

# Course Schedule



**American  
Red Cross**

Monroe County Chapter

**July - December 2010**

Trained. Empowered. Prepared.



## **Helping Everyday People Save Lives**

- First Aid
- CPR
- Automated External Defibrillation
- Disaster Preparedness Education
- Babysitter's Training
- Water Safety
- Lifeguard Training
- Pet First Aid



## **American Red Cross Health and Safety Training Course Catalog**

With a history spanning more than 90 years, the American Red Cross is today's premier provider of first aid, CPR, water safety, swimming lessons, caregiving, babysitter's training and other health and safety education programs. Developed in conjunction with medical and aquatics experts, each program delivers the latest information and lifesaving techniques.

Every year, the Red Cross prepares millions of people to save lives through health and safety training, including first aid, CPR and AED, aquatics and water safety, swimming lessons, HIV/AIDS prevention education and caregiving programs. The Red Cross is committed to keeping people safe at home, at school and in the workplace by teaching people not only how to respond to emergencies, but also how to prevent them.



### **Scholarship Information**

We have a scholarship policy for individuals who wish to be trained in lifesaving skills such as first aid and CPR but are unable to afford the cost of the course. We have developed guidelines for awarding the scholarships as well as a scholarship fund to help underwrite the cost of scholarships to eligible individuals. To help with this worthwhile effort, please direct your financial gift to the Monroe County Red Cross Scholarship fund.

### **Interested in Volunteering at your local American Red Cross Chapter?**

We rely on hundreds of volunteers every year to carry out the mission of the American Red Cross in Monroe and Owen Counties, so we welcome new volunteers every week! You can go online to [www.monroe-redcross.org](http://www.monroe-redcross.org) and click on Volunteer—there you'll see our current volunteer opportunities. You can also listen to one of our disaster response volunteers talk about her experience volunteering for the Red Cross. You can download a volunteer application and send it to [jtaylor@monroe-redcross.org](mailto:jtaylor@monroe-redcross.org). You will hear from us very soon to set up a time to meet with you and get your Red Cross volunteer job started.



### **Saving a Life is as easy as A-E-D**

**For more information about CPR/AED training and how the Monroe County Red Cross can aid in your AED purchase,** please contact Don Creek, Health and Safety Director by phone at 812-332-7292 or by E-mail at [doncreek@monroe-redcross.org](mailto:doncreek@monroe-redcross.org).

## General Information

### To register for classes:

Registering is easy. Simply visit our website, [www.monroe-redcross.org](http://www.monroe-redcross.org), select the **classes tab** and link to our on-line catalog or **phone** or **stop by** our office. Business hours are Monday through Friday, 8:30 am - 5 pm, excluding major holidays. Prepayment of course fee(s) is required, so be sure to have your credit card or other payment information ready when registering.

Address: 411 East 7<sup>th</sup> Street  
Bloomington, IN 47408  
Phone: (812) 332-7292

### Can I take a class if I have a medical condition or a special educational need?

We will work with you to accommodate medical conditions or disabilities as much as possible, although certification requirements vary among classes. For more information, call us at 332-7292.

### How actively must I participate in class?

You'll learn more – and have more fun – by participating as much as possible. Most classes include videos, group discussions and skills practice that require you to participate in hands-on activities. Since some of the skills practice takes place on the floor, please wear comfortable, non-restrictive clothing. To receive certification, you must attend all class sessions and pass both skills and written testing.

### What if I'm late to class?

Since the core of most programs is taught at the beginning of class, you won't want to miss a minute of class time. In order to maximize training time, session starting times are firm. Late arrivals are admitted at the discretion of the instructor, but tardiness may affect certification.

## Refunds and Transfers

No refunds for classes will be given unless the Red Cross is forced to cancel a class. If you need to transfer a class, please let us know **at least two full working days in advance** so we may fill your space. Please be sure to call during regular business hours (Monday through Friday, 8:30 a.m. – 5 pm, excluding major holidays.). A transfer fee of \$5 will be assessed for traditional classes and \$10 for our Blended Learning classes.

### Can lost certificates be replaced?

We can send you replacement certificate for any course taught at the Monroe County Chapter as long as your certification is still valid. A \$3 processing fee will be assessed for each replacement certificate issued.

### Can I get sick using a manikin?

CPR training with manikins is a safe and common practice. According to the Centers for Disease Control, there has never been a reported case of any infectious disease transmitted through the use of CPR manikins. The American Red Cross trains nearly 12 million people annually in lifesaving skills and follows widely accepted guidelines for cleaning and decontaminating training manikins to reduce the risk of disease transmission.

To minimize your risk even further, you should practice good personal hygiene (i.e. frequent hand washing) and follow basic health precautions — especially if you have a condition that would increase the risk of exposure to infection for yourself or other participants.

### Anti-Discrimination Policy

No person will be excluded from service or classes because of race, ethnic origin, religion, handicap, gender or sexual orientation.

### See course information and the class schedule that follows.

- 2 For more information, contact your American Red Cross Monroe County Chapter by visiting [www.monroe-redcross.org](http://www.monroe-redcross.org) or calling (812) 332-7292.

## CPR and First Aid Courses

### Adult CPR/AED plus Standard First Aid

This course trains lay responders to overcome any reluctance to act in emergency situations and to recognize and care for life-threatening respiratory or cardiac emergencies in adults. Provides the knowledge and skills necessary to help sustain life and to minimize pain and the consequences of injury or sudden illness until professional medical help arrives.

Course Fee: \$50.00

Course #	Date	Day	Time
3048990	July 6	Tues	6 – 9:30 PM
	July 8	Thurs	6 – 9:30 PM
3049121	July 24	Sat	9 AM– 4 PM
3049553	Aug 14	Sat	9 AM– 4 PM
3049621	Sept 4	Sat	9 AM– 4 PM
3049688	Sept 20	Mon	6 – 9:30 PM
	Sept 21 *	Tues	6 – 9:30 PM
3049776	Oct 2	Sat	9 AM– 4 PM
3049841	Nov 15	Mon	6 – 9:30 PM
	Nov 16 *	Tues	6 – 9:30 PM
3050021	Dec 7	Tues	6 – 9:30 PM
	Dec 9	Thurs	6 – 9:30 PM
3050086	Dec 13	Mon	6 – 9:30 PM
	Dec 15 *	Wed	6 – 9:30 PM

### CPR/AED Adult - Child -Infant (Indiana Teachers)

This course trains lay responders to overcome any reluctance to act in emergency situations and to recognize and care for life-threatening respiratory or cardiac emergencies in adults, children and infants.

Course Fee: \$50.00

Course #	Date	Day	Time
3050133	July 10	Sat	9 AM – 4:00 PM
3050171	July 17	Sat	9 AM – 4:00 PM
3050200	Aug 7	Sat	9 AM – 4:00 PM
3050224	Aug 28	Sat	9 AM – 4:00 PM
3050257	Sept 25	Sat	9 AM – 4:00 PM
3050338	Oct 9	Sat	9 AM – 4:00 PM
3050375	Oct 23	Sat	9 AM – 4:00 PM
3050446	Nov 20	Sat	9 AM – 4:00 PM
3050915	Dec 4	Sat	9 AM – 4:00 PM
3050954	Dec 11	Sat	9 AM – 4:00 PM

### CPR/AED - Adult - Child – Infant plus Standard First Aid

This course trains lay responders to overcome any reluctance to act in emergency situations and to recognize and care for life-threatening respiratory or cardiac emergencies in adults, infants, and children. Provides the knowledge and skills necessary to help sustain life and to minimize pain and the consequences of injury or sudden illness until professional medical help arrives.

Course Fee: \$65.00

Course #	Date	Day	Time
3054898	July 12	Mon	6 –9:30 PM
	July 14	Wed	6 –9:30 PM
	July 19	Mon	6 –9:30 PM
3055084	Aug 9	Mon	6 –9:30 PM
	Aug 11	Wed	6 –9:30 PM
	Aug 16	Mon	6 –9:30 PM
3055129	Sept 14	Tues	6 –9:30 PM
	Sept 16	Thurs	6 –9:30 PM
	Sept 21*	Tues	6 –9:30 PM
3055177	Oct 5	Tues	6 –9:30 PM
	Oct 7	Thurs	6 –9:30 PM
	Oct 12	Tues	6 –9:30 PM
3055223	Nov 9	Tues	6 –9:30 PM
	Nov 11	Thurs	6 –9:30 PM
	Nov 16 *	Tues	6 –9:30 PM
3055366	Dec 6	Mon	6 –9:30 PM
	Dec 8	Wed	6 –9:30 PM
	Dec 15 *	Wed	6 –9:30 PM

**Take CPR and First Aid on-line! Our Blended Learning Program is now available. See page 3 for more information!**



## Blended Learning Program

Lifesaving skills are just a click away! Our Blended Learning Program provides an exciting way for students to take Red Cross first aid, CPR and automated external defibrillator (AED) training. The first portion of the course, including the written exam, is online and can be taken from any computer with Internet access. The second part of the training, the skill practice and assessment, is conducted by a Red Cross instructor in a classroom setting.

Our Blended Learning program is flexible, self-paced and available online 24 hours a day, seven days a week. Web-based training enables participants to access courses at their convenience and minimizes schedule conflicts with work and family related responsibilities.

Sign up to attend one of the following skill sessions held at our chapter and you will receive information on accessing the on-line portion of the class.

**Proof of your completion must be presented to your instructor at the start of the skill session. If you can't print out your certificate, please contact our office before the day of your skills session.**

### Blended Learning: First Aid

Provides the knowledge and skills necessary to help sustain life and to minimize pain and the consequences of injury or sudden illness until professional medical help arrives.  
Course Fee: \$25.00

Course #	Date	Day	Time
3056645	July 20	Tues	6 – 10 PM
3056815	Aug 23	Mon	6 – 10 PM
3056832	Sept 23	Thurs	6 – 10 PM
3056866	Oct 26	Tues	6 – 10 PM
3056947	Nov 18	Thurs	6 – 10 PM
3056966	Dec 14	Mon	6 – 10 PM

## Instructions for Participants in Blended Learning Programs Monroe County Chapter

Here are the steps to take to gain access to the web content of the class you have signed up for:

- Go to <https://learningctr.redcross.org/elms/pws/login.jsp>
- Follow the instructions on the splash page to ensure that pop-up blockers or other programs won't interfere with the class
- Log in using your student ID number (provided) and your password
- Click on the link for the class that you have signed up for

Once you've completed the online portion of the course, **please print your completion certificate and bring it with you the day of the instructor-led session.** If you have questions, or the link to your class is not there, please contact the chapter at (812) 332-7292.

### Blended Learning: Adult CPR/AED

This course trains lay responders to overcome any reluctance to act in emergency situations and to recognize and care for life-threatening respiratory or cardiac emergencies in adults. This course provides the lay responder with knowledge and skills necessary to safely use an automated external defibrillator (AED).  
Course Fee: \$40.00

Course #	Date	Day	Time
3056997	July 20	Tues	6 – 10 PM
3057022	Aug 23	Mon	6 – 10 PM
3057654	Sept 23	Thurs	6 – 10 PM
3057678	Oct 26	Tues	6 – 10 PM
3057699	Nov 18	Thurs	6 – 10 PM
3057722	Dec 14	Mon	6 – 10 PM

### Blended Learning: Standard First Aid with CPR/AED-Adult

This course provides the lay responder with the knowledge and skills necessary in an emergency to safely use an automated external defibrillator (AED), to help sustain life and to minimize pain and the consequences of injury or sudden illness until advanced medical care arrives.

Course Fee: \$50.00

Course #	Date	Day	Time
3059118	July 20	Tues	6 – 10 PM
3059128	Aug 23	Mon	6 – 10 PM
3059146	Sept 23	Thurs	6 – 10 PM
3059170	Oct 26	Tues	6 – 10 PM
3059310	Nov 18	Thurs	6 – 10 PM
3059318	Dec 14	Mon	6 – 10 PM

### Blended Learning: Standard First Aid with CPR/AED—Adult plus CPR—Child and Infant

The purpose of this course is to train lay responders to overcome any reluctance to act in emergency situations and recognize and care for life-threatening respiratory or cardiac emergencies in adults, infants and children. The course provides the lay responder with knowledge and skills necessary to use an automated external defibrillator (AED) on an adult, and provides the lay responder with the knowledge and skills necessary to help sustain life and to minimize pain and the consequences of injury or sudden illness until advanced medical care arrives.

Course Fee: \$65.00

Course #	Date	Day	Time
3060138	July 20	Tues	6 – 10 PM
3060658	Aug 23	Mon	6 – 10 PM
3060683	Sept 23	Thurs	6 – 10 PM
3060742	Oct 26	Tues	6 – 10 PM
3060799	Nov 18	Thurs	6 – 10 PM
3060862	Dec 14	Mon	6 – 10 PM

### Blended Learning: CPR/AED Adult plus CPR - Child and Infant (Indiana Teachers)

The purpose of this course is to train lay responders to overcome any reluctance to act in emergency situations and recognize and care for life-threatening respiratory or cardiac emergencies in adults, children and infants. This course provides the lay responder with knowledge and skills necessary to use an automated external defibrillator on an adult.

Course Fee: \$50.00

Course #	Date	Day	Time
3060881	July 20	Tues	6 – 10 PM
3061234	Aug 23	Mon	6 – 10 PM
3061294	Sept 23	Thurs	6 – 10 PM
3061324	Oct 26	Tues	6 – 10 PM
3061363	Nov 18	Thurs	6 – 10 PM
3061402	Dec 14	Mon	6 – 10 PM

### Wilderness First Aid

The purpose of this course is to provide individuals a foundation of first aid principles and skills to be able to respond to emergencies and give care in areas that do not have immediate emergency medical services (EMS) response. This includes wilderness and remote environments, including urban disasters, such as earthquakes and hurricanes.

Prerequisites:

Possess current adult CPR/AED certification

Be at least 14 years of age on or before the last scheduled session of the course.

Course Fee: \$125.00

Course #	Date	Day	Time
3056499	Nov 6	Sat	8 AM-4 PM
	Nov 13	Sat	8 AM-4 PM

## Bloodborne Pathogens Training: Preventing Disease Transmission

This course provides individuals with an understanding of the intent of the bloodborne pathogens regulation issued by the Occupational Safety and Health Administration (OSHA); how Bloodborne pathogens are spread; how to help prevent exposure incidents by following work practice controls, using engineering controls and personal protective equipment, practicing good personal hygiene and properly cleaning and disinfecting equipment and supplies; and to recognize, report and follow up on employee exposures to infectious materials. Call for more information. Course Fee: \$15.00

## AED—Adult and Child

To teach lay responders the skills and knowledge needed to provide care for adults and children experiencing sudden cardiac arrest through the safe use of an automated external defibrillator (AED). Prerequisite: Adult CPR Call for more information. Course Fee: \$25.00

## Epinephrine Auto-Injector Module

This course teaches lay responders the skills and knowledge necessary to recognize and provide care to a person experiencing a breathing emergency until advanced medical personnel arrives and takes over. This module includes the demonstration of an epinephrine auto-injector. Call for more information. Course Fee: \$10.00

## Asthma Inhaler Module

This course teaches lay responders the skills and knowledge necessary to recognize and provide care to a person experiencing an asthma attack until advanced medical personnel arrives and takes over. This module includes the demonstration of a bronchodilator. Call for more information. Course Fee: \$10.00

## CPR/AED for the Professional Rescuer & Healthcare Provider

Teaches those with a duty to act (professional rescuers) the skills needed to respond appropriately to breathing and cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for victims of cardiac arrest. Course Fee: \$60.00 Review Course: \$45.00 by appointment

Course #	Date	Day	Time
3055434	Aug 17	Tues	6 – 10 PM
	Aug 19	Thurs	6 – 10 PM
3055537	Nov 8	Mon	6 – 10 PM
	Nov 10	Wed	6 – 10 PM

**Healthcare providers** who have primary job responsibilities in healthcare – including EMTs, nurses, first responders, (e.g. Emergency Response participants,) dental professionals and other healthcare professionals- are more likely (than lay responders) to use their CPR/AED skills as part of their professional responsibilities and training. The new 2-year certification acknowledges this and provides healthcare providers with greater flexibility in maintaining their skills. This certificate is intended for certified or non-certified, licensed or non-licensed healthcare professionals.





*"As a Red Cross-trained babysitter, you have an awesome opportunity to help your family and neighbors . . . and pick up some valuable skills, too!"*

*Raven-Symoné  
Actress/Singer and American Red Cross Celebrity  
Cabinet Member*

## **Babysitter's Training —Developed for Youth like You!**

Babysitter's Training course is fun and fast-paced with hands-on activities, exciting video, role-plays and lively discussions. You'll learn to be the best babysitter on the block. Plus, you'll gain the confidence to make smart decisions and stay safe in any babysitting situation.

If you're 11 to 15 years old, Babysitter's Training shows you how to:

- Respond to emergencies and illnesses with first aid, rescue breathing and other appropriate care
- Make decisions under pressure
- Communicate with parents to learn household rules
- Recognize safety and hygiene issues
- Manage young children
- Feed, diaper and care for infants

7 For more information, contact your American Red Cross Monroe County Chapter by visiting [www.monroe-redcross.org](http://www.monroe-redcross.org) or calling (812) 332-7292.

## **Cool Take-Home Training Materials Help You Get the Job Done Right**

At your Babysitter's Training class, you'll receive excellent materials to help you be prepared and professional, including:

- **Babysitter's Training Handbook**— full-color handbook filled with great information and resources to use in class and on the job.

- **Babysitter's Training First Aid Kit**—this easy-to-carry, compact kit provides tools to handle common emergencies.

Babysitter's Training has been reviewed and supported by the U.S. Consumer Product Safety Commission, Girl Scouts of the U.S.A., Boy Scouts of America, YMCA of the U.S.A., Boys and Girls Clubs, JCC Association and 4-H  
Course Fee: \$35.00

Course #	Date	Day	Time
3055648	July 21	Wed	9AM-4PM
3055683	Oct 28	Thurs	9AM-4PM

**CPR Made Simple** – is a one hour non-certification course designed for individuals who want to learn Adult CPR/AED but do not need or desire certification. This course introduces individuals to Adult CPR/AED and focuses on hands-on practice of Adult CPR/ARD skills.

## **First Aid and CPR for Everyone: An Introduction to Basic Lifesaving Skills -**

This course has been developed in response to recent research that shows continuous compression-only CPR can be effective in caring for a person with no signs of life when a rescuer is unable, untrained or unwilling to perform full CPR.

First Aid and CPR for Everyone is intended to provide an educational overview only, and does not substitute for a formal training course.

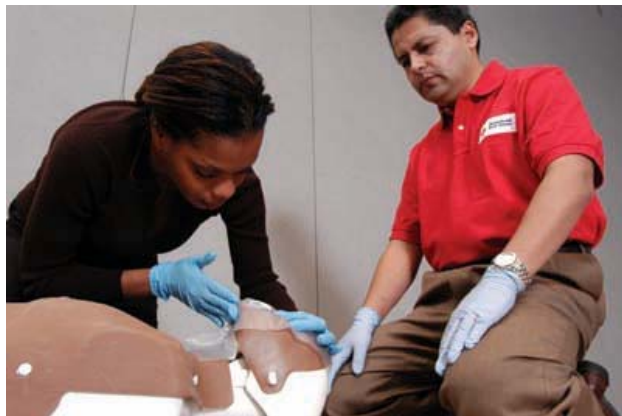
**Call for more information concerning these courses.**

## Build Your Own Training Team— Become an American Red Cross Authorized Provider.

An authorized provider agreement lets you offer Red Cross health and safety programs at your facility or organization, with your own instructors who have completed our “train-the-trainer” courses.

Become an authorized provider and enjoy the convenience of offering courses whenever and wherever you want. Plus, we will handle many administrative tasks for you, so you can focus on training.

- Address regulatory issues specific to your business or organization
- Cost-effectively reach large groups
- Create in-house experts familiar with your emergency procedures and equipment
- Schedule training on a regular basis—when it’s convenient for you
- Enjoy direct technical support from your local Red Cross chapter
- Work with America’s best instructor training and support system



## Instructor Training

Our train-the-trainer programs allow you to become a Red Cross instructor and train others to save lives. To become an instructor contact the American Red Cross. A current basic level course certificate for the First Aid – CPR/AED course is required.

## Lay Responder First Aid and CPR/AED Instructor

To train instructor candidates to teach basic-level American Red Cross First Aid, CPR and AED courses for lay responders.

Course Fee: \$150.00

Course #	Date	Day	Time
3055719	July 22	Thurs	5:30 – 10 PM
3055957	July 27	Tues	6 – 10 PM
	July 29	Thurs	6 – 10 PM
	Aug 3	Tues	6 – 10 PM
	Aug 5	Thurs	6 – 10 PM
3056010	Oct 13	Wed	5:30 – 10 PM
3056024	Oct 18	Mon	6 – 10 PM
	Oct 20	Wed	6 – 10 PM
	Oct 25	Mon	6 – 10 PM
	Oct 27	Wed	6 – 10 PM

## Being an American Red Cross Leader –

A leader is a responsible and mature individual who teaches American Red Cross courses or presentations for which an instructor authorization is not required. A leader for the American Red Cross must –

- have knowledge or experience in the subject being taught.
- Be familiar with the American Red Cross and be able to provide participants with information about Red Cross services.
- Review all the presentation materials and complete the self-study or group orientation to the presentation materials as required by the program.
- Submit the Verification Form indicating either attendance at a group orientation or completion of a self-study.

## Challenge Courses

A challenge is an opportunity to update your certification without completing an entire course. Participants will be given a written test and asked to demonstrate skills in each component they wish to challenge. No time is provided for review or practice. Challenges are by appointment during the times listed below. Please call 332-7292 to for an appointment.

### Challenge Fees:

Adult CPR	\$15
Child CPR	\$15
Infant CPR	\$15
First Aid	\$15
AED	\$15
Any two components listed above	\$25
Any three components listed above	\$30
Four or more components listed above	\$35
CPR/AED for the Pro Rescuer	\$30
CPR/AED for the Pro Rescuer w/First Aid	\$35

Course #	Date	Day	Time
3056176	July 28	Wed	1 – 4 PM
3056189	Aug 25	Wed	1 – 4 PM
3056217	Sept 28	Tues	1 – 4 PM
3056237	Oct 26	Tues	1 – 4 PM
3056304	Nov 22	Mon	1 – 4 PM
3056319	Dec 16	Thurs	1 – 4 PM

## Materials for Educators and Youth Leaders

The Red Cross offers a variety of educational programs designed to meet the needs of teachers, day care providers and youth leaders.

### First Aid for Children Today (FACT)

The FACT Critter Clan leads kids through health promotions and injury prevention activities. A fun environmental theme teaches safety in a non-threatening way. Topics include hygiene and health habits, first aid, personal safety and injury prevention; includes participant's booklet.

Grades K-3; American Red Cross Instructor training is not required to teach this course.

Course Materials	Stock No	Price
Booklet (pkg/25)	654400	\$47.50
Leader's Kit	654405	\$14.15
Poster Set	654406	\$8.75



## Basic Aid Training (BAT)

Children learn emergency response skills, rescue breathing and ways to prevent and care for choking, wounds, nosebleeds, falls and animal bites. The course includes responses for safety, poisoning, water accidents, substance abuse and more; includes participant's book.

Grades 3-5; American Red Cross Instructor training is not required to teach this course. Length: 6 hours; optional activities expand course to 12 hours

Course Materials	Stock No	Price
Participant's Book (pg/25)	654200	\$37.50
Instructor Manual	654205	\$6.50
Rescue Kids Video	654210	\$62.50

## Scrubby Bear

### Don't get sick, Wash up quick!

The Scrubby Bear curriculum teaches K-3 students about germs and responsible behaviors which reduce and prevent the spread of infectious diseases.

American Red Cross Instructor training is not required to teach this course.

Course Materials	Price
DVD, teacher's manual, and CD with song sheets	\$79.95
Coloring Sheets pkg/50	\$3.56
Large Stickers roll/500	\$23.26
Poster - 8"x10" pkg/10	\$6.69

## Longfellow's WHALE Tales

An easy-to-follow lesson plan supports classroom water safety training for kids ages 5 to 12. Each session features an animated video, plus activities, posters and worksheets. Grades K-6; American Red Cross Instructor training is not required to teach this course.

Course Material	Stock No	Price
K-6 Educational Packet	651315	\$17.95
NEW!! DVD	651319	\$39.95
NEW!! Stickers	651323	\$9.95



## First Aid for Dogs and Cats



Learn how to keep you and your pet safe during an emergency situation. This course teaches individuals how to provide immediate and temporary care to an animal until it can be taken to a veterinarian. Moving an injured animal, checking vital signs, caring for breathing and cardiac emergencies, and controlling bleeding are just a few of the topics included. Please call for more information, locations and dates.

Course Fee: \$30.00

Additional Manual: \$10.00

Course #	Date	Day	Time
3056358	July 26	Mon	9AM-12:30
3056438	Oct 29	Fri	9AM-12:30

## New Lifeguarding Program Now Available

Choose from four newly revised stand-alone lifeguarding courses, making it easier to complete training at your own location, regardless of your facility's features or water depths, and helping participants concentrate on the skills and rescue situations that are most likely to occur while on the job. The newly revised Lifeguarding program includes certified courses in:

- Lifeguarding
- Waterfront Lifeguarding
- Waterpark Lifeguarding
- Shallow Water Attendant—**NEW!**

In addition to lifeguard training, choose from several other newly revised courses and services to enhance and improve lifeguard performance and safety at your facility.

Courses include:

- Lifeguard Management
- GuardStart: Lifeguarding Tomorrow (ages 11-14)
- Aquatic Examiner Service

[www.recsports.indiana.edu](http://www.recsports.indiana.edu) ; 855-1321

## **Red Cross Annual Book Fair Sept. 30- Oct. 5, 2010**

This very popular annual event will be held at the Monroe County Fairgrounds, Commercial Bldg. West. Donations of used books, DVDs, videos, LPs, CDs, cassette tapes, maps, games, puzzles, and sheet music can be brought to Red Cross any time Monday-Friday, between 8:30 am – 5:00 p.m.

### **This September, the American Red Cross joins the U.S. Department of Homeland Security and a coalition of more than 1,500 organizations in helping you get prepared during National Preparedness Month.**

So many things compete for our attention these days that sometimes it's hard to prioritize things that are good for us. While it may seem overwhelming or unimportant to get prepared, we know from experience that taking steps to prepare ahead of time can help you respond better and stay safer in an emergency. Learn the three recommended preparedness actions to "Be Red Cross Ready" for emergencies, take the Pledge to Prepare, and get involved today!

**You can visit [RedCross.org](http://RedCross.org) to access downloadable tools to help you**

### **American Red Cross Approved as Provider of Continuing Education Units**

Many American Red Cross course takers are professionals who need continuing education units (CEUs) to maintain a license and/or certification. Examples include nurses, social workers, recreation professionals, teachers and day care providers. The American Red Cross has been approved as an authorized provider by the International Association of Continuing Education and Training (IACET). To access these credits, course takers will be directed to the Red Cross Store to apply and make payment for CEUs. For a list of courses and credit hours contact Don Creek at 332-7292.

## **Be Red Cross Ready Safety Series Wins Prestigious Mom's Choice Award**

The first four publications in the American Red Cross' Be Red Cross Ready Safety Series have been named among the best in family friendly products by the Mom's Choice Awards® (MCA).

The Be Red Cross Ready Safety Series was developed by a skilled team of health, animal and emergency preparedness experts and launched in 2007. Each publication is an easy-to-use quick reference guide with step-by-step instructional DVD that demonstrates how to perform many of the skills described in the books. The winning titles are:

- **Vol. 1: Family Caregiving.**
- People who care for an elderly or chronically ill loved one will find that this reference guide helps to reduce stress and balance multiple demands. In addition to covering basic caregiving skills it provides information on mental health, legal and financial issues. The guide even includes charts for recording vital signs and medications, as well as a tri-fold emergency contact card to keep with a loved one in case of an emergency. \$24.95
- **Vol. 2: Dog First Aid.**
- Pets are often regarded as a part of the family. A skilled team of animal, emergency and safety professionals, under the guidance of Emergency and Critical Care veterinarian Deborah C. Mandell, VMD, developed this guide with the pet owner in mind. It includes first aid guidance for nearly 70 canine health conditions as well as instructions for creating a pet first aid kit and maintaining your dog's health and well-being. \$16.95

- **Vol. 3: Cat First Aid.**
- Cat lovers can curl up with this reference guide to learn how to care for their feline friends. Developed under the guidance of Emergency and Critical Care veterinarian Deborah C. Mandell, VMD, and Red Cross health, safety and emergency preparedness experts, this guide includes instructions for giving medications and recognizing emergencies, as well as tips on maintaining your cat's health and well-being. \$16.95
- **Vol. 4: A Family Guide to First Aid and Emergency Preparedness.**
- The Red Cross designed this guide to help people learn how to prepare for and manage medical emergencies and disaster situations. This reliable resource directs readers on how to handle common medical emergencies, like allergic reactions, asthma, choking, broken bones, nosebleeds. It also teaches readers how to protect loved ones and property in disaster situations, such as fires or floods. \$16.95



The just released fifth title in the series, **First Aid and Safety for Babies and Children**, helps parents and those responsible for watching children learn how to prevent injuries and illnesses, how to recognize and respond to cardiac and breathing emergencies, and how to childproof their homes. \$16.95

To order your copy of these award winning publications or to learn how your organization might use them in your fundraising efforts, please contact Don Creek, Health and Safety Director by phone at 812-332-7292 or by E-mail at [doncreek@monroe-redcross.org](mailto:doncreek@monroe-redcross.org).

## New Prevention Series Brochures Now Available

This new series of 12-panel brochures feature reader-friendly bulleted text and colorful illustrations that support key safety and wellness concepts. Topics include:



- Sleep Deprivation, Stock No. 68305
- Shelter-in-Place at Work, Stock No. 68306
- Personal Protective Equipment, Stock No. 68307
- Staying Safe in Your Car, Stock No. 68313
- Working Safely with Hazardous Chemicals, Stock No. 68312
- Lockout/Tagout, Stock No. 68308

The price for Prevention Series brochures is \$15.00 pkg/10.

## Lifeline Personal Response Service

Seniors in Monroe and surrounding counties have immediate access to help thanks to the American Red Cross Lifeline Program. Lifeline is a personal emergency response service that gives seniors immediate access to help whenever they need it. By simply pressing the Personal Help Button worn around the neck or wrist a Lifeline subscriber is instantly connected to a professional monitor who will assess the caller's need and respond appropriately, whether it's calling a relative, neighbor or emergency services.

Since 1999, The Monroe County Chapter of the Red Cross has offered Lifeline service to thousands of elders in the area. This is what one subscriber has said about the service "It gives me security when I am by myself. I know if I press the button someone will answer me. One time I fell when I was alone and Lifeline contacted my family and they came to help me immediately. Not only do I feel secure but it also gives my family peace of mind."

Lifeline helps bolster senior's confidence to live independently in their own homes. The added benefit of this service is that it gives family members and caregiver's peace of mind, knowing that help is there even when they are not.

Lifeline subscribers have two service options: Option 1 is our standard service which includes your choice of a pendant or wrist-style Help Button. When help is needed, simply push the button at any time. Option 2 is Lifeline with AutoAlert. In addition to letting you push the button for help at any time, our enhanced service includes a pendant-style button that automatically places a call for help if a fall is detected and you can't push your button. You also have two options for choosing a communicator: Option 1 incorporates a cordless phone communicator. This integrates 24-hour medical alert service into an easy-to-use cordless phone that has a large display and enhanced sound quality. Option 2 includes a communicator that works with your existing telephone to provide a direct two-way connection to Lifeline.

Lifeline service can be installed in your home within 24 hours of subscribing. Installation, set-up and activation is free and you do not have to sign a contract. The monthly charge for the cordless phone is \$50.75 and the standard communicator is \$40.75. The AutoAlert button is an additional \$13.00 per month. There is a one-time shipping charge of \$12.95. There are no other fees. To learn more about this service call **Donald Moore at 812-332-7292 or 812-322-9380 or call the toll free Red Cross Lifeline number 1-800-959-6989. You can also reach Donald by e-mail at [Donald@monroe-redcross.org](mailto:Donald@monroe-redcross.org).**

## Injury Control Guides

A series of Injury Control guides has been developed to help employers reduce on-the-job injuries and major health risks. Each 12-page Injury control guide contains information and full-color illustrations that enhance learning and support behavior change.

- **Preventing Back Injuries** – Helps workers assess the causes of their back pain and reduce their risk of injury.
- **Ergonomics** – Easy ways to reduce repetitive stress injuries.
- **Preventing Slips, Trips and Falls** Practical advice on shoe selection, ladder safety, and injury prevention programs.
- **Managing Stress** – Explores stress at work and at home, recognizing triggers and developing stress-reduction strategies.
- **Your Heart Matters** – Identifies primary lifestyle risk factors and ways to reduce the risk of coronary heart disease.
- **Workplace Violence Awareness** How to recognize impending workplace violence and ensure personal safety and security.

Price for guides is \$17.50 pkg/10.

FREE leaders guides for each module can be downloaded from Instructor's Corner at [www.RedCross.org/instructorscorner](http://www.RedCross.org/instructorscorner)

13 For more information, contact your American Red Cross Monroe County Chapter by visiting [www.monroe-redcross.org](http://www.monroe-redcross.org) or calling (812) 332-7292.



American Red Cross  
Monroe County Chapter  
411 East 7<sup>th</sup> Street  
Bloomington, IN 47408



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