



**American Red Cross**

Illinois Capital Area Chapter

Serving Christian, Logan, Macoupin, Menard, Montgomery and Sangamon Counties

Partnering with Coles and Clark Counties

# Capital Area CONNECTION

A newsletter of the Illinois Capital Area Chapter

Summer 2010

## American Red Cross Helps Spring Flood, Fire Victims

On May 26, 2010, more than four inches of rain fell on the City of Springfield in less than two hours, causing a flash flood to affect the city. Water levels on some streets rose higher than most vehicles and flooded many basements and homes in the community. In the week after the flood the American Red Cross Illinois Capital Area Chapter opened an emergency shelter and provided food and cleanup kits to more than 100 families who suffered flood damage.

Flood victim Kelly Kirby sent a note to the Red Cross that reads, "I just wanted to take a minute from all of our cleaning, after the floods here at Forrest Park Terrace, # 1 to thank you so much for all your help. We all felt so helpless when we awoke Thursday morning and saw the flood waters still standing. We sincerely appreciate all you have done for us. The clean up kits helped us tremendously



Floodwaters can rise quickly. It only takes six inches of moving water to knock down a person and two feet of water can carry away a vehicle.



House fires can be caused by many things, but they often start in the kitchen.

During that same week, the Red Cross assisted four families who suffered house fires. Red Cross volunteers met with each family to provide them emergency assistance following their disaster. The Red Cross commits to all victims of all disasters big and small, rare events like the May 2010 Flash Flood and disasters that happen every 36 hours, like house fires.

Victims of a disaster turn to the Red Cross because they have nowhere else to go. They don't know where they will have their next meal, next night of sleep or their next change of clothes. Your gift makes sure that the Red Cross can provide this assistance and hope to victims of disaster within hours of the disaster. Thank you for your support.

## 2010 Red Cross Heroes Breakfast



The 2010 Red Cross Heroes Breakfast, presented by Bank of Springfield, honored local heroes on April 9, 2010. The heroes were recognized for extraordinary actions and commitments to the community before a crowd of more than 400 attendees.

The 2010 Heroes are: Community Hero Deana Achas, Public Safety Hero Chief Richard Adams, Youth Hero Raegan Koebler, Senior Hero Lee Malany, Workplace Hero Richardson Manufacturing Employees, Education Hero Sister Marilyn Jean Runkel, Civic Hero David Weir, Healthcare Hero Emily Zimmerman and Military Hero 766th Hazardous Coordination Cell.

## Be a Hero For Disaster Victims

**\$100:** Provides a crib for an infant in a shelter. The Red Cross shelter manager will take necessary steps to make sure all residents are comfortable in a shelter. This includes families with infants and children.

**\$200:** Provides food and shelter to a family of 4 for 1 day in a shelter

**\$500:** Provides funds for the local Red Cross to initiate a response within hours of a disaster, provide comfort kits, which include toiletries and provide emergency shelter and food for one family displaced by disaster.



Photography by Terry Farmer

# The American Red Cross & The Community



Red Cross volunteers Lynn Wilson and Anthony Doll spent the first day, after the May 26 flood, conducting disaster assessments through out Springfield.



Red Cross Volunteer Steven Bradley helped distribute clean-up kits and food after the May 26 flood.



Sherman Elementary School invited the Red Cross to speak about being prepared for disasters. This service is provided without cost by the Red Cross.



Volunteers walk two miles in Washington Park to raise nearly \$3,000 for the chapter's Meals on Wheels Program. The local Red Cross is the sole provider of diet-specific meals delivered to homebound individuals.

## Red Cross Meals on Wheels Client Thanks Volunteers



Dorothy Nolan prepares to enjoy her meal delivered by a Red Cross Meals on Wheels Volunteer.

Dorothy Nolan, a Meals on Wheels Recipient and former Meals on Wheels Driver, sent this note to the State Journal-Register:

"I would like to give recognition to the Meals On Wheels program sponsored by the Red Cross. It's a wonderful program and it is delivered to your door. My husband and I helped deliver them. Now that he has passed away, I'm the one needing the help. I'd advise others to call for information regarding this program.

The food is hot when delivered and whoever the dietician is, it is a wonderful meal. The taste is very good and they seem to go all out to satisfy you.

Thank you to those who deliver meals and also to the ones fixing it. It's delicious!"

# Recent American Red Cross Events

At the Nelson Center in Springfield, on June 12, Red Cross volunteers taught local youth to "Reach or Throw - Don't Go" to help drowning victims.

This summer, many of us will be enjoying time in a pool or lake. The Red Cross offers water safety presentations at no cost and has many resources to help you keep your family safe in and around the water.

In June 35 local youth were trained in Red Cross Babysitter's training. This training teaches youth ages 11-15 problem solving, leadership, professionalism basic childcare and first aid skills.

The course introduces best practices of the babysitting business, including using a resume and interview techniques and involves hours of hands-on caregiving and first aid skills practice.

Each Sherman Elementary student who raised \$100 for local disaster victims smashed a pie in a teacher's face. The school was inspired by the Red Cross response to a Williamsville Tornado in August 2009 and decided to help other local disaster victims.

Their efforts raised \$6,500 through a Jump-A-Thon fundraiser, enough funds to help six families recover from disaster by providing food, clothing and shelter.



## Save-A-Life Saturday & National CPR/AED Week

More than 200 people registered to learn how to react in a cardiac emergency at Save-A-Life Saturday in March. The training is provided at a discounted price of \$5.00 thanks to the generosity of the Staab Family and FitClub. The event began with remarks from a survivor of cardiac arrest and a Certificate of Merit Ceremony for two students trained by the Red Cross in CPR who saved a life. Jeff Jackson's life was saved when a Red Cross-trained co-worker performed CPR on him for 7 minutes and Shymeka Kerr and Keyada Collins saved a life by performing CPR on a woman while advanced help was on the way.

June 1-7, 2010 marked CPR/AED week. The Red Cross conducted eight CPR classes that week, including a Save-A-Life Saturday training in Carlinville, IL, training 20 individuals. This training was provided at a discounted price of \$5.00 thanks to the generosity of FitClub and Davis Anderson Funeral Home.

Below: Students prepare to practice the CPR skills at Save-A-Life Saturday. Practice on a training manikin is essential to build muscle memory for these actions in case of an emergency

Below: Red Cross Volunteer Jim Stutz helps a student at Save-A-Life Saturday. More than 20 volunteer CPR Instructors helped 200 students learn CPR.



ADDRESS CORRECTION REQUESTED

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Illinois Capital Area Chapter  
**American Red Cross**



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## Upcoming Events

**August 10 - 22: First Aid Station at Illinois State Fair:** Red Cross volunteers provide basic first aid throughout the duration of the fair. For information about volunteering, please call (217) 787-7602.

**Sunday, August 15: Illinois State Fair Parking Gates:** Red Cross volunteers will again be staffing parking gates on the first Sunday of the fair. To volunteer please call (217) 787-7602.

**Wednesday, August 25: Business Emergency Planning Alliance Workshop:** Local businesses receive training through the Red Cross on preparing their business for emergency and developing plans to resume operations after a disaster or other interruption. Sponsored by Evans Restoration Services, Ryan Electric and Alerts Made Easy.

**September Baby Safety Month CPR Specials:** Infant Child CPR courses in September are offered at a discounted price of \$5.00 (normally \$35.00). Sponsored by Green Dodge, FitClub and Davis Anderson Funeral Home. Please call (217) 787-7602

or visit our website [www.il-redcross.org](http://www.il-redcross.org) for more information.

**Disaster Action Team Meeting:** The next Disaster Action Team (DAT) Meeting will be held on Tuesday, **August 10** from 6:00pm - 7:00pm at the chapter.

**Volunteer Orientation:** The next Volunteer Orientation will be held on Thursday, **August 12** from 5:30pm - 6:15pm at the chapter. Other dates for the orientation are Thursday, **September 9** and Thursday, **October 14** from 5:30pm - 6:15pm at the chapter. Attending the orientation is the first step required to become a volunteer with the chapter. Registration is required. Please call (217) 787-7602 to register.



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For more details on any of these events, call (217) 787-7602.  
Visit our website at [www.il-redcross.org](http://www.il-redcross.org)



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