk
• Draw, start a scrapbook, or try other hobbies!

DEI Spotlight!

It is Asian American and Pacific Islander Month! This important month is a time to celebrate the rich history and traditions of Asian Americans and Pacific while taking the time to recognize their contributions to our hope to increase awareness and share their history and to learn more about the culture! Check out this statement courage and the power of resiliency that our Chief Diversity Adrienne Alberts, wrote!

• Listen in to a previous Cultural Competency Series Session as speakers bust the model minority myth and discuss the modern Asian American and Pacific Islander Experience.
• Watch the Red Cross' talk on Dismantling Anti-Asian American/Pacific Islander Bias in the Workplace! Jennifer Brown Consulting, the Hate Is A Virus non-profit community, and Adrienne Lawrence will lead the conversation about identifying and stopping anti-AAPI bias in our spaces.
• Join the Red Cross Asian American and Pacific Islander Resource group to create awareness about this community.

Other DEI highlights:

• Military Appreciation Month
• Jewish American Heritage Month
• HBCU Ambassador Leadership Program growth: The Biomedical National Partnership team and HBCU Task Force have selected a second cohort of HBCU

We can’t wait to see how else you will make a difference.

May Monthly Focus: Military Appreciation Month

Join us this month to recognize military communities and see how the American Red Cross highlights its commitment to serving U.S. military communities through every step. We support military communities around the world at military hospitals and overseas installations. Ways that you can get involved:

• hosting a gift drive for a veteran’s hospital,
• participating in the “Totes of Hope” program for homeless veterans,
ambassadors, and there will be a nearly 200% increase in engagement from students and faculty with the 24 schools in year 1 of the program!

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 are always looking to highlight great stories and want to 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

Get Social and Share!

Share this newsletter with your peers and friends or have them email YouthInvolvement@redcross.org to subscribe to our newsletter.

Log Your Hours on Volunteer Connection!

The time you spend volunteering is critical to the American Red Cross. It is important that volunteer hours are submitted through Volunteer Connection so that they can be tracked as part of the overall mission.

Help us tell the story of the incredible impact youth & young adults have by logging your hours and by filling out the spotlight form today! Use this helpful tip sheet to walk through how to submit your volunteer hours on Volunteer Connection! We also have this great new video to aid you in the process of logging your hours on the desktop version and mobile app version of Volunteer Connection!

May Fundraising Highlights: Disaster Relief

• prepare families for deployments, and
• volunteer at military hospitals.
Learn more about Military Appreciation Month!

Hundreds of American Red Cross disaster workers are on the ground in 9 states, providing comfort and support to people after deadly storms ripped across a large part of the South and Midwest.

Learn more about the efforts and how to donate here.

Also, view the home fire campaign here. You can visit the Sound the Alarm Campaign or make a donation!

Most of us don’t realize we have just two minutes to escape a home fire — which is
the nation’s most frequent disaster. On average:

- **7 people die every day from a home fire**, most impacting children and the elderly
- More than **30 people suffer injuries from home fires** every day
- More than **$7 billion in property damage occurs from home fires** every year