



American Red Cross

Coles and Clark Counties, IL

COMMUNITY CLASSES & PROGRAMS

January 2010 - June 2010

Inside this issue...

CPR/AED & First Aid	2
Babysitter's Training	2
CPR for the Professional Rescuer	2
Instructor Training	2
Re-certifications	2
Course Registration Form	3
Disaster Service Training	4

Heroes Campaign

The American Red Cross Heroes Campaign is a community-wide, grassroots fundraising effort that raises money to assist local disaster victims with food, clothing, shelter, medications, emotional support and other necessities. To find out how you can become a hero and support the campaign, call (217) 345-5166.

Volunteer Opportunities

- Advisory Council Member*
- Disaster Action Team Member*
- First Aid & CPR Instructor*
- Fundraising*
- Special Events*
- National Response Volunteer*
- Youth Club Member*
- Campus Connections Member*
- Blood Drive Volunteer*

Call 345-5166 to learn how to become a volunteer.

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, help with office tasks, educate people about disaster preparedness, and assist with special events and fundraisers such as our Heroes Campaign that raises money for our local disaster relief fund to provide emergency assistance for disaster victims in our community.

House Fires: Silent Disasters



A recent fire destroyed this home..

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.*

HEALTH & SAFETY

Course	Date	Time	Location
<p style="text-align: center;">*Adult CPR/AED \$25.00</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 style="text-align: center;">*see below for special pricing*</p>	<p>M Jan 11 Sat Jan 30 M Feb 8 Sat Feb 20 M March 8 Sat March 27 Sat April 10 M April 12 M May 10 Sat May 22 Sat June 12</p> <p>W Feb 10 W April 14</p> <p>Tu Feb 9 Tu April 6 Tu June 15</p>	<p>9:00 am - 1:00 pm 9:00 am - 1:00 pm 9:00 am - 1:00 pm 9:00 am - 1:00 pm 9:00 am - 1:00 pm 9:00 am - 1:00 pm 9:00 am - 1:00 pm 9:00 am - 1:00 pm 9:00 am - 1:00 pm 9:00 am - 1:00 pm</p> <p>2:00 pm - 6:00 pm 2:00 pm - 6:00 pm</p> <p>5:30 pm - 9:00 pm 5:30 pm - 9:00 pm 5:30 pm - 9:00 pm</p>	American Red Cross
<p style="text-align: center;">*First Aid \$25.00</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 style="text-align: center;">*see below for special pricing*</p>	<p>W Jan 13 Th Feb 11 Tu May 11</p> <p>Tu March 9 Th April 8 W May 12 Th June 17</p>	<p>1:30 pm - 4:00 pm 1:30 pm - 4:00 pm 1:30 pm - 4:00 pm</p> <p>5:30 pm - 8:00 pm 5:30 pm - 8:00 pm 5:30 pm - 8:00 pm 5:30 pm - 8:00 pm</p>	American Red Cross
<p style="text-align: center;">*Child CPR/AED & Infant CPR \$25.00</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 style="text-align: center;">*see below for special pricing*</p>	<p>M Feb 8 M May 10</p> <p>Tu Jan 12 W April 7 W June 16</p>	<p>1:30 pm - 4:30 pm 1:30 pm - 4:30 pm</p> <p>5:30 pm - 8:30 pm 5:30 pm - 8:30 pm 5:30 pm - 8:30 pm</p>	American Red Cross
<p>First Aid/CPR/AED for Schools & the Community \$45.00</p> <p>This course includes Adult CPR/AED, First Aid, Child CPR/AED and Infant CPR.</p>	<p>Sat Jan 30 Sat Feb 20 Sat March 27 Sat April 10 Sat May 22 Sat June 12</p>	<p>9:00 am - 4:00 pm 9:00 am - 4:00 pm 9:00 am - 4:00 pm 9:00 am - 4:00 pm 9:00 am - 4:00 pm 9:00 am - 4:00 pm</p>	American Red Cross
<p>CPR/AED for the Professional Rescuer \$40.00</p> <p>Prepares first-responders, lifeguards and healthcare providers to respond to emergencies as part of job-related duties. Includes mask valued at \$13.95</p>	<p>Tu & Th Feb 2 & 4 Tu & W May 4 & 5</p>	<p>5:30 pm - 9:30 pm (both nights)</p>	American Red Cross
<p>Babysitter's Training \$35.00</p> <p>Min. Age Requirement: 11 yrs. Price includes Babysitter's First Aid Kit. Provides skills necessary in developing safe and responsible care for children in absence of guardians. <i>Please bring a sack lunch</i></p>	<p>M Feb 15 Tu June 8</p>	<p>9:00 am - 4:30 pm 9:00 am - 4:30 pm</p>	American Red Cross
<p>Instructor Training \$175.00</p> <p>A three day course providing individuals with certification and authorization to teach FA/CPR/AED.</p>	<p>W-F Feb 24-Feb 26 (must attend all 3 days)</p>	<p>9:00 am - 4:30 pm</p>	American Red Cross
<p>Adult/Infant/Child/First Aid/ CPR for Professional Rescue Challenge \$20.00 Required to pass written test and accurately demonstrate skills, without review or help.</p>	<p>Call for appointment</p>	<p>Call for appointment</p>	American Red Cross

*Any 2 course combinations-\$35/All 3 courses-\$45



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www.il-redcross.org/coles

American Red Cross
Coles & Clark Counties, IL

DISASTER TRAINING

All classes are held at the American Red Cross, 825 18th St., Charleston

Introduction to Volunteer Services/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)*

Th Jan 21 5:30-9:00pm

Tu Feb 16 5:30-9:00pm

Th April 29 5:30-9:00pm

Th May 20 5:30-9:00pm

Shelter Operations and Simulation: Prepares you to effectively and sensitively manage shelter operations as a team and to meet the needs of people displaced as a result of disaster.

(Prerequisites: Fulfilling Our Mission and Community Services)

Sat March 6 9:00am-4:00pm Sat June 5 9:00am-4:00pm

Fundamentals of Disaster Assessment: The purpose of this course is to introduce the critical role of disaster assessment, explore related preparedness tasks, learn how to collect and communicate disaster assessment information, and become familiar with how disaster assessment information supports management and service delivery decisions. **There is an online component to this course that must be completed before class.*

Sat Feb 13 9:00am-1:00pm

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)*

Sat April 3 9:00am-4:00pm

Sat June 26 9:00am-4:00pm

Mass Care: Basic information about activities such as sheltering and food preparation, distribution, and management during a disaster. Learn more about the Chapter DAT and what disasters traditionally strike our jurisdiction and the chapter's procedure for responding to them. *(Prerequisite: Fulfilling Our Mission)*

Th Feb 18 5:30- 9:00pm

M April 12 5:30-9:00pm

Tu May 18 5:30-9:00pm



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United Way
Partner Agency