



## Red Cross Helping All Over U.S. as Disasters Multiply

Molly Dalton

The country is seeing multiple large disasters this summer and American Red Cross disaster workers are responding across the U.S. These devastating emergencies — many set in motion by the climate crisis — are disrupting lives and entire communities as the frequency and intensity of extreme weather rapidly increases across the globe.



Disaster Mental Health volunteer Mary McGavin, MSW, LCSW entertains Jezeriah at the Hannibal Tavares Community Center in Makawao, where the Red Cross and its partners are operating shelter to help Maui residents displaced by the historic and deadly wildfire that struck Lahaina. Photo by Scott Dalton/American Red Cross

the months ahead to support people throughout the healing and recovery process. Recovering from wildfires of this magnitude will take time and the Red Cross is committed to ensuring that no one is left to take those steps alone.

In addition to the tragic wildfires in Hawaii, tropical storms are affecting places where they never have before, [wildfires](#) are erupting across multiple states, [extreme heat](#) has enveloped a large area of the country and the [Atlantic Hurricane Season](#) is heating up with storms gathering strength very quickly. Every day the Red Cross is also helping home fire victims while responding to these large disasters.

The Red Cross is working with the Hawaii Emergency Management Agency and Federal Emergency Management Agency (FEMA) to transition displaced residents from emergency shelters to hotels. Red Cross disaster workers are at the hotel emergency lodging sites to keep people updated on disaster recovery services.

More than 1,350 Red Cross disaster responders are working to help individuals impacted by more than 20 disaster relief operations across the country. Because of these disasters, more than 3,200 people are staying in more than 35 Red Cross and community shelters. Following is a summary of [how the Red Cross is helping people](#) impacted by these disasters:

With partners, people staying in these hotels will receive meals, health and mental health services, casework support and other services. Red Cross teams are also helping with requests for reunification and coordinating with government partners to assist in locating people.



**MAUI WILDFIRES** The Red Cross is working tirelessly today to deliver care and support to people on Maui following the heartbreaking wildfires and will be there in

Red Cross volunteer Tina Piaskowski, RN helped [wildfire evacuees in Spokane, WA](#) replace medications, eyeglasses or critical medical equipment left behind in the rush to get to safety.

**WILDFIRES** So far this year, as many as 16 states across the country have battled large fires. In addition to helping people on Maui, Red Cross disaster workers are supporting people impacted by wildfires across several states, including Texas, California, Washington and Montana. In all of these states, the fires have led to evacuation orders, forcing thousands of people out of their homes. The Montana Red Cross Region, California Gold Country Region, Northwest Red Cross Region and Texas Gulf Coast, North Texas and Central and South Texas Red Cross regions have responded to these fires, opening shelters and providing food and other relief support.

**TROPICAL STORM HILARY** Tropical storms don't usually happen in the deserts and mountains of the southwest, but that's what happened when Tropical Storm Hilary barreled into California, Arizona and Nevada, flooding neighborhoods,

causing mudslides and power outages and stranding some people in their homes. Volunteers from around the country deployed to California to help people affected by the unusual storm. Red Cross disaster teams opened emergency shelters in California, Arizona and Nevada, where food and other disaster services are available. Red Cross shelters will remain open for as long as needed.

**YOU CAN HELP** people affected by disasters like fires, floods and countless other crises by making a gift to Red Cross Disaster Relief. Your gift enables the Red Cross to prepare for, respond to and help people recover from disasters big and small. Visit

[redcross.org](https://www.redcross.org), call 1-800-RED-CROSS (800-733-2767), or text the word REDCROSS to 90999 to make a \$10 donation. You can also help by becoming a Red Cross [volunteer](#).

**GIVE BLOOD** Severe weather can also result in blood drive cancellations, inhibiting the ability of the Red Cross to collect lifesaving blood donations. We urge people in unaffected areas of the country to make an appointment to give blood to ensure blood products are readily available for patients in need. Find a blood drive near you at [RedCrossBlood.org](https://www.RedCrossBlood.org), using the Red Cross Blood Donor app or calling 1-800-RED CROSS ([1-800-733-2767](https://www.1-800-733-2767)).

## Increase in Disasters Attributed to Climate Crisis; What You Can Do

Molly Dalton

The frequency and intensity of extreme weather is rapidly increasing around the globe. Today, the American Red Cross is responding to nearly twice as many large disasters in the U.S. as it did a decade ago.



Red Cross nurse Katie Ahmann treats burns Deanna “Momma Dee” Bolen sustained on her feet and ankles as she escaped the wildfire that burned much of Lahaina on Maui. Photo by Scott Dalton/American Red Cross

Just this summer, the organization quickly mobilized to provide help after the deadliest wildfires of the last century in Hawaii, a powerful typhoon in the U.S. territory of Guam, and 1-in-100-year flooding in the Northeast. In the first half of 2023 alone, the nation experienced a record 15 billion-dollar disasters, including catastrophic atmospheric rivers in California and deadly tornadoes in the South and Midwest — all on top of extreme heat, which made July the country’s hottest single month on record. What’s more, the U.S. is just now entering its typical peak time for hurricanes and wildfires.

**[ADAPTING TO CLIMATE CRISIS](#)** As extreme weather disasters increase, more families are struggling and turning to the Red Cross for help. That’s why the organization is taking bold and thoughtful actions to adapt its services and grow its capacity to help the most vulnerable. These changes include:

- **Enhancing large-scale disaster response services** by bolstering the aid provided in emergency shelters and extending casework support to help people with the most recovery needs.

- **Expanding financial assistance** to help more families with unmet needs and bridge the gap between immediate disaster relief and long-term recovery assistance.
- **Strengthening local partner networks** in targeted areas that face a high risk of extreme weather and existing societal inequities with a focus on increasing access to health and mental health services, nutritious food and safe housing for local families.
- **Growing its disaster workforce** — comprised of 90% trained volunteers — to deepen its disaster readiness. This includes fortifying the critical infrastructure and technology that enables 24/7 response to disasters across the country.

These changes won’t happen overnight, but we are committed to improving how we support families and communities in need. [Find out more about the American Red Cross and its work on the climate crisis here.](#)

### WHAT YOU CAN DO:

**BECOME A RED CROSS [VOLUNTEER](#)** There is a critical need for people to fill these roles:

- **Disaster Health Services Team:** Licensed healthcare professionals provide hands-on care, health education, health assessments and additional health-related support in shelters in an RN-led community model.
- **Disaster Action Team (DAT):** Respond to local

disasters such as home fires to ensure that those affected have access to resources for necessities such as food, shelter and clothing.

- We're recruiting blood donor ambassadors to be a friendly face and help check blood donors into their appointments, answer questions and give out post donation snacks.
- We also need transportation specialist volunteers who support patients' lives by delivering blood from Red Cross facilities to local hospitals.

The need to help during disasters has never been greater. Visit [redcross.org/volunteertoday](https://www.redcross.org/volunteertoday) to sign up for opportunities with your local chapter.

**GET YOUR HOUSEHOLD READY** Disasters can happen to anyone, at any time. Take these three simple steps to get prepared:

1. [Build a kit](#) – Build an easy-to-carry emergency

preparedness kit that you can use at home or take with you if you must evacuate. Include items such as water, non-perishable food, a flashlight and extra batteries, a battery-powered radio, first aid kit and medications.

2. [Make a plan](#) – Talk with members of your household about what to do during emergencies. Plan what to do in case you are separated and choose two places to meet—one right outside your home in case of a sudden emergency such as a fire, and another outside your neighborhood, in case you cannot return home.
3. [Be informed](#) – Know what kinds of emergency situations may occur where you live, where you work, and where you go to school. [Get trained](#) in first aid and CPR/AED so you'll know what to do in an emergency if help is delayed. Don't forget your pets, [plan for them too](#).

## New Inclusive Screening Process Expands Blood Donor Eligibility

Rodney Wilson, Senior Biomedical Communications Specialist

The American Red Cross is now welcoming more blood donors into its lifesaving mission through updated FDA blood donation eligibility guidelines that eliminate the FDA's previous policy that deferred men who have sex with men from giving blood.

**HISTORIC CHANGE** Under this new donor screening process, all donors answer the same eligibility questions regardless of gender or sexual orientation and will be assessed for blood donation based on individual risk factors, not on sexual orientation.

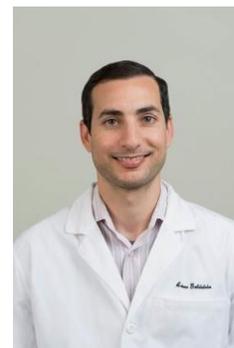
The Red Cross celebrates this historic move as significant progress and remains committed to achieving an inclusive blood donation process that treats all potential donors with equality and respect while maintaining the safety of the blood supply. The Red Cross is committed to achieving further progress and will continue to provide data to the FDA in support of making blood donation even more inclusive.

**BACKED BY SCIENCE** Years of data have demonstrated that this new eligibility screening process ensures a safe blood supply patients can feel confident in. For years, the Red Cross has worked to change the deferral policy concerning men who have sex with men – this work included decades of data collection and assessment to

improve transfusion safety, ongoing advocacy to eliminate donor questions based on sexual orientation, and our recent role as a leading contributor in the FDA-funded ADVANCE Study.

**MORE PEOPLE CAN NOW GIVE** This change means many healthy individuals who previously could not give will now be able to support their community through the gift of blood donation.

Andrew Goldstein, a cancer researcher from Los



Andrew Goldstein, PhD

Angeles, was a regular blood donor in his younger years before the FDA's previous policies made him ineligible to donate as a gay man. His desire to influence change compelled him to register as a participant in the FDA funded ADVANCE Study in 2021, which sought to gather data to evaluate the possibility of moving to an individual donor assessment. He is proud he was able to be part of the study that led to this change and is excited to finally be able to give blood again. "There's so much in the world that you can't help with, and you sometimes have to see people going through difficult times, but something like giving blood feels like something so small that you can do, and it means a lot to me that I'll be able to do that again," Goldstein said. Now, he and many others are able to share their good health with

patients in need of lifesaving transfusions.

**LEARN MORE** The Red Cross welcomes everyone who wishes to be part of our

## Reflections on Well-being

The Red Cross mission attracts humanitarians who devote time and money to support others. Many graciously donate lifesaving blood. Giving provides benefits to both the recipients and the giver. For humanitarians, the needs of those they serve can be overwhelming. The impact of disasters, health disparities, families separated due to war or civil unrest, needs for lifesaving vaccination, and challenges for members of the military, veterans and their families can weigh heavily.

Nurses, other health professionals, and the allied health team face challenges of caregiver/compassion fatigue. In some settings, resilience has a negative connotation when individuals bear the weight of challenges that require system-level changes. As a nurse, I consider my personal well-being as well as the well-being of those I serve and support. When I strengthen my well-being and capacity for resilience, I am better able to influence both individual well-being and system-level changes.

The concept of resilience is often associated with overcoming difficult situations. A person who can “take a hit and bounce back” is said to be resilient. Is it possible to reimagine resilience as the capacity for greater joy, contentment or fulfillment? If we can stretch our capacity to embrace challenges, can we not also stretch our capacity to embrace joy? I recently experienced a gathering that was incredibly moving, full of joy, and had multiple positive connections. It was almost overwhelming and yet I knew that it was important to fully experience each aspect as much as possible.

You may be familiar with HeartMath® techniques that have a physical impact on heart rate variability and positive hormonal responses. HeartMath® techniques have been successfully used by many

humanitarian mission. You can learn more about these updates as part of our [Eligibility FAQs](#). There is also information specific to the LGBTQ+ community on our [LGBTQ+ Donors](#) page.

**Linda MacIntyre, PhD, RN, PHN, FAAN**

organizations to improve workforce well-being, reduce turnover and increase team coherence. Due to a generous memorandum of understanding, Red Cross volunteers and employees can receive free HeartMath® training, from micro-learning to a series of workshops. The techniques are simple, yet there is clear evidence to support effectiveness – for nurses, veterinarians, children/youth, members of the military and law enforcement. Most techniques build on the open-source Quick Coherence® Technique:

**Step 1:** Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

*Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).*

**Step 2:** Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

*Suggestion: Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc., or focus on a feeling of calm or ease.*

It can be difficult for me to fully absorb positive feedback. I need to be intentional and “be present with it” so that it penetrates. The Quick Coherence® Technique and other HeartMath®



Dr. Linda MacIntyre

techniques have helped me in many ways. As my well-being increases, I am better able to support others. I encourage you to re-experience positive or renewing emotions, even for a few minutes a day. Thank you for caring for yourself and others.

## Red Cross Partnership Aims to Eliminate Measles & Rubella

**Molly Dalton**

A new report from UNICEF and the World Health Organization highlights that millions of children around the world are at risk for measles, one of the

most contagious and severe childhood diseases that takes the lives of hundreds of children globally each day. Last year alone, 21.9 million children missed

the routine measles vaccination in their first year of life and 13.3 million did not receive their second dose, placing children in under-vaccinated communities at risk of outbreaks.

Since 2001, the American Red Cross and partners have been working globally to eliminate this disease through the [Measles & Rubella Partnership](#) (M&RP). Our partners include the Bill & Melinda Gates Foundation, GAVI, the Vaccine Alliance, the U.S. Centers for Disease Control and Prevention (CDC), the United Nations Foundation, UNICEF, and the World Health Organization. The aim is to vaccinate children across the globe and erase these devastating diseases.

Since the program began, the M&RP has supported vaccination of more than three billion children against measles in over 88 countries, reducing global measles deaths by 83%.

**PANDEMIC HAMPERED VACCINATION EFFORTS** During the COVID-19 pandemic, routine vaccination efforts slowed, and large measles outbreaks increased worldwide. Within the past three years, the world has lost an estimated 30 years of progress in the fight against vaccine-preventable diseases and every region of the world is experiencing an increase in outbreaks of diseases such as measles and rubella. The Red Cross and health organizations around the globe are focusing on finding and vaccinating children who have missed routine vaccinations because of disruptions caused by the COVID-19 pandemic.

**GLOBAL RED CROSS ROLE** The American Red Cross plays a global role in vaccination campaigns for the M&RP. Through relationships with Red Cross and Red Crescent national societies, local volunteers are mobilized and trained to conduct house-to-house visits with their neighbors, providing caregivers with information on vaccination campaigns and encouraging them to vaccinate their children. These volunteers use mass media, rallies, door-to-door visits and entertainment to spread the word about the importance of getting vaccinated. They also ensure caregivers and kids get to health centers to obtain vaccines.

Recently the American Red Cross, Kenyan and

Zambia Red Cross societies sponsored a program — ‘the 5-Point Plan’ — in which teams visited parents in both rural villages and urban settlements to find pockets of children missing routine immunizations such as the measles vaccine. Some teams had to walk 40 minutes just to reach one house, while others rode bicycles and motorbikes down dusty, bumpy roads to locate kids in need. The program, done in conjunction with the Kenyan and Zambian Ministries of Health, gathered the most up-to-date statistics to understand where and why some kids aren't getting vaccinated.



In Kabwe, Zambia, new mom Rose Phiri (center left) brought her infant son, Daniel, for his routine immunizations. Photo by Brad Zerivitz/American Red Cross

New mom Rose Phiri was one of the people taking part in the Zambian program. She is doing everything she can to make sure her son, Daniel, grows up healthy and that includes making sure he gets his routine immunizations on time. Phiri's mom is an advocate for vaccines and hopes that Daniel will grow up to be a doctor. He's got a long way to go until that dream comes true, but in the meantime, his mother and grandmother are making sure he has the healthcare he needs to grow up safe and healthy.



Catherine Mawelela also participated

Catherine Mawelela, Kabew, Zambia, brings infant daughter, Gertrude, to receive some of her routine immunizations during a ‘5-Point Plan’ team's visit. Photo by Brad Zerivitz/American Red Cross

in the program in Zambia. “It’s a relief to know my kids are vaccinated – I don’t need to worry so much,” she said. Mawelela had given birth to her daughter, Gertrude, just 7 weeks prior. As the infant received some of her routine immunizations, her mom said it was hard to see her cry, but the lifesaving vaccinations are worth it.



Funwell Muka holds his 2-year-old grandchild, Solome. Muka is a strong advocate for vaccines to protect kids against diseases such as measles and polio—and has typically taken his grandchildren to the clinic when it’s time to get their shots. Photo by Brad Zerivitz/American Red Cross

“When we see the Red Cross, we see lifesavers,” said Funwell Muka, a grandfather and farmer living in rural

Zambia. Muka is the cherished patriarch whose extended family gets together on Sundays to shell nuts, play and talk. He’s a strong advocate for vaccines to protect kids against diseases such as measles and polio and has taken his grandchildren

to the clinic on foot to get their shots. Muka just got a motorcycle, a first for the family, and he’s proud that it will expedite the family’s trip to the health center and market.

Here in the U.S., Red Cross nurses provide community education and educate legislators about the M&RP. Red Cross nurses have been invaluable in reaching out to key members of Congress to raise awareness of the continued global disease burden due to measles and rubella and advocate for continued U.S. government support. (See “Red Cross Nurses Continue to Educate Congress on the Need for Global Immunization Programs” in this newsletter.)

**HOW YOU CAN HELP** It costs about \$2 to vaccinate a child. To join the global flight, text PREVENT to 90999 to give \$10 to the Red Cross and help us vaccinate children against measles. With just \$10 you can save the lives of 5 children. Please consider making a donation today to support this important effort. [Learn more about this important effort here.](#)

## Red Cross Nurses Continue to Educate Congress on the Need for Global Immunization Programs

James Noe, Program Manager, Measles & Rubella Partnership

Building upon the partnership that began in 2016, Red Cross nurses have continued their support of the American Red Cross’ Measles & Rubella Partnership (M&RP) by engaging key members of Congress to raise awareness of the ongoing global disease burden due to measles and rubella, and advocate for continued support for M&RP through the U.S. CDC.

While a [recent joint report](#) from the World Health Organization and UNICEF found that the coverage levels for many routine immunizations have made significant progress in recovering from the severe negative impacts caused by the COVID-19 pandemic, returning measles coverage to pre-pandemic levels has been slower. It is estimated that in 2022, 21.9 million children did not receive



their first dose of measles containing vaccine, while 13.3 million missed their required second dose. This significant immunization gap has led to an increase in measles outbreaks in countries around the world.

Between May 2021 and June 2023, the number of large or disruptive measles outbreaks occurring each month has more than doubled from 17 to 37. Red Cross nurses are helping the M&RP share this information with key policymakers and urging them to provide additional resources to the CDC’s Measles and Rubella Elimination programs.

Focusing on reaching members of the Senate Health, Education, Labor, and Pension (HELP) Committee, which appropriates funds to the CDC, starting in January of this year Red Cross nurses

were recruited as Volunteer Health Educators from the committee member's home states. By utilizing the constituents of each Senator, we have found that the messages delivered by the nurses carry more weight. While not able to identify a volunteer in all 21 states of the committee members, we successfully recruited 16 volunteers from 14 states who were later trained to deliver key messages during visits with their local Senate offices. While not all of the volunteers were able to secure meetings due to the availability of Senate staff, in total 9 visits were successfully conducted with positive responses of support reported from each.

In addition to the in-state visits, nurses also participated in a February Hill Day event in Washington, D.C. Organized by one of our partners in the M&RP, the UN Foundation's Shot@Life, two Red Cross nurses joined advocates from 34 states to meet with more than 140 offices from both the Senate and the House of Representatives. During their meetings the nurses helped to provide

## Public Health: A Career of Leading and Serving

Throughout childhood and adolescence, Dr. Carolyn Nganga-Good watched her mother open the doors of their home to provide a place for extended family and friends to sojourn. Her mother's compassion and generosity to family, friends and the community sowed seeds in Nganga-Good that influenced her career and leadership in public health nursing and a lifestyle of service to populations nationally and globally.

Carolyn Nganga-Good, DrPH, MS, RN lists her mother as the first mentor from whom she learned to pursue the well-being and health of people. So, it was no surprise that Nganga-Good discovered a career in nursing would serve her pursuit. From her early career work in the Baltimore City Health Department STD/HIV Prevention Program, she learned to meet people where they are, and this mindset resulted in her leading a team to implement the first routine HIV testing program in Baltimore City emergency departments.

Nganga-Good says her professional journey has been catalyzed by mentors and sponsors, along with family members who supported her curiosity

education on the global impacts of vaccine preventable diseases, highlighting measles and rubella, and explaining why U.S. support is so critical for saving lives both in the U.S. and abroad. The participation of the Red Cross nurses was greatly appreciated by the event hosts and discussions are already underway to make this an annual occurrence.

Through their work in 2023 Red Cross nurses once again demonstrated their commitment to protecting children everywhere from vaccine preventable diseases. As representatives of our organization and experts on health, nurses continue to be invaluable in raising awareness and delivering the key messages of the M&RP.

If interested in learning more about the M&RP or being added to our roster of Volunteer Health Educators, please contact us at [measles@redcross.org](mailto:measles@redcross.org).

### Donna Mazyck, MS, RN, NCSN, CAE, FNASN



Dr. Carolyn Nganga-Good

and career growth. As a graduate student at the University of Maryland School of Nursing, Nganga-Good shared with a professor that she was surprised at not being taught about the issues related to global health, to which her professor, Dr. Jeffrey Johnson, said "Do something about it." Dr. Johnson connected Nganga-Good with two other students and the three of them founded

Nurses for Global Health – a student-led group formed to create awareness and make a positive difference in global health.

Nganga-Good describes herself as a life-long learner. Her commitment to public health found a home in her selection as a Robert Wood Johnson Foundation Public Health Nurse Leader and participation in the leadership development program. During that program, Nganga-Good teamed up with her mentor/sponsor Dr. Pat McClaine to complete a state public health nurse workforce study. That work revealed the need for nurses to use their voices to advocate for the health of the public. From that work, meeting Dr. Linda MacIntyre opened a pathway to volunteer leadership with the American Red Cross.

Within the Red Cross, Nganga-Good serves as Chair and Nursing Network Advisor for the International Services Sub-committee and as the Vice Chair of the National Nursing Committee. She provides leadership support to International Services' Measles and Rubella Initiative, Restoring Family Links Program, and other activities that need nursing support. Nganga-Good assists in recruiting and preparing nurses to participate in the Nurse Advocacy Program that conducts congressional office visits to advocate for Measles and Rubella Initiative funding. She is a Red Cross HeartMath® trainer (a science-based wellness and resilience program) and provides sessions to Red Cross staff and volunteers. In addition, Nganga-Good participates in the Federal Nursing Service Council, as one of the Red Cross representatives on behalf of the Chief Nurse. The Council membership consists of the U.S. Army, Navy, Air Force, National Guard and Reserve, Public Health Corps, American Red Cross, Department of

Veteran's Affairs, Uniformed Services University of the Health Sciences Graduate School of Nursing and the Defense Health Agency. The council brings together collective leadership and expertise to advance and strengthen professional nursing and enhance partners among federal agencies and the American Red Cross.

Throughout her leadership journey, Dr. Carolyn Nganga-Good learned principles that she shares with others. She has learned to have a teachable spirit, to invest in herself, and to be the leader that others would want to follow. She continues to surround herself with a social network who encourage and challenge her to be fully herself. Nganga-Good's workplace and volunteer roles give her opportunities to listen to people, hear their ideas, and gain a broader perspective of what is happening. She first learned this with her mother. That learning and that leadership continues.

## 2023 Jane Delano Nursing Student Scholarship Recipient, Lakyn Webb, MSA, BSN, RN

I am a recent graduate with honors from the BSN program at the University of Arkansas for Medical Sciences (UAMS). During my time in school, I had the privilege of volunteering with the American Red Cross for over two years. In that time, I contributed over 4,500 hours of service in various roles such as Public Affairs Writer/Blogger, Disaster Action Team Member, Disaster Health Service (DHS)



Webb served at a shelter after an EF3 tornado

Associate, and Disaster Health Service Team Leader.

My volunteer work allowed me to make a positive impact on my community by assisting

during times of disaster. In March of 2023, while I was still in nursing school clinicals, an EF3 tornado hit my hometown. I was the first DHS volunteer on the scene for DR243-23, and I spent thirty days working at a Red Cross shelter to provide aid. My community recognized my civic and community activities, and I was honored with UAMS'

Nightingale Award upon graduation.

As a new graduate nurse at the Central Arkansas Veterans Health Care System, I am grateful for the mentorship and guidance I received from the exceptional healthcare professionals at the Red Cross. Their support has motivated me to continue my education and pursue a PhD in nursing with a focus on disaster nursing. Thanks to the Jane Delano Nursing Student Scholarship, I will begin my PhD studies at UAMS this August. I am looking forward to a long partnership with the American Red Cross.



Lakyn Webb at graduation

*The [Jane Delano Nursing Student Scholarship](#) was established to promote nursing as a career and to promote the involvement of new nurses in the American Red Cross. The award is supported in the memory of Carol Fox Martin. The other 2023 recipient is Allan Mazurak, of the Central and South Texas Region, who is enrolled in the University of the Incarnate Word in San Antonio, Texas.*

## Serving is What She Does: Fran's Story

Brian Williamsen, Illinois Region Communications Manager

For more than 40 years, Fran Lenhart, RN, has served as a volunteer for the American Red Cross.

Her mother worked for the Red Cross in Morgan County, Illinois and introduced her to volunteering while Fran was a freshman in nursing school. Along the way, she has served in numerous capacities, including disaster response, teaching first aid, CPR and babysitting along with other roles.

“What I like about it as far as being a nurse is, there is such a variety of things,” Lenhart said. “The only other thing besides a nurse I ever thought about being was a teacher, and this gave me the opportunity to teach.”

The long time Red Crosser looks forward to training and mentoring others, as she continues her volunteer service. She recently became a board member of the South Central Illinois chapter and is prepared to deploy to disasters, wherever she is needed.



Fran Lenhart, RN: “My favorite parts are helping others or teaching them things that might save their life – and the people you meet, the people you work with and the people you help.”

Lenhart’s dedication to service and willingness to give of herself recently earned her a great honor. She received the Clara Barton Award in the Illinois Region for her selfless efforts. “I was real surprised and it’s just an honor to get it,” she said.

She gives many reasons for why she continues serving as a Red Cross volunteer, including personal growth and gaining leadership skills along the way. She encourages others to consider volunteering. “It keeps me going, I really enjoy it. It’s how I was raised, to do stuff for others and it gives you the opportunity to do so much. If you get tired of one thing, you try something else. I love it.”

The Red Cross asks that people consider joining our volunteer ranks to help fill an acute need as the climate crisis worsens and the need for shelter, hot meals, health services and emotional support grows. Visit [redcross.org/volunteertoday](https://www.redcross.org/volunteertoday) to get started. Training is free, but the hope you provide as a Red Cross volunteer to people in need is priceless.

## ILCOR Welcomes International Federation of Red Cross and Red Crescent Societies as Collaborating Member

Marie Manning, APR

The International Liaison Committee on Resuscitation (ILCOR), the leading forum for liaison between principal resuscitation organizations worldwide, officially welcomed the International Federation of Red Cross and Red Crescent Societies (IFRC) this month as a collaborating member. The American Red Cross, in cooperation with IFRC, will sponsor seven members of its Scientific Advisory Council in strategic committees and task forces, including ILCOR’s Scientific Advisory Committee, its First Aid Task Force and its Pediatric Advanced Life Support Task Force.

With a vision of saving more lives globally, member organizations hold responsibility for creating, promoting, disseminating and advocating for international implementation of evidence-based resuscitation and first aid science. The

organization’s resuscitation and first aid guidelines are developed through rigorous and continuous evidence evaluation of scientific literature that is then disseminated in science and treatment recommendations on a near-annual basis.



“It is fitting that the world’s largest humanitarian network dedicated to saving lives and changing minds is now coupled with the world’s most prestigious body on resuscitation science,” said Nici Singletary, co-chair of the American Red Cross Scientific Advisory Council. “The Red Cross’s long history of research and curriculum innovations in first aid and resuscitation science is totally aligned with ILCOR’s mission. It is an honor to be part of this upstanding organization.”

Videos are available explaining the importance of becoming a [collaborating member of ILCOR](#) and on the [science behind Red Cross courses](#).

Visit [redcross.org/science](http://redcross.org/science) to learn more about the

science behind Red Cross courses. For more information on Red Cross Resuscitation Suite™ courses in Basic Life Support, Advanced Life Support and Pediatric Advanced Life support, visit [redcross.org/healthcare](http://redcross.org/healthcare) or [healthstream.com/redcross](http://healthstream.com/redcross).

## Red Cross First Aid App Updates

Accidents happen. That's why it's important to have lifesaving information at your fingertips so you can respond with confidence. The free Red Cross First Aid mobile app puts expert advice for common emergencies in the palm of your hand. New features include a call 911 button, hospital finder and metronome for



practicing CPR. If you have the First Aid app already, the updates are automatically added. You can download it now from [redcross.org/apps](http://redcross.org/apps) or the App Store and Google Play by searching "Red Cross First Aid." You can also read a [blog](#) on the app's new features on Red Cross Chat.

Marie Manning, APR

## American Red Cross and American Society of Anesthesiologists Release New Courses for Medical Professionals Administering Conscious Sedation

The American Red Cross announced the expansion of its healthcare portfolio, a sedation education program that meets certification and licensing requirements for certain medical professionals administering moderate (conscious) sedation. The two new courses, *Procedural Sedation for Adults* and *Procedural Sedation for Pediatrics*, were developed in collaboration with the American Society of Anesthesiologists (ASA).

Both courses provide non-anesthesia healthcare professionals with the most current science- and evidence-based practices consistent with ASA and American Academy of Pediatrics guidelines for safe sedation at a moderate level. With a strong focus on patient safety and risk mitigation, these courses also meet the moderate sedation standards and regulatory requirements as directed by The Joint Commission and Centers for Medicare & Medicaid Services.

"Expanding our healthcare portfolio further strengthens our vision of offering innovative and adaptive solutions that optimize patient outcomes across the healthcare continuum," said Nici Singletary, MD, co-chair of the Red Cross Scientific



The courses are for non-anesthesia healthcare professionals who administer conscious sedation.

Advisory Council. "These courses are an example of high-quality programs offered by the Red Cross – programs that allow healthcare professionals to train to a higher standard."

Both courses provide competency-based education, incorporating patient safety and regulatory standards prior to, during, and after

moderate sedation administration. The content of *Procedural Sedation for Pediatrics* focuses on developmentally appropriate sedation care of the pediatric patient, from infancy through adolescence. Highly specialized patient populations such as the premature and newborn are not included in this course.

The innovative learning methodology applied in each course uses an adaptive training solution to provide a tailored learning experience that objectively assesses and improves skills competency while reducing operational impact. For experienced learners, the competency-based assessment could allow for course completion in as little as 45 minutes. Complementary course material is also available to support novice learners and remediation needs.

Marie Manning, APR

Visit [redcross.org/Sedation](https://www.redcross.org/Sedation) for more information on *Procedural Sedation for Adults* and *Procedural Sedation for Pediatrics* or watch this [video](#)

summation to learn more about the course design and content.

## In Memoriam: Jane Morgan, Red Cross Nurse and Leader

Susan “Jane” Morgan, who retired from the American Red Cross in 2013, passed away this month in Arkansas. Morgan’s obituary can be read [here](#). In the words of Tim Serban, Disaster Cycle Services National Lead for Disaster Spiritual Care:

“Jane Morgan was instrumental in establishing Disaster Mental Health and within a relatively short time Jane led the implementation of Disaster Spiritual Care as we know it. She was instrumental in responding to the request of the U.S. Congress and NTSB to answer the call of the families of TWA flight 800 when they said in their grief they were missing: Mental Health support, Spiritual support and Childcare support following that tragedy off Long Island, New York.

It was Jane’s brilliant operational gifts and collaborative effort that set-in motion the start of Disaster Spiritual Care in 1997 by reaching out to national professional chaplaincy partners to gather in D.C. to begin work on the response to the Federal Aviation Act. Within two years formal training was led by the American Red Cross under Jane’s leadership to ensure families and victims of

transportation disasters were afforded the highest level of appropriate and respectful spiritual care in the face of overwhelming grief.

Jane was the epitome of professionalism, collaboration and respectful care of the whole person body mind and spirit. Through her leadership the American Red Cross was remarkably positioned to support America in the face of all our nation’s aviation tragedies, especially through our nation’s greatest tragedy 9/11 our teams were deployed and responded to each center of gravity, New York’s World Trade Centers, the Pentagon and Shanksville, Pennsylvania. Families were afforded the opportunity to be accompanied by our teams as they set out to honor and see the place where their loved ones last lived.

She was the recipient of some of Red Cross’s highest honors for her humanitarian leadership and she did so with great humility, strong resolve and deep compassion. Her smile, genuine joy and love of humanity was reflected in every fiber of her being.”

We honor Jane Morgan’s life and her many years of service to the Red Cross; she will be missed.

## In Memoriam: Tess Sheil, Red Cross Nurse, Greater New York and Illinois Regions

If you visit the American Red Cross Metro New York North Chapter Headquarters, you might stop in the Tess Sheil Café, where a tribute plaque honors the café’s namesake:

“Theresa “Tess” Sheil began volunteering for the American Red Cross in the 1960s as a lifeguard, and over the next nearly six decades, she faithfully gave of her time and talents in the two places she called home: the Quad Cities and West Central Illinois Chapter and the Greater New York Region.



“It’s a place I know where I can make the world a better place.

The goal for my entire career was to leave the world better than I came into it and I can do that at the Red Cross.”

Tess Sheil, 2022 Recipient, Clara Barton Award for incredible volunteer commitment and humanitarianism

As a registered nurse and health services volunteer, as well as a Disaster Mental Health volunteer, she logged thousands of hours and touched countless lives.

As a leader and instructor for Disaster

Cycle Services and Volunteer Services both regionally and nationally, her unending patience and knack for relating to volunteers were renowned.

As an advocate and staff relations regional program lead for both the Greater New York and Illinois Regions, she expertly helped resolve complex

situations with grace and fairness.

Tess was an authentic, dedicated and inspiring humanitarian and a good friend to many. We aspire to her model of service, and we miss her every day.”

## August is Make-A-Will Month

Being prepared is a key principle of the American Red Cross. So, throughout the month of August, we are encouraging everyone to plan ahead and organize their financial affairs.

When you think about your estate plan you may have choices to consider. Fortunately, it is easy to make sure your bequest to the American Red Cross is just right for you and your family. A gift through your will or trust or by beneficiary designation can be any size. What matters is that your gift fits your unique family and financial circumstances.

With a charitable bequest you can specify a dollar amount or certain percentage of your estate or retirement plan. You may also leave specific property, such as real estate. If you prefer, you can specify that your gift to the Red Cross is made only after all other bequests are complete. Or, if you are uncertain, you can make a bequest gift contingent on certain events occurring or not.

Sometimes people think bequest gifts have to be very large to be meaningful. Nothing could be further from the truth! The Red Cross appreciates

Tess Sheil died in [August, 2022](#), but her memory lives on in the hearts and minds of those she served and worked with throughout her long career of service, as well as in the café dedicated in May to her memory.

**Candace Roosevelt, MAN, MBA**

every bequest, large or small. Each gift allows us to help people in need every day.

If you would like to remember the Red Cross in your will, gifts can be designated to the American National Red Cross, a local Red Cross chapter, and/or a specific line of service. The Red Cross honors a donor's stated intent in the use of a gift. We welcome you to contact us if you would like to support our mission by creating your own legacy. If you have already included the Red Cross in your estate plans, please let us know so that we can welcome you to our Legacy Society.

*For information, please contact Sr. Gift Planning Officer, Candace Roosevelt at 617-306-3875 or by email at [candace.roosevelt@redcross.org](mailto:candace.roosevelt@redcross.org).*

AMERICAN RED CROSS National Nursing Committee Heritage Sub-Committee Members: Vivian Littlefield, Chair; Elizabeth Kazmier, Editor; Molly Dalton; Bill Darr; Donna Dorsey; Linda MacIntyre; April Matthias; Candace Roosevelt; Cheryl Schmidt



### **Help us connect 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 and/or 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!**