



American Red Cross

Coles and Clark Counties, IL

COMMUNITY CLASSES & PROGRAMS

July 2010 –December 2010

In this issue...

CPR/AED & First Aid2
 Babysitter's Training 2
 CPR for the Professional Rescuer ...2
 Instructor Training.....2
 Re-certifications.....2
 Course Registration Form.....3
 Disaster Service Training.....4

Volunteer Opportunities...

- Respond to Disasters*
- Advisory Council Member*
- Teach First Aid/CPR*
- Teach Disaster Preparedness*
- Special Events and Fundraising*
- Youth Club Member*
- Community Walkthroughs*
- Campus Connections Member*
- Help with Daily Office Work*
- Blood Drive Volunteer*

Call 345-5166 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 **(217) 345-5166** to set up a time for a Red Cross representative to give a free presentation to your business, class, or community group today!

Your Time Matters to the Red Cross



Do you think you are too busy to volunteer with the American Red? Think Again! The Coles and Clark Counties Branch Office of the American Red Cross has many volunteer opportunities available, even if you only have an hour to spare. We have a wide variety of activities and encourage families to volunteer together.

The Difference an Hour Can Make

We know that your time is valuable, but we cannot help people prevent, prepare for and respond to emergencies without our volunteers. By spending 45 minutes over a lunch hour to help the Red Cross update a shelter agreement, one of our volunteers ensured that 200 people would have a place to stay if they were displaced by a disaster. By giving a group of children a 30 minute storm safety presentation, one of our volunteers helped keep a child from being scared of future storms.

See opportunities on the left side of the page for more information on how you can make a difference by volunteering for the American Red Cross.

Kitchen Fire Prevention Tips

The Red Cross responds to local disasters, most often as house fires. House fires can be caused by many things, but they often start in the kitchen. These tips will help prevent a kitchen fire.

- Stay in the kitchen when you cook food. If you must leave the kitchen for even a short period of time, turn off the stove.
- Keep anything that can catch on fire-pot holders, oven mitts, wooden utensils, paper or plastic bags 6' away from any appliance in the kitchen that generates heat.
- Clean cooking surfaces to prevent grease buildup
- Always check the kitchen before going to bed or leaving the home to make sure all appliances are turned off.
- Keep kids away from cooking area
- Smoke alarms save lives. Install a smoke alarm near your kitchen, on each level of your home, near sleeping areas and inside and outside bedrooms.



HEALTH & SAFETY

Course	Date	Time	Location
<p>*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><i>*see below for special pricing*</i></p>	<p>Tue July 6 Sat Jan 31 Tue Aug 2 Sat Aug 14 Wed Sept 1 Sat Sept 18 Sat Oct 16 Wed Nov 3 Sat Nov 20</p> <p>Wed Aug 11 Wed Nov 10</p> <p>Tue July 20 Tue Sept 21 Tue Nov 16</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>12:30 pm - 4:30 pm 12:30 pm - 4:30 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>*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><i>*see below for special pricing*</i></p>	<p>Wed July 21 Tue Aug 10 Thur Sept 2</p> <p>Thur Aug 26 Wed Sept 22 Thur Oct 14</p>	<p>1:30 pm - 4:30 pm 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>*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><i>*see below for special pricing*</i></p>	<p>Tue Aug 3 Thur Oct 7</p> <p>Thur July 22 Thur Sept 23</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</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 July 31 Sat Aug 14 Sat Sept 18 Sat Oct 16 Sat Nov 20</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</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>Mon & Tue Oct 18 & 19 Mon & Tue Dec 13 & 14</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.</p> <p>Please bring a sack lunch</p>	<p>Mon Sept 6 Mon Oct 11</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>Wed-Fri Dec 15-17 (must attend all 3 days)</p>	<p>9:00 am - 4:00 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



825 18th St.
Charleston, IL
61920

Phone: (217) 345-5166

Fax: (217) 345-5206

American Red Cross

Coles & Clark Counties, IL

www.il-redcross.org/coles

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)*

Tue July 2 5:30-9:00pm

Tue Aug 31 5:30-9:00pm

Tue Oct 5 5:30-9:00pm

Th Nov 18 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 Oct 9 9:00am-4:00pm

Community Disaster Education Presenter's Workshop:

This course presents ways to overcome disaster denial issues to motivate individual and family preparedness actions. It does not teach platform presentation skills, rather it focuses on how to choose appropriate messages for target audiences and selecting materials that convey those messages

Sat Nov 6 9:00am-4:00pm

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 Sept 2 9:00am-4:00pm

Sat Nov 16 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)*

Tue Aug 17 5:30- 9:00pm

Thur Oct 14 5:30-9:00pm



**American
Red Cross**

Coles & Clark Counties, IL



United Way
Partner Agency