

American Red Cross

Western Colorado Chapter
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AMERICAN RED CROSS MISSION

The American Red Cross, a humanitarian organization led by volunteers and guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement, will provide relief to victims of disasters and help people prevent, prepare for and respond to emergencies.

Director's Corner



Jean M. Hermanson

As always, I am honored to work with an amazing group of employees and volunteers and with a community that cares so deeply about others. Thank you again **Alpine Bank** for your tremendous effort that raised more than \$393,000 for hurricane relief. Thank you to **Maranatha** and **Cumulus** radio broadcast companies, the **Daily Sentinel**, **Grand Junction Free Press**, **KKCO**, **KREX** and **KJCT** for raising money and accurately reporting about Red Cross services. **Kimberly Bullin**, Mesa County Emergency Management Director and **Nancy Stalf**, Executive Director of the United Way of Mesa County...your continued assistance and support is greatly appreciated. And, a very special Thank You to **Bruce Skalicky**, **Grand Valley National Bank** – you are the greatest!

Country Western Artists Perform Benefit

Concert for Red Cross

Country western music fans enjoyed the talent of home grown artists Jay Ketchem and the Texas Moon band on November 15th, and helped raise funds for the American Red Cross in the process. All proceeds from the concert help local Red Cross services benefiting western Colorado families. Our deepest gratitude goes to Jay Ketchem, Texas Moon, the Avalon Theater and event sponsors including the Bank of Colorado, KEKB 99.9 FM, Kiss Country 105.3 FM, and The Moose 100.7 FM

You are Invited Not to Attend

Trade in your black tie for an evening of joy and laughter with your loved ones during the annual

American Red Cross No Show Holiday Ball

We request the pleasure of knowing you are enjoying an evening at home while making a contribution to the American Red Cross, Western Colorado Chapter.

Please R.S.V.P. Generously

Our Board of Directors has joined us in not planning this event. They have ignored the menu, entertainment, decorations and auction. Instead, they have committed themselves to help provide American Red Cross services to residents of western Colorado.



This issue of the Western Colorado Chapter's **CROSSNEWS** is sponsored by:

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To reach your family in times of emergency, call the Western Colorado Chapter at:

970-242-4851 or toll-free at **888-545-7800**

Volunteer Profile

Jean Browning



On a mild October morning, Jean Browning is at the Red Cross's Western Colorado Chapter office, calling potential volunteers to schedule disaster relief training. "I bill it as an all-expenses-paid trip to Louisiana with none of the amenities of home," she says with a laugh.

Since Hurricane Katrina hit, 50 people from the Western Colorado Chapter have been trained in Mass Care and Family Services, and deployed to the Gulf Coast region. "I am so impressed with the people who've come in, and the employers who let their employees take time off," she says.

Jean began volunteering at the Red Cross four years ago after the 9/11 attacks. At first, she worked at the Red Cross reception desk, and then signed up for disaster care classes. Since then, she has been deployed to several regional and national relief efforts. Now Jean serves as the local volunteer coordinator and as a member of the local Red Cross Disaster Assessment Team, in order to stay close to her Glade Park home and take care of her 88-year-old mother.

Jean encourages those thinking about volunteering to go ahead and call the Red Cross office in Grand Junction. "There is always a great need," she says. "We will put you to work."

Jim Duke



What started as a desire to do something worthy while spending time with his wife reminded Jim Duke how to be flexible. One year ago, Jim and wife Donna signed up as Red Cross volunteers in Montrose County. Jim was trained and certified as a Disaster Assessment Team captain, Donna as a public affairs officer. The couple put their skills to work responding to local emergencies until August 29, 2005, when Hurricane Katrina struck the Gulf Coast region.

After 22 years together, Jim and Donna endured the longest time apart in their marriage while Jim spent three weeks in Montgomery, Alabama, shuttling supplies, relocating hurricane evacuees from Meridian, Mississippi, and setting up supply warehouses. "I didn't do anything that I was trained for, and that's okay. It's all about being flexible," Jim says.

When Jim came home in September, emotionally drained, he still couldn't shake the need to return and help again. On October 11, Jim flew to Houston, where he spent another three weeks doing whatever else the Red Cross needed him to do. In spite of the hardship and heartache, Jim says being a Red Cross volunteer is, simply, "very worthwhile."

Helen Stephens



When disaster strikes, the Red Cross reaches out to help victims recover their lives and dignity. But when the Red Cross's volunteers come home, often they need help, too. Helen Stephens is ready for them.

Like many Red Cross volunteers, Helen signed up after the 9/11 attacks. As a retired minister and part-time spirituality and meditation counselor in Grand Junction, Helen chose to focus on providing spiritual care and mental health services. Her expertise has been especially necessary for more than 120 evacuated families from the Gulf Coast area and local Red Cross relief volunteers.

For disaster victims Helen first conducts a standard debriefing to help them through their natural grief. Then the process of finding a place to stay and employment begins. Helen says that most of the evacuated Hurricane Katrina families are adjusting well under the circumstances and some plan to relocate permanently in western Colorado. She says the most challenging part of her work is debriefing the volunteers who come back from relief assignments. "I find that when they tell me about their experiences and they cry, the experiences are so horrendous that I cry with them," she says.

Helen adds that the magnitude of the recent hurricane relief efforts in the Gulf Coast area means there is an even greater need for mental health volunteers from our area. "After the wounds are dressed and the dead are buried, the reality sets in and the need for mental health workers begins," she says.



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Western Colorado Chapter

Fall 2005

CROSSNEWS

Local youth benefit from collaboration between Red Cross, American Medical Response and Mesa State College students

More than 100 Grand Junction area youth are learning how to save lives, thanks to a collaborative pilot program spear-headed by the American Red Cross, American Medical Response (AMR) and Mesa State College's Medical Sciences Club.

The partnership was the brainchild of Joe Adragna, President of the Mesa State Medical Sciences Club, who also is a Red Cross volunteer instructor and Emergency Medical Technician (EMT). The program provides Basic Aid Training to elementary school students and youth organizations at no cost, thanks to contributions from the Medical Sciences Club and AMR.

The program was initiated September 20th at the New Emerson School and at Tope Elementary School in Grand Junction. There, third and fourth grade students dedicated one hour a week for

six weeks to learn first aid skills. Tamara Morris, Preparedness Director for the American Red Cross, Western Colorado Chapter, says "the youngsters are learning basic safety and first aid procedures, including how to help when someone has trouble breathing, if they are bleeding, have been burned, or are in shock."

Morris adds that, thanks to the dedication of the partners involved, she expects to continue reaching more youth next year. "The dedication of our partners is amazing. Because of the volunteer and financial support of Mesa State's Medical Sciences Club and American Medical Response, we are confident that we will continue to teach more youth to save lives."

As a leader in ambulance services in the Grand Junction area, American Medical Response provided immediate



AMERICAN MEDICAL RESPONSE®

emergency care to over 6,000 individuals in 2004. With its main headquarters near Denver, AMR supports more than 250 community-based AMR operations nationwide.

The American Red Cross offers comprehensive training programs in First Aid and CPR. Last year, the Western Colorado Chapter provided health and safety training to more than 10,000 individuals in 10 western Colorado counties.

Katrina hurries partnership between Red Cross, RSVP

When Hurricane Katrina struck Louisiana and Mississippi on August 29, an idea to coordinate emergency medical relief efforts became a reality for the Western Colorado Chapter and the Retired and Senior Volunteer Program (RSVP) of Mesa County.

"Just three weeks before Katrina hit," explains Beverly Kolkman, Homeland Defense Project Manager for RSVP of Mesa County, "Jean Hermanson and I were talking about how RSVP's Medical Reserve Corps could work with the Red Cross."

The national Medical Reserve Corps (MRC) was established in 2002 following the September 11, 2001 terror attacks.

Kolkman says "until Hurricane Katrina hit, local MRC volunteers primarily helped with flu clinics and distributed information about local health issues, such as West Nile Virus." When August 29th revealed the need for a concerted local response to national medical relief efforts, the fledgling partnership between the Red Cross and RSVP took flight.

"It's amazing how fast things came together," says Kolkman. For more than a month, Kolkman and other RSVP staff members worked daily at the Red Cross's Grand Junction office to verify volunteers' medical credentials and complete background checks before sending them to Red Cross relief sites in the Gulf Coast area.



Twenty-six Medical Reserve Corps volunteers have been deployed so far from the Grand Junction area to 7 southern states and the Red Cross's headquarters in Virginia. Kolkman says each one of the volunteers who have returned home say the experience was heart-breaking, but "very rewarding."

Individuals who are interested in serving in the MRC, or the Community Emergency Response Team (CERT), should call Beverly Kolkman at RSVP of Mesa County at (970) 243-9839.

Class Calendar

Health & Safety Classes

CPR and First Aid – part 1	11/01/05	6 pm -10 pm
CPR and First Aid – part 2	11/03/05	6 pm -10 pm
CPR Review	11/02/05	6 pm -10 pm
First Aid	11/08/05	6 pm -10 pm
CPR Challenge	11/09/05	6 pm -10 pm
Preventing Disease Transmission	11/10/05	6 pm -10 pm
CPR and First Aid – part 1	11/15/05	6 pm -10 pm
CPR and First Aid – part 2	11/17/05	6 pm -10 pm
First Aid Challenge	11/29/05	6 pm -10 pm
CPR and First Aid	11/30/05	8 am - 5 pm
Instructor Course – part 1	11/18/05	6 pm -10 pm
Instructor Course – part 2	11/19/05	8 am - 5 pm
Instructor Course – part 3	11/20/05	8 am - 5 pm
CPR for the Professional Rescuer	12/03/05	8 am - 5 pm
CPR and First Aid – part 1	12/06/05	6 pm -10 pm
CPR and First Aid – part 2	12/08/05	6 pm -10 pm
CPR Review	12/07/05	6 pm -10 pm
First Aid	12/13/05	6 pm -10 pm
CPR Challenge	12/14/05	6 pm -10 pm
Preventing Disease Transmission	12/15/05	6 pm -10 pm
CPR and First Aid	12/17/05	8 am - 5 pm
CPR and First Aid	12/21/05	8 am - 5 pm
Instructor Course for Emergency Response – part 1	12/10/05	8 am - 5 pm
Instructor Course for Emergency Response – part 2	12/11/05	8 am - 5 pm

Disaster Services Classes

Introduction & Orientation	11/30/05	6 pm – 9 pm
Community Services	12/07/05	6 pm – 9 pm
Family Services	12/10/05	8 am – 5 pm
Shelter Operations	12/14/05	6 pm – 9 pm
Disaster Assessment	12/21/05	6 pm – 9 pm

Community Disaster Education



Our Emergency Services department is responsible for helping people prepare for and prevent disasters in addition to responding to disasters when they occur. Classes and workshops are offered free of charge for community groups and government agencies in disaster preparedness planning and in creating disaster kits.

The presentation is molded to your interests. You tell us what you want to learn about...

The Presentation can be as little as 10 minutes or as much as an hour.

To find out more about Community Disaster Education presentations or to schedule a presentation for your community group or organization, please contact us at: 242-4851 or toll free 1-888-545-7800



Preparedness Programs are funded in part by



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