



**American  
Red Cross**

Central Prairie Chapter  
Serving Morgan, Cass, Scott and Greene Counties

## COMMUNITY CLASSES & PROGRAMS

*January 2010 - June 2010*

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### *Volunteer Opportunities...*

*Board Member*

*Disaster Action Team Member*

*First Aid & CPR Instructor*

*Fundraising*

*Special Events*

*National Response Volunteer*

*Youth Volunteer*

*Health & Safety Instructor*

Call 243-6641 to learn  
how to become a volunteer.

### *Community Disaster Education*

The American Red Cross offers **free** presentations covering general Disaster Preparedness and can focus the topic specifically to Fire Safety, First Aid, Tornado Safety, Water Safety and Winter Storms. These presentations are flexible for all ages ranging from grades Pre-K through 12th. Call 243-6641 to set up a time for a Red Cross representative to give a free presentation to your business, classroom or community group today!

### *Volunteer Today!*



This past summer President Obama announced the beginning of a volunteer service campaign, United We Serve. The goal of the campaign is to meet community needs and make voluntary service a way of life for everyone.

The American Red Cross is the largest volunteer organization in the U.S. We depend on volunteers so we can carry out our mission of helping people prevent, prepare for and respond to emergencies.

There are many ways you can make a difference in your community by volunteering with the American Red Cross. You can respond to local disasters such as house fires, deploy on national disaster responses to help other communities recover, teach the lifesaving skills of CPR and First Aid, deliver meals, help with office tasks, educate people about disaster preparedness, and assist with special events and fundraisers. For more information about volunteering, call 243-6641.

### *House Fires: Silent Disasters*



*A recent fire destroyed this home in our community.*

The mission of the American Red Cross is to provide relief to victims of disasters and help people prevent, prepare for and respond to emergencies. While the Red Cross often makes headlines for our work in high-profile disasters, such as hurricanes and tornadoes, you do not often hear about the fires we respond to on a routine basis, which is why these incidents are "silent disasters."

American Red Cross volunteers respond immediately to assist families affected by disasters. Families are provided assistance with food, clothing, shelter, medications, emotional support and other emergency needs. **The Red Cross encourages the community to take the following steps to be prepared for fires.**

- *Install a smoke alarm outside each sleeping area and on each additional level of your home.*
- *If people sleep with doors closed, install smoke alarms inside sleeping areas.*
- *Use the test button to check each smoke alarm once a month. When necessary, replace batteries immediately. Replace all batteries at least once a year.*
- *Replace your smoke alarms every ten years.*
- *Consider having one or more working fire extinguishers in your home. Get training from the fire department in how to use them.*

# COMMUNITY HEALTH & SAFETY

Course	Date	Time	Location
<p><b>*Adult CPR/AED \$25.00</b></p> <p>This course includes recognizing and caring for breathing and cardiac emergencies in ADULTS. Training also includes proper use of an automated external defibrillator (AED) on a victim of sudden cardiac arrest.</p> <p><i>*see below for special pricing*</i></p>	<p><u>Thursdays</u> Jan 14 Feb 11 March 11 April 15 May 13 June 10</p>	6:00 pm - 9:00 pm	Central Prairie American Red Cross
<p><b>*First Aid \$25.00</b></p> <p>Teaches participants to recognize and care for cuts, scrapes, bruises, burns, bleeding, sprains and strains; treat sudden illnesses, including, poisonings and heat and cold Emergencies; and minimize the effects of shock.</p> <p><i>*see below for special pricing*</i></p>	<p><u>Thursdays</u> Jan 21 Feb 18 March 18 April 22 May 20 June 17</p>	6:00 pm - 9:00 pm	Central Prairie American Red Cross
<p><b>*Child CPR&amp; Infant CPR \$25.00</b></p> <p>Targets prevention, skills in rescue breathing, and CPR, specific to infants up to 12 months of age and children ages 1 to 8 years.</p> <p><i>*see below for special pricing*</i></p>	<p><u>Tuesdays</u> Jan 19 Feb 16 March 16 April 20 May 18 June 15</p>	6:00 pm - 9:00 pm	Central Prairie American Red Cross
<p><b>CPR/AED for the Professional Rescuer \$50.00</b></p> <p>Prepares first-responders, lifeguards and healthcare providers to respond to emergencies as part of job-related duties. Includes mask valued at \$14.00.</p>	May Call for dates	6:00 pm - 9:00 pm	Central Prairie American Red Cross
<p><b>CPR/AED for the Professional Rescuer Recertification \$30.00</b></p>	May Call for dates	6:00 pm - 10:00 pm	Central Prairie American Red Cross
<p><b>Babysitter's Training \$15.00</b></p> <p>Min. Age Requirement: 11 yrs. Provides skills necessary in developing safe and responsible care for children in absence of guardians. <i>Please bring a sack lunch</i></p>	Call for dates	9:00 am - 4:00 pm	Central Prairie American Red Cross or TBA
<p><b>Instructor Training \$125.00</b></p> <p>A three day course providing individuals with certification and authorization to teach FA/CPR/AED.</p>	Call for dates	8:00 am - 4:00 pm	Central Prairie American Red Cross
<p><b>Adult/Infant/Child/First Aid Recertification \$30.00</b></p> <p>Required to pass written test and accurately demonstrate skills without review or help from instructor.</p>	<p><u>Thursdays</u> Jan 7 Feb 4 March 4 April 8 May 6 June 3</p>	Adult 6:00 pm Infant/Child 7:00pm First Aid 8:00pm	Central Prairie American Red Cross

**REGISTER NOW!**

**\*Pre-registration is required for all courses/ programs. Courses that have fees, must be pre-paid. For more information or additional registration forms, please call (217) 243-6641.**

Course	Date	Time	Location	Price
Adult CPR/AED only				\$25.00*
Infant/Child CPR/AED only				\$25.00*
First Aid only				\$25.00*
CPR/AED for the Professional Rescuer				\$50.00
Write in other class				

\*Special Pricing: Any 2 course combinations-\$30/All 3 courses-\$35

TOTAL COST \$

Participant(s) Name: \_\_\_\_\_

Address: \_\_\_\_\_  
City State Zip Code

Allergies or medical conditions: \_\_\_\_\_

Parent or guardian name (if under 18): \_\_\_\_\_

If you are taking a class to fulfill a work requirement, please list employer: \_\_\_\_\_

**PAYMENT INFO**

Cash/Check enclosed

**NOTE:** Cancellations must be received at least 3 working days prior to the course date. There is a \$5.00 administration fee for cancellations. If the Red Cross has to cancel a class due to unforeseen circumstances, attempts will be made to enroll participants in a future class.

**Release of all claims and information/photo release**

My signature below indicates that I elect to participate in an American Red Cross course. With my participation, I do hereby release and discharge the American Red Cross, Central Prairie Chapter its assignees, officers, agents and employees from any and all liability in the event of an accident or incident. I further certify that my physical condition will enable me to participate fully in the class.

I give to the American Red Cross , its nominees, agents and assigns, unlimited permission to use, publish, and republish for purposes of advertising, trade, or any other lawful use, information about me and reproductions of my likeness (photos) and my voice related to affiliation with the American Red Cross, with or without my name.

Signature (parent/guardian, if under 18): \_\_\_\_\_ Date: \_\_\_\_\_



**American Red Cross Central Prairie Chapter**  
**700 N. Prairie St.**  
**Jacksonville, IL 62650**  
**Phone: (217) 243-6641**  
**Fax: (217) 245-7737**  
**[www.il-redcross.org/centralprairiechapter](http://www.il-redcross.org/centralprairiechapter)**

**American Red Cross**

Central Prairie Chapter

## SUMMER CLASSES

Course	Date	Time	Location
* <b>Swimming Lessons</b> Level 1-6	<u>Mon-Fri</u> June 21-July 2 July 5-16 or July 19-30	10:00 am and 11:00 am	Nichols Park Pool
* <b>Guardstart</b>	<u>Mon-Fri</u> June 21-July 2 July 5-16 or July 19-30	11:00 am	Nichols Park Pool
* <b>Parent/Toddler</b>	<u>Tues and Thurs</u> July 6-29	6:00 pm	Nichols Park Pool
<b>Lifeguard</b>	May Call for dates	TBA	TBA
<b>Lifeguard Recertification</b>	Call for dates	TBA	TBA

\* \$35 first child, \$25 each additional sibling per session

## DISASTER TRAINING

**All classes are held at the American Red Cross, 700 N. Prairie St., Jacksonville, IL 62650**

**Fulfilling Our Mission: Translating Your Compassion into Community Action:** This course is designed to translate participants' care and compassion into community action by assessing how to use their skills and abilities to strengthen the capacity of the community and the Red Cross to better serve people affected by disaster. *(No prerequisites)* \*This course is the prerequisite class for all other disaster classes and must be attended before taking additional classes.

**Client Casework: Providing Emergency Assistance:** Teaches what services are provided to communities during a disaster. Participants will learn the basic forms needed to assist clients, demonstrate skills needed to interview clients, and the appropriate use of referrals and resources. *(Prerequisite: Fulfilling Our Mission)*

Call 217-243-6641 or visit [www.il-redcross.org/centralprairiechapter](http://www.il-redcross.org/centralprairiechapter) for class dates.



**American Red Cross**

Central Prairie Chapter



United Way  
Partner Agency

To register for Disaster or Health & Safety classes, contact 217-243-6641 or [ayording@il-redcross.org](mailto:ayording@il-redcross.org). Additional chapter information may be found on the website at [www.il-redcross.org/centralprairiechapter](http://www.il-redcross.org/centralprairiechapter).

*The Central Prairie Chapter is a Prairie land and Beardtown United Way agency.*