

KMC Red Cross

Volunteer Newsletter

May 2008



**American
Red Cross**

Health & Safety Calendar

May 10

CPR for the Professional
Rescuer

May 17

Community
CPR/AED/First Aid
Course

*There are open dates for
volunteer teaching. Contact
your administrator, Austin
Young at DSN 480-2171
CIV 06371-47-2171*

June 1-7

National CPR/AED
Awareness Week

June 17 and June 19

Babysitters Boot Camp*

**VOLUNTEERS NEEDED
to teach either the
Babysitters portion or the
CPR portion.*

The Gift of Life Blood Drive

Red Cross World Day Thursday May 8 from 9am-2pm
RAMSTEIN NORTHSIDE FITNESS CENTER

Detailed information on page 2

At the US Army Garrison Kaiserslautern 2008 Volunteer Awards Ceremony, held on April 24, the Landstuhl American Red Cross was presented with the Volunteer Group of the Year award. Throughout the year, 215 Red Cross volunteers donated over 33,000 hours of service to the Landstuhl Regional Medical Center in every job type - from Clinic Administrative Assistants, Medical Technicians, Labor Coaches, Nurses, to Trauma Surgeons and Physicians.

Kajsa Pyers, a volunteer RN in the ICU at the Landstuhl Regional Medical Center, and Stephanie Durkin, a Landstuhl Red Cross Pet Visitation Coordinator, were each awarded an individual Volunteer Award of Excellence. Twenty-seven organizations were represented at the festivities, with over 300 people in attendance at Armstrong's on Vogelweh. The Red Cross was extremely well represented, and when the announcement was made for us all to come up to

receive the award, 20 of us graced the stage! COL Lein, the hospital commander, just happened to be in attendance and looked quite proud as we were given our beautiful plaque by Major General Yves Fontaine, Commanding General of the 21st Theater Sustainment Command and LTC Mechelle Hale, USAG Kaiserslautern Garrison Commander.



CURRENT URGENT NEEDS AT LRMC

The Landstuhl Regional Medical Center Red Cross staff has identified the following volunteer positions as current critical needs:

Personal Services Volunteer

Admin Assistants (Division of Medicine, DWMMC Clinic, Quality Management)

OB-GYN Chaperone/Clinic Assistant

RN, LPN (various clinics)

Please call us at DSN 486-7298 or 06371-86-7298 for more information. We have detailed job descriptions for these and many other volunteer opportunities.

Administrative Office Volunteer Wanted. The Ramstein office is looking for a responsible volunteer to assist with all volunteer and Health and Safety files, as well as inventory, manikin maintenance, and data input. Please call 06371-47-2171/5464 if interested.

REMINDER: The 2008 KMC Red Cross Volunteer Recognition & BBQ will be held on Saturday, May 31, 2008, starting at 11:30 at Pulaski Park on Vogelweh. All volunteers attending must R.S.V.P. no later than May 16, 2008. For more information, please call DSN 486-7298 or CIV 06371-86-7298. We hope to see you there!



May 8 is
World Red Cross and
Red Crescent Day



On May 8, the American Red Cross will join with the other 185 Red Cross and Red Crescent National Societies from around the globe to celebrate World Red Cross Red Crescent Day. May 8 marks the 180th birthday of Henry Dunant, founder of the International Red Cross and Red Crescent Movement. Motivated by his experiences during the Battle of Solferino in 1859, Henry Dunant began to advocate for the humane treatment of the sick and wounded during wartime.

The first World Red Cross Red Crescent Day was celebrated in 1948. Today, the International Red Cross and Red Crescent Movement is comprised of more than 97 million staff, volunteers and members and assists more than 277 million people worldwide.

In recognition of this very special day the KMC Red Cross is co-sponsoring along with AFN Kaiserslautern the "Gift of Life" blood drive in support of the Armed Services Blood Program. AAFES Reel Time Theaters, the USO, and Capitol Motors are supporting this endeavor. The blood drive is from 9am to 2pm at the Ramstein Northside Fitness Center. AFN Radio will be broadcasting live from the event. The USO will be providing snacks and food. All eligible donors AND volunteers will be put in for prize drawing to include a \$200 USO trip courtesy of Capitol Motors, DVD's, movie tickets, first aid and disaster kits, CPR/AED/FA course vouchers, and more. Volunteers are encouraged to volunteer their time helping at the event and to give blood if eligible. Change a life, give blood!

Our Role Giving Blood Overseas

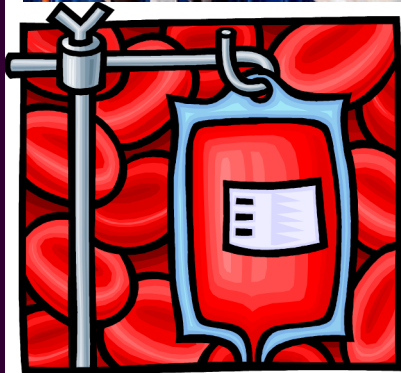


Through our Congressional Charter, the Red Cross has a long history of supporting the military in times of need. Through Services to the Armed Forces (SAF), the Red Cross plays a key role in relaying messages between families and service members in times of celebration and of loss - good news about the arrival of a baby, a serious illness in the family or the death of a loved one. When U.S. troops are deployed overseas, the American Red Cross goes with them, sending ordinary men and women who provide extraordinary support to the men and women of the armed forces.

Overseas, the American Red Cross does not function as the primary blood collection agency. Blood collections in the KMC area are coordinated by the Armed Services Blood Bank Center - Europe at Landstuhl Regional Medical Center. In recognition of the vital importance of blood collection the Red Cross supports the Armed Services Blood Program (ASBP) by regularly sponsoring blood drives. Contact us to find out when the next Red Cross-sponsored drive is scheduled. For more information about the ASBP and to check eligibility requirements visit www.militarylifeforce.com.

The Deutsches Rotes Kreuz (German Red Cross) also runs regular blutspenden (blood drives). Visit www.drk-kl.de for information about upcoming blood drives.

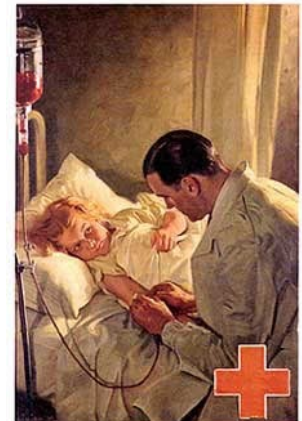
Remember lifesaving blood cannot be provided without blood donors who come forward regularly to replenish the supply. We urge all eligible donors to make an appointment to give blood in the coming weeks and months and every two months thereafter. It is the blood on the shelves today that saves lives.



Blood Saves Lives

Jes Schlaikjer, 1948

During the course of his career, Jes Schlaikjer created paintings for the U.S. War Department, the U.S. Naval Academy in Annapolis, and the U.S. Department of State. His work on behalf of the American Red Cross includes original posters for membership and fund raising, the Junior Red Cross, and the then newly-created blood program. After World War II ended in 1945, a civilian Blood Program was established in 1948, the largest peacetime project ever undertaken by the Red Cross. Blood Save Lives was created to encourage blood donations by ordinary citizens. This poster illustrates the drama of a life saving blood transfusion, where one person's donation could make a difference between life and death.



Blood Saves Lives by Jes Schlaikjer, 1948

**THANK YOU to
Health & Safety Volunteers
Deborah Foley, Jeanne Nipper and
Heather Otto.**

These volunteers participated in an Informational Awareness Day in support of the Month of the Military Child. The American Red Cross joined other family support groups at the Vogelweh BX with information on the Health & Safety programs that the American Red Cross offers, including CPR and Babysitters training.

These volunteers helped promote health and wellness in our community!



Heather Otto

CONGRATULATIONS

Six Red Cross volunteers were recognized for their extraordinary volunteers efforts at the Ramstein Air Base Volunteer Recognition held Monday, April 21 at the Ramstein Officers' Club:

Jeff Rutherford,
Ramstein Red Cross Volunteer Chairman

James Banks,
Red Cross Disaster Chairman

Christiane Seidel,
Red Cross Emergency and Casework Services

Laura Wilson,
Ramstein Red Cross Records Chairman

Tony Baralt,
Ramstein Red Cross Medical Clinic Chairman

Mina Brown,
*Women's Health Care Nurse Practitioner,
Ramstein Medical Clinic*

Congratulations to each of you!

Become an American Red Cross Summer Youth Volunteer Supervisor

The Red Cross is seeking youth volunteer placements in the Kaiserslautern Military Community as part of its annual Summer Youth Volunteer Program. Each summer the American Red Cross offers youth ages 13-19 the opportunity to volunteer throughout the community. Last summer the KMC benefited from over 1200 hours of youth volunteer service. All youth will volunteer up to 20 hours per week for 8 weeks from 23 June – 15 August 2008.

Help youth gain knowledge, experience, and development through guidance from you and your organization. By placing youths in volunteer positions during their summer break, they are able to experience a work environment, increase their level of responsibility and professionalism while giving back to their community.

Placements are offered to youth between the ages of 13 and 19. Organizations can request a specific age cut-off if required.

Supervisors will receive guidance and training on their roles and responsibilities while working with American Red Cross youth volunteers.

If your work center could benefit from bright, young energetic youth volunteers, please contact the Ramstein American Red Cross office at redcross@ramstein.af.mil or DSN: 480-2171.



Be Red Cross Ready

Can 250,000 People Learn to Save a Life?
CPR/AED Awareness Week June 1-7



June 1-7, 2008 marks the first National CPR/AED Awareness Week. Learn the skills that could save the life of a friend, family member or co-worker. In less time than you think, American Red Cross training can give you the vital knowledge and skills to respond to a life-threatening situation with confidence.

In December 2007, Congress passed a bill designating the first week of June “National Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) Awareness Week”. Sudden Cardiac Arrest claims the lives of more than 300,000 people in the U.S. each year. Knowing what to do if it happens to someone you know or love is critical to saving a life. The First Aid and CPR for Everyone kit is an at-home tool for practicing compression-only Cardiopulmonary Resuscitation (CPR). It can be used at home, in the office, in classrooms or anywhere it is convenient to practice skills.

It is estimated that on average it takes eight to 10 minutes for first responders (9-1-1) to reach a victim. Therefore, it is essential for members of the community to be trained and certified in lifesaving skills in order to feel comfortable performing CPR and using an AED until advanced help arrives. The intention of CPR/AED Awareness Week is to bring attention to learning skills that can save lives. The more people who are trained – the more lives may be saved. ■

Are you ready to *SAVE A LIFE*? GET TRAINED.

Accidents and emergencies can happen to anyone – being prepared could make a lifesaving difference. For more information or to register for a course, contact your local American Red Cross station at 06371 -47-2171 or redcross@ramstein.af.mil.



Checking for signs of life

April 19, CPR Lessons



CPR Compressions



RAMSTEIN VOLUNTEER SPOTLIGHT

Name: Tricia Groenheim

Hometown: Cleveland, Ohio

Volunteer Position: Indoor cycling instructor at the Southside Fitness Center

Can you describe a typical day and/or your duties? A year ago I began a M/W/F 0845 hour long spinning class, aimed primarily at the spouses of our active duty members. Of course, the class is open to anyone interested in improving their fitness level! As their trainer, I'm responsible for teaching and coaching them through an hour long ride, designed to increase their cardio & muscular strength; improve their overall endurance levels and eventually lower their resting heart rates and blood pressure. Several riders have successfully passed their PT tests due to this training and the group of regular riders have accomplished numerous physical challenges. We are currently riding our way from Ramstein to Iraq, logging our daily mileage on a chart in the room. I have since added two more classes at lunchtime and trained an instructor to handle these classes and whenever possible, I teach squadron/unit PT classes.



Interest and Hobbies: As a mother of three active boys and one very active husband, we are always outside enjoying nature. I'm an avid surfer and outrigger canoe paddler who desperately misses Hawaii. Of course, I love to ride outside, hike the hills in this area and ski as often as possible. What I don't find time to do is clean our house! My husband and I lead a small group bible study for middle school boys in our church and help out with hospitality needs.

How long have you been a volunteer? I have been volunteering at Ramstein since we arrived a year ago, but I have been an ARC volunteer since I was 15 yrs old (that's 31 years ago). My mother encouraged all of her children to become volunteers somewhere in the community and the Red Cross was the perfect fit for me. I have been a lifeguard, water safety instructor, CPR instructor, helped with disaster relief in South Carolina after Hurricane Hugo, and a few other health related programs.

What skills do you feel you contribute to ARC? I believe in the mission of the ARC and it's vital need to our citizens and people around the globe. If you don't truly believe in and understand the organization you work with, your skills will not matter. I am highly motivated to help people accomplish their goals and teaching people about fitness and encouraging them to change their unhealthy habits is very important to me.

What piece of advice would you give to someone considering volunteering? I give this advice to my sons and anyone who asks....Volunteer. Period. We all have time in our day/week/month to give back to our society. But, choose your avenue of volunteer work outside of your ego. For example, it would be silly of me to volunteer to make meals for the Fisher House because that is just not my talent. Sure, it's high profile and might look good, but it would be a waste of effort. Know what your talents are and offer them to an agency that needs your specific type of help. Being a volunteer means giving of yourself. You don't have to reinvent yourself...you were already made perfect. Just use those perfect skills to benefit someone else!



PET TAILS!



Meet Mochi and Akina! Mochi and Akina are Japanese Chins who have been visiting service members at the LRMC with their owners Tuan and Sarah Nguyen for two years. Mochi and Akina are particularly good at getting people to talk baby talk to them. They are tiny, but bring big smiles to patients and staff!

Us: Do you know what color your fur is?

Mochi: My parent's tell me it's the most beautiful fur in the world – what color is that?

Us: If you could have a pet, what/who would it be?

Mochi: I would have a smaller version of myself and call her "Kina"... hmm... that sounds familiar...

Us: Do you have any special talents?

Mochi: Looking beautiful. Oh, and I like to show off my tricks.

Us: Do you like your name?

Akina: It means "spring flower" so I think it suits me perfectly!

Us: What's your favorite covert operation?

Akina: I trained my dad to hold me on his lap when he eats – he doesn't even notice that I sneak a morsel every now and then!

Us: Do you have any goals for the future?

Akina: I'd really like to figure out a way to get into the fridge, but everyone seems to think I'm too small. I'm not giving up though...



Above: Sarah, Tuan, Mochi, & Akina at Red Cross Awareness Day.

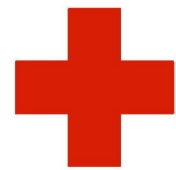
Mark your Calendars!

- May 8:** World Red Cross Day Blood Drive,
Ramstein North Side Fitness Center, 9am-2pm
- May 9:** Landstuhl Volunteer Orientation, 9:30am-12pm*
- May 10:** CPR for the Professional Rescuer
- May 16:** RSVP Deadline for KMC Volunteer Recognition
- May 17:** Community CPR/AED/First Aid Course
- May 20:** Ramstein Volunteer Orientation, 9:30am-11:30am
- May 22:** Landstuhl Volunteer Orientation, 9:30am-12pm*
- May 31:** KMC Volunteer Recognition, begins 11:30am
Pulaski Park, RSVP required by May 16th
- June 1-7:** National CPR/AED Awareness Week
- June 2:** Summer Youth Program Youth/Parent Orientation
3:45pm-4:30pm
- June 4:** Summer Youth Program Youth/Parent Orientation,
3:45pm-4:30pm
- June 9:** Landstuhl Volunteer Orientation, 9:30am-12pm*
- June 17:** Babysitters Bootcamp - Babysitters Training
- June 19:** Babysitters Bootcamp - Child/Infant CPR & First Aid
- June 20:** Landstuhl Volunteer Orientation, 9:30am-12pm*
- June 23:** Summer Youth Program today until August 15

**Landstuhl Volunteer Orientation requires prior enrollment, as space is somewhat limited.*

Red Cross Mission

The American Red Cross, a humanitarian organization led by volunteers, 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.



**American
Red Cross**

RAMSTEIN

Building 2118, 4th floor
Unit 8485 APO, AE 09094
DSN: 480-2171
CIV: 06371-47-2171/5464
redcross@ramstein.af.mil

LANDSTUHL

Building 3794
CMR 402 Box 2234 APO,
AE 09180
DSN: 486-7298
CIV: 06371-86-7298
redcrossL@amedd.army.mil

KLEBER

Building 3245, Room 202
CMR 429 APO, AE 09054
DSN: 483-8702
CIV: 0631-41-18722/8702
Redcross.kaiserslautern@eur.army.mil

**Thank You for
Volunteering!**