



## New Family Care Course Begins January 19

With more and more of us living longer and with the uncertainty of health care costs, many families are choosing to take care of their elders in the home. Other families may be faced with caring for family members and Veterans with long term injuries or illness.

To help prepare and train family care givers, the Chapter is starting a new program in January 2010 that will provide basic useful information and skills for providing that care. The program does not substitute for professional medical care.

The two and a half hour, once each week program will run for nine weeks. Expert speakers including nurses, a physician and an attorney will present programs on topics such as the stages of dementia/Alzheimer's Disease, nutrition, medication safety, dental/denture care, legal and financial

issues such as wills, powers of attorney, living wills, asset management. Skills learning will include bed bathing, respiratory, pulse checks, blood pressure measurement and range of motion exercises. Participants will learn the proper use of wheelchairs and walkers. Each participant will also become certified in CPR and first aid. Special home care for diabetics will also be covered.

Other programs will discuss hospice care, support groups for geriatric caregivers and services/activities of the Ruffy-Holmes Senior Center.

Ample question and answer time has been worked into each class and printed materials will be provided

The first class begins January 19 at 6:00PM in the E.H. Dole Chapter offices at 1930 Jake Alexander Blvd.

in Salisbury. Cost of the total nine week program is \$100.00.

Those interested in attending should sign up early to insure a place in the class. Sign up can be accomplished by calling 704-633-3854.

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Visit our website at  
[www.ehdoleredcross.org](http://www.ehdoleredcross.org).

### HEROES Campaign Raises More than \$17,000 —

With the outstanding leadership of Leigh Harlan, the Chapter's first HEROES Giving Campaign raised over \$17K between May and July. Leigh's team of volunteers were asked to raise \$1000 each for the campaign that will help provide for general operating expenses of the Chapter. More than 60 individuals and organizations supported the HEROES Campaign with varying contributions.

Our thanks to all those who served on Leigh's team and to those who donated. You are much appreciated.

The E.H. Dole Chapter is a proud member agency of the Rowan County United Way.



Rowan County  
Member Agency



## Scrubby Bear® Visits Rowan Schools!!

More than 1,000 Rowan County school children have had a visit from the American Red Cross *Scrubby Bear*® to receive training in how personal hygiene such as careful hand washing can help prevent the spread of colds, seasonal flu and, especially, the H1N1 (swine) flu.

Since October 1, Amy McGuire, Chapter Director of Health and Safety Programs, has been visiting our elementary schools to teach the *Scrubby Bear*® program to kindergarten, first grade and other youngsters. The children view a DVD featuring the character *Scrubby Bear*® who talks about the importance of good hand washing habits in preventing diseases such as Infectious Diarrhea, Hepatitis A, Colds and Flu. *Scrubby Bear* reminds children and adults to "Don't get sick, Wash up quick!" Following the program, the children individually demonstrate they can follow *Scrubby's* instructions. They then each receive a certificate of course completion.

If you would like a *Scrubby Bear*® presentation for your children's group, call Amy McGuire at 704-633-3854.



Amy McGuire, Health & Safety Director, teaches a *Scrubby Bear*® class for Hurlley Elementary kindergarten and first grades.



## HEAVY DEMAND FOR PANDEMIC FLU PRESENTATIONS

With the H1N1 flu spreading rapidly across the Nation, more and more people are trying to learn as much as possible about how to protect themselves and their loved ones.

Since August 24th, Deborah Lineberger and Dick Smith of the Chapter Emergency Services Division have been giving 45 minute presentations on how to prevent the spread of and to protect yourself from the Swine Flu. Thus far, they have made presentations to twelve church groups, reaching 358 people.

Chapter staff is available to make these presentations to any group in Rowan County. Just give us a call at 704-633-3854 and speak to Deborah or Dick.

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## A SPECIAL THANKS TO OUR DONORS

Many people in Rowan County do not know where the everyday funding for the E.H. Dole Chapter comes from. Like any business entity, the Chapter must pay the monthly bills for utilities, pay employee salaries and benefits, program materials and pay for the upkeep and replacement of equipment. The revenue to keep the Chapter in action 24 hours a day, seven days a week, comes from YOU—the citizens of Rowan County. The money that is donated by YOU is used only in Rowan County.

Some people have expressed surprise when they learn of this fact and have told us that they thought we were funded by the National American Red Cross or the Federal government. In certain circumstances, such as a major disaster in our county, the National Red Cross and the government would assist, but in our day-to-day

operation, we depend upon your generosity and the help of some organizational donors in Rowan County. We'd like to recognize those special 2009 donors and thank them for their generosity:

- ◆ Rowan County United Way
- ◆ The Robertson Family Foundation
- ◆ The Ritchie Family Foundation
- ◆ First United Church of Christ Foundation
- ◆ The Duke Energy Foundation
- ◆ The Margaret C. Woodson Foundation
- ◆ Altrusa International of Salisbury
- ◆ The Lutheran Community Foundation

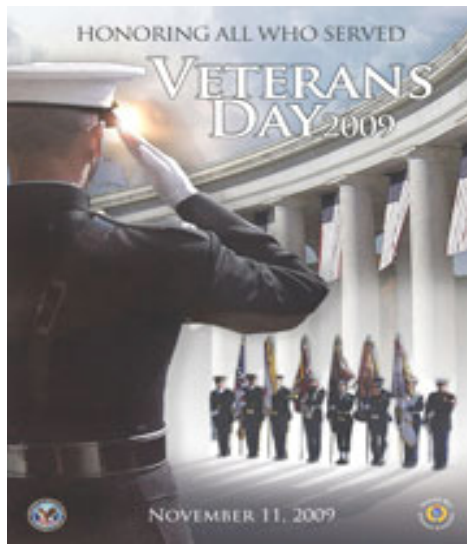
*Thanks for YOUR generous support!!!*

## SERVICES TO THE ARMED FORCES (SAF)

**Chapter Receives 2nd DoD/ARC Grant** : The E.H.Dole Chapter has received its second grant from the Department of Defense and the American Red Cross to provide assistance and special programs for our Rowan County military members and Veterans.

The grant enables the Chapter to provide transportation for those unable to get to and from appointments, special activity nights at the Hefner VA Medical Center and programs to support the Veteran Women's Program at the VA Center. The grant will also enable the Chapter to continue its gift bag program for in-patients during the Holiday period.

In the last fiscal year, the Chapter was able to provide more than



\$9,000 in transportation assistance and over \$7,000 in other program assistance to Veterans and active duty military members, largely thanks to last years DoD/ARC grant.

Like to volunteer for SAF? For more information, please contact Melody Poole, SAF Director, at 704-633-3854, ext. 101.

### Upcoming Events

- Veterans Day (Chapter Closed) — November 11
- Chapter Board Meeting—November 17
- Chapter Closed — November 26-27
- NA1 Class Graduation — December 12
- Chapter Closed — December 24-25
- Chapter Board Meeting — January 19
- Family Care Course begins — Jan. 19
- Annual Golf Classic— April 23



*Tiffany Circle*

Society of Women Leaders  American Red Cross

Want to know more? Ask us about joining the Tiffany Circle. 704-633-3854



## HEALTH & SAFETY SERVICES

The American Red Cross prepares people to save lives through health and safety education and training. At the Dole Chapter, the Red Cross Preparedness programs in First Aid, CPR and AED are available for any age and can be tailored to the needs of specific groups and individuals. Whether you work with children, want training for employees, are a professional rescuer, or simply want to know how to help someone in an emergency, the American Red Cross has a program for you. The Red Cross also offers a Nurse Assistant Training 1 course. Those who successfully complete this course are eligible for a state certifying exam and go on to find jobs in hospitals, nursing homes and in home health care.

For more information about the NA 1 and class schedules, please call Amy McGuire, Director of Health & Safety, at 704-633-3854, ext. 109.

*Sign up now for the new Family Care Givers Course*

We are still searching for a Registered Nurse volunteer to teach a NA1 course. This is a wonderful way to serve the community. If you are interested or know someone who might be interested, call Amy at 704-633-3854, ext. 109.

### November Health & Safety Class Schedule

November 2-	Adult CPR/AED Review *	9am-1pm	\$20.00
November 4-	Adult/Child/Infant CPR Review *	9am-1pm	\$30.00
November 6-	Adult CPR/First Aid/AED	9am-3pm	\$40.00
November 7-	Adult CPR/AED for the Professional Rescuer/Health Care Provider	9am-3pm	\$50.00
November 11-	CPR/AED	5:30pm-9:30pm	\$30.00
November 12-	Infant/Child CPR	5:30pm-9:30pm	\$30.00
November 13-	Pet First Aid/CPR	10am-1pm	\$25.00
November 14-	Babysitter's Training (Bring a Lunch)	9am-4pm	\$50.00
November 16-	First Aid	5:30pm-8:30pm	\$25.00
November 18-	Adult/Child/Infant CPR	9am-4pm	\$40.00
November 20-	Adult CPR/AED	9am-2pm	\$30.00
November 21-	Adult/Child/Infant CPR Review*	5pm-9pm	\$30.00
November 25-	First Aid	9am-12pm	\$25.00
January 19-	Family Care Course begins	6 pm-8:30pm	\$100.00

\* For reviews, you must have proof of prior certification.

Go to [www.ehdoleredcross.org](http://www.ehdoleredcross.org) for the most up to date class schedule.

## BLOOD SERVICES

The Red Cross has noticed a decrease in blood collection appointments. The need for blood is constant. Despite our weak economy, eligible donors can always give blood—every 56 days. Donors are needed immediately. You can help by giving at one of the following upcoming blood drives. As a result, more information, please call Sherry Smith, Blood Services Director, at 704-633-3854, ext. 105.

### UPCOMING BLOOD DRIVES

Sun 11/1	Stallings Memorial Baptist Church	Sun 11/15	Christiana Lutheran Church
	1:00 – 5:30pm		1:00pm – 5:30pm
Sun 11/1	St. Luke's Lutheran Church	Tues 11/17	West Rowan High School
	1:00 – 5:30pm		8:00am – 1:30pm
Tues 11/3	Sacred Heart Catholic School	Sun 11/22	Luther's Lutheran Church
	3:00pm – 7:30pm		1:00pm – 5:30pm
Thurs 11/5	Catawba College	Mon 11/23	China Grove Community Blood Drive
	10:00am-3:00pm		1:30pm – 6:00p
Sun 11/8	Organ Lutheran Church	Mon 11/23	Franklin Baptist Church
	1:00 – 5:30pm		2:30pm – 7:00pm
Mon 11/9	American Red Cross Center	Tues 11/24	Autumn Care
	1:00pm – 5:30pm		1:30 – 6:00pm
Wed 11/11	Rowan-Cabarrus Community College	Fri 11/27	Wal-Mart
	9:00am – 1:30pm		1:30pm – 6:00pm
Wed 11/11	Spencer Community Blood Drive	Sat 11/28	Antioch Baptist Church
	2:00pm – 6:30pm		10:00am – 2:30pm
Sun 11/15	Woodleaf Community Blood Drive	Sat 11/28	Salisbury Mall
	1:00pm – 5:30pm		10:00am – 2:30pm
		Sun 11/29	Salem Evangelical Lutheran Church
			1:00pm – 5:30pm

Go to [www.ehdoleredcross.org](http://www.ehdoleredcross.org) for up-to-date blood drive information

**Walk-ins Always Welcome!**

### Volunteer of the Quarter

This quarter, we honor and recognize Lexia A. Frasher-Quintana, R.N. Lexia serves as the Chapter Nurse Aid 1 Course Instructor and as a member of the Chapter Board of Directors.



Lexia is a fairly recent arrival to Rowan County having moved here from Alaska about a year ago to serve as the Chief of Health Administration at the Hefner VA Medical Center. She is also half-way to her Doctorate in Health Administration.

Lexia has done it all when it comes to the nursing profession—serving for over thirty years in civilian hospitals, with the U.S. Army Reserves and with the Alaska National Guard.

Now, in addition to her very responsible VA position, she donates her time to teach our NA1 students in a grueling 145 hour course and to serve on the Board at the same time.

Our thanks to Lexia!! She's the best!

# DISASTER SERVICES

widespread disease breakout.

Ever wonder what the Red Cross does between disasters? Well, one key thing is that we practice to deal with whatever disaster might come next. When it comes to disasters, there are almost an infinite number of things that could happen—not just tornados or hurricanes. Pipeline, rail accidents, massive accidents on I-85, industrial disasters are all conceivable here in Rowan County.

Practice entails building relationships with other disaster response agencies and learning to work closely with them. It also involves practicing with our vehicles and equipment and, most importantly, our volunteers.

In the past quarter, the Chapter has participated in community-wide exercises that help build our skills.

Early this quarter, the Chapter worked with the Hefner VA Medical Center in their pandemic flu exercise that prepared their staff and facilities in the event of

Similarly, in September the Chapter participated in a “tabletop” exercise with General Electric designed to prepare for pandemic flu outbreaks that could impact on their business.

In October, the Chapter again participated with the VA in a patient evacuation exercise. Chapter volunteers acted as stretcher-bound patients who had to be moved to a Red Cross shelter after a “structure fire” endangered VA operations. In addition to providing volunteer “patients”, the Chapter opened a shelter at the Hurley YMCA to receive the patients.



In another October exercise, the Chapter supported scores of responders from all over the county in the Vulcan Materials/Stalite Quarry disaster simulation. In this scenario, a gas line explosion occurs in the quarry injuring one employee in a silo. A short while later a vehicle collision in the quarry traps two people. The Red Cross had a representative in the Operations Command Post and set up areas for family members of the victims to meet and receive information and mental health counseling. We also set up a Emergency Response Vehicle to serve meals. Again, Chapter staff and volunteers played an important role in supporting all of the first responders and family members.

Our next big exercise is already in the planning stages as the picture on the left shows. Planned for November is a simulated crash of a business jet at the Rowan County Airport. The County Department of Emergency Services is pulling together all of the agencies that would be needed to handle such a disaster, including the E.H.Dole Chapter.

Your E.H.Dole Chapter is always planning and preparing to be ready for Rowan County.



**American  
Red Cross**

Elizabeth H. Dole Chapter

1930 Jake Alexander Blvd., West  
Salisbury, N.C. 28147

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