

Scrubby Bear vs H1N1

Red Cross works to educate public

Fall is upon us and as expected a wave of the H1N1 Flu virus is putting many residents on high alert. Or, at least it should be.

“My greatest concern right now is apathy,” Vanderburgh County Medical Officer Dr. Raymond Nicholson said. “The most important thing is to take H1N1 seriously and listen to advice.”

The American Red Cross of Southwestern Indiana is taking the message of good handwashing to schools and daycares, ensuring all know the best way to prevent the further spread of H1N1 to the streets of Vanderburgh County. These are lessons that we’re hoping everyone, not just kids, will follow.

The Red Cross advises washing your hands with hot water and antibacterial soap for at least 20 seconds, then drying your hands

with a paper towel and using that same towel to turn off the water faucet and open the bathroom door as you exit.

These are simple lessons that are hitting classrooms county-wide in the form of a big bear named Scrubby. “Scrubby Bear is a really great way to make sure that we’re looking out for the best interests of our community, starting with the youngest and most vulnerable,” Red Cross Executive Director Matt Bertram said. “It’s a fun and interactive way to get an old, but important message across.”

Scrubby Bear’s interactive presentations are free and open to any school, daycare or community organization and teach more than just proper handwashing but also to identify where germs are found and the best way to keep healthy. Scrubby has talked to hundreds of kids throughout the months of August and September and is



SCRUBBY BEAR with area children after teaching them how to combat germs by washing their hands properly.

scheduled to appear at many more schools and daycares in the coming weeks. Dr. Nicholson says H1N1 has to be more than education on how to eliminate the spread of germs. He says it’s about common sense. “If you are sick, stay home,” he said. “If your employee is sick, send them home.”

And Dr. Nicholson says in these uncertain times, with the threat of spreading H1N1, you should never send a sick child to

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Community to deliver special gifts to local veterans in need.

HOW CAN YOU HELP?

Visit the web site at www.evansvilleredcross.org or call us at 812-471-7200 for more information on how to volunteer or donate.

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Red Cross Loses Loyal Volunteer

Ken Lefler leaves legacy of giving

Chances are, if you’ve spent any time at all in our building, you’ve seen Ken Lefler. One of our most dedicated volunteers, he logged countless hours in the classroom as a CPR, First Aid, and AED instructor and helped with disasters in many ways. Unfortunately, on September 10, 2009, the Red Cross lost a good friend who gave a lot of himself to serving others.

“Ken was always willing to help whenever he could,” Health and Safety Administrator Mindy Morrow said. “Whether he was scheduled to teach or called upon to cover when an instructor cancelled at the last minute, Ken was there to help.”

Ken began volunteering as an instructor in 1974. He’s also helped on numerous disasters, working to answer phones and assist clients. He helped with Hurricanes Katrina, Rita, and Wilma and worked on



Ken Lefler receives the Health & Safety Volunteer of the Year Award at our 2008 Annual Meeting

the November 6th tornado and this year’s ice storm that struck southern Indiana.

“He was sensitive to others’ feelings when aiding with disaster services or working with others in any situation,” Morrow said. Since 1996, Ken trained more than 1, 200 persons in lifesaving skills. He did all of this with what some people may

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BE RED CROSS READY

Project R.E.D. to emphasize preparedness

Project R.E.D. (Ready Everyday for Disasters) launched in April with a goal of recruiting volunteers and preparing the Tri-State for disaster and emergencies. Since that time, Project R.E.D. has trained over 100 individuals to respond and help the community when they need help most. Now, Project R.E.D. is entering phase two: ensuring every household in Southwestern Indiana is Red Cross Ready for disasters. In September, the Red Cross took that message of preparedness to the streets as part of September's "Preparedness Month."

"The Red Cross is planning each and every day to be able to respond to disasters large and small," Emergency Service Manager, Joyce Cosby said. "We want you to do the same thing at home BEFORE disaster strikes." Whether it is a house fire or tornado, there are 3 simple steps everyone can learn to save lives: **1. Get a Kit 2. Make a Plan 3. Be Informed.**

Red Cross staff and volunteers have been driving the importance of preparedness home by providing free presentations to the community. Throughout the past month, more than 3,000 people learned

how to be Red Cross READY. "The response of businesses, organizations, and schools wanting this presentation has been overwhelming," Cosby said.



"The presentation has simple information that can be utilized at home to ensure the safety of you and your family", Cosby said. Our Be Red Cross Ready brochure helps guide people through making a kit and what essential items to include, how that kit can be used to put together a

family preparedness plan and why staying informed in the event of disaster is the key to survival.

Three steps Red Cross volunteers are now taking to the street to ensure everyone is equipped before disaster strikes and can take care of themselves until help arrives. Part of the 2009 United Way Day of Caring, volunteers on loan from different companies for the day, completed a door-to-door blitz, handing out the Be Ready brochures to area residents. Volunteers handed out thousands of brochures to families, encouraging them to Be Ready.

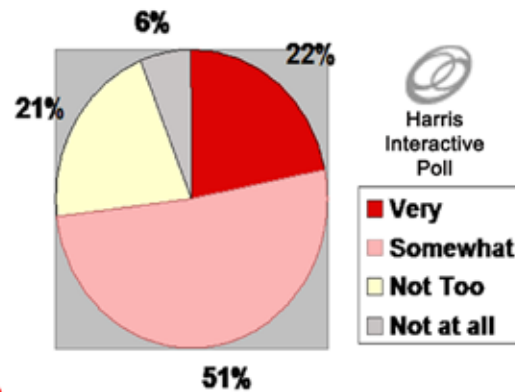
The American Red Cross is asking everyone to not wait until volunteers knock on your door to deliver this information, but take a few minutes now and learn more about safety and preparedness. Safety information sheets and brochures are available to download from our website www.evansvilleredcross.org, while you're there you can also take an interactive quiz to gauge your level of preparedness and even build your own disaster kit. Taking three simple steps today could help prevent or minimize the effects of a disaster tomorrow.

HOW PREPARED ARE YOU?



A recent survey shows 1 in 5 Americans feel prepared for a long-term power outage or disaster such as a hurricane or earthquake

ARE YOU PREPARED?



Poll Conducted Nationwide July 24 - August 9, 2009

To view an interactive presentation on how to prepare you and your family for disaster visit our website at www.evansvilleredcross.org.

Be Red Cross Ready



Shop the Red Cross Store at 29 S Stockwell Rd., Monday - Friday, 8:30 - 5:00 for more information about what to put in your Grab-N-Go kit or to purchase a starter kit.

Prices start at **\$39.95**
 kit pictured is \$49.95

A Special Life to Give Thanks For

Ann Moore's Legacy of Caring

During the holidays many people stop to reflect on what they are thankful for in their life. For Randy Moore, knowing his wife Ann touched so many lives before her death gives him comfort now.

Ann passed away earlier this year after a brave and public battle against pancreatic cancer. "During Ann's treatments she was always in need of blood, and it was always available for her then and that is why she and I sponsored a blood drive last year to give back," said Randy Moore. The Labor of Love Blood Drive broke

by Ann's life or story of survival will roll up their sleeve and give the gift of life on November 25th," said Moore.

The American Red Cross of Southwestern Indiana is thankful for the support of Randy and his family and everyone at WTVW Fox 7. "We are especially proud that this year's Give Thanks, Give Life Blood drive will be in memory of such a strong and compassionate woman," said Matt Bertram, Red Cross Executive Director.



Randy and Ann Moore at the 2008 Labor of Love Blood Drive in honor of Ann Moore.

all records for blood donations because of Ann's story and how her love for this community touched so many lives. Now, Randy and WTVW Fox 7 want to celebrate Ann's life as part of the Give Thanks, Give Life Blood Drive in November. "I hope that anyone who has ever been touched

Ann Moore's dedication to giving back will remain a part of our community's fabric for years to come. Mark your calendars for this year's Give Thanks, Give Life Blood Drive and help carry on Ann's tradition of caring and giving back to others by giving the gift of life.

*Give Thanks,
Give Life*
Blood Drive

November 25
6 a.m. - Noon
4 p.m. - 9 p.m.

Red Cross Office
29 S. Stockwell Rd.
Evansville, IN

New Blood Donor Center Hours

Stockwell Road Facility

Monday: Closed

Tuesday - Thursday: 10 a.m. - 6 p.m.

Friday: 7 a.m. - 2 p.m.

First Saturday of the month: 9 a.m. - 1 p.m.

Locust Creek Facility

Open the third Monday of the month: 1 p.m. - 7 p.m.

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school. He says he doesn't want anyone to panic, but hopes everyone will pay attention to this serious concern.

For more information about preventing the spread of the H1N1 Flu virus and how to protect yourself in the event of a pandemic,

visit www.evansvilleredcross.org where you can download tip sheets and other safety information. While you are there, find out how you can arrange for Scrubby to visit your favorite school, daycare or organization.

From the desk of the Executive Director —

As the first signs of fall are in the air, we are reminded that winter and the home heating season are just around the corner. This is also one of the busiest times of year for your American Red Cross, as we respond to a large number of home fires during the colder months. On several occasions last year, Red Cross volunteers responded to multiple home fires on the same night. In each case, the Red Cross provided comfort, care and compassion, helping a family get through one of the most difficult times of their lives.

Words cannot express my appreciation to the volunteers and financial supporters of the Red Cross. Your donations of time, talent and money help ensure the Red Cross is always ready to answer the call for help – 24 hours a day, 7 days a week. Your support also makes it possible for us to help families in our community that have loved ones serving in the nation's armed forces. We take a special pride in being able to provide the urgent communication and care necessary when an emergency arises here on the home front.

And lastly, I'd like to appeal to everyone to take the time to become trained in lifesaving CPR and First Aid. Throughout the year we are reminded by heartwarming and heroic stories that ordinary folks – like you and me – can save a life with just a few hours spent learning what it takes to act when every second counts.

Thanks again for being part of the Red Cross family. We appreciate your continued support of the life-changing and life-saving work of the American Red Cross of Southwestern Indiana. Please feel free to contact me if you ever have any questions or concerns or would like to learn even more about your American Red Cross!

Matt Bertram
Executive Director
mbertram@arcswin.org

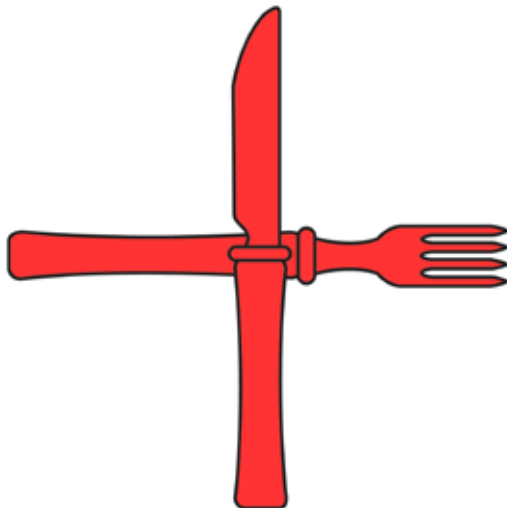
3rd Annual Let's Dine Out

Thank you to our restaurants and media partners!

Eastside

Bar Louie's
 Black Buggy Restaurant
 Carousel Restaurant
 Chick-fil-A @ Crosspointe
 Chick-fil-A @ Eastland Mall
 Cold Stone Creamery
 Cork'N Cleaver
 Crazy Buffet
 Culver's Restaurant
 Firefly Southern Grill
 GattiTown
 GD Ritzy's
 Geronte's Pizza
 Hacienda Mexican Restaurant
 Eastside
 Kipplee's Stadium Inn
 Ma T 888 China Bistro
 Penn Station East Coast Subs
 Super China Buffet
 Texas Roadhouse

"Let's Dine Out"



for the
American Red Cross

Westside

Cold Stone Creamery
 El Charro
 GD Ritzy's
 Hacienda Mexican Restaurant
 Penn Station East Coast Subs
 Sam's Pizzeria
Northside
 Canton Inn
 GD Ritzy's
 Hacienda Mexican Restaurant
 Rounders Pizza -- Mill Rd
 Stepto's Bar B Q Shack
 The Pie Pan
Downtown/Southside
 Angelo's
 Chick-fil-A
 Riverview by Firefly
 Roca Bar of Evansville
 Stratman's Garden Café



Well known Evansville personalities join in the fun for Let's Dine Out! Evansville Fire Department Chief Keith Jarboe, Vanderburgh County Sheriff Eric Williams, Evansville City Councilwoman Missy Mosby and WIKY morning host Dennis Jon Bailey serve Hacienda patrons as part of this year's event.



Lefler's Legacy continued from page 1

classify as a disability. But Ken saw his situation differently.

"When we got to the Americans Disabilities Act in the instructor class, he would always tell the new instructors that 'some people put me in this category but I don't!'" Morrow said. "He didn't let anything stop him from doing what he wanted to do."

Ken had polio as a young boy which meant he spent his entire life on crutches or in a

mobility scooter. But to him, the scooter just meant he could get around even faster! Often times, you could hear him laying on the horn to say hello and get someone's attention. He even helped move supplies during disasters by pushing them with his scooter.

"Ken loved to joke around and have fun, but he also knew when to be serious," Morrow said. "He had an uncanny way of being able to relate to all kinds of people;

he was a great listener."

No matter what needed to be done, he found a way to do it. In the meantime, he taught us all a lesson in giving back. Ken believed there was no reason everyone couldn't do their part. His dedication to serving his community has touched thousands of lives and will continue to do so. Our loyal volunteer and great friend will be missed.

Totes of Hope

Giving to those that sacrificed for us

Every year on Veteran's Day, the country stops to pay tribute to the brave men and women who've served in our country's armed forces to protect our freedom at home. For those who lost their lives on the battlefield, we remember their sacrifice. For those still with us, we honor their service by saying thank you with words, signs, and commemorative ceremonies.

Everyday, the American Red Cross of Southwestern Indiana works hands on with members of our armed forces from active duty to veterans. This year in honor of Veteran's Day we are proud to launch a new outreach initiative with the employees at Vectren called Totes of Hope. Over the next few weeks, Red Cross and Vectren volunteers will be collecting donations of toiletry & personal items, canned goods, clothing and more that can be packaged in a tote and distributed in time for Veteran's day.

Totes of Hope will be distributed to local veterans at both the VA Clinic (500 E. Walnut Street, Evansville) and Vietnam Vets Center (311 N. Weinbach Avenue, Evansville) on Friday, November 14th from 10am to 1pm. Veterans are encouraged to join us for a cookout and the opportunity to pick up our thank you for your service package.

"We heard from both the VA Clinic and the Vet Center, that many of our local veterans were homeless and are not always able to provide these items for themselves, and this is our way to encourage everyone in our community to pay it forward for veteran's day," said Joyce Cosby, Services

to Armed Forces Manager.

Donations of supplies, canned goods and cash will be accepted at the American Red Cross of Southwestern Indiana office located at 29 S. Stockwell Road through Friday, November 6th. Donations can be dropped off during normal business hours (Monday through Friday 8:30am to 5:00pm). "We hope the community will

"this is our way to encourage everyone in our community to pay it forward for Veteran's Day."

-- Joyce Cosby

join us to help fill each tote with more than hope, but with vital supplies our local servicemen and women can use now more than ever." For more information about the Totes of Hope program, to volunteer or to get your company, church or community organization involved visit www.evansvilleredcross.org or call 812-471-7200.



**Please remember Veteran's Day
November 11, 2009**

Then and Now...

The Red Cross and our military

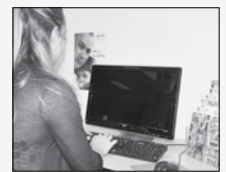
The Southwestern Indiana Chapter has a storied history of service to the military... operating one of the longest running canteens during the war, our volunteers greeted soldiers as they crossed the country on their way to defend our freedoms. From June 14, 1942 until January 1, 1946 the Red Cross Railroad Canteen in Evansville, Indiana served as a respite for our military.



WWII Soldiers enjoying the hospitality at our mobile canteen.

Now sixty-three years later, our Chapter is reaching out to our military, embracing the technology that can help our soldiers and their families stay connected across the world. We are in the process of designing, equipping and operating a computer lab for military families. This will enable the families of servicemen and women deployed from our area to utilize the computers, webcams and internet connections to stay in touch with their soldier, take online training, do homework and research, and stay connected.

Military families will connect with loved ones at the new computer lab.



a Tradition of Service

Grades 6-12



Club RED

September 22nd
October 13th
October 27th
November 10th
November 24th
December 8th

Is For You!



Meetings begin at 5:30 p.m. at the Red Cross Office, located at 29 S. Stockwell Rd. (intersection of the Lloyd Expressway and Stockwell Road)

Make New Friends

Make a Difference

Earn Service Project Hours

116 Riders - Traveled 110 miles - Raised \$3,000

RIDE RED

AMERICAN RED CROSS

THANK YOU SUPPORTERS!

Heroes

American Red Cross
Southwestern Indiana Chapter

NOMINATE A HERO

in one of these 12 categories:

- Youth (under 18)
- Adult Role Model
- Law Enforcement
- Group
- Medical
- Adult Rescue
- Volunteer
- Firefighter
- Educator
- Workplace
- Military
- Community

Heroes make the world a better place. *Heroes* touch lives. *Heroes* save lives. *Heroes* help when help is needed. *Heroes* are your family, your neighbor, your friend, your co-worker. Do you know a Hero? Help the American Red Cross of Southwestern Indiana find everyday *Heroes* in our community by nominating someone you know in one of twelve categories. Winners will be selected by a group of community leaders and recognized at the Heroes award ceremony, to be held on April 15, 2010. **Deadline for entries is: Friday, February 5, 2010.**

Download a Heroes Nomination Form :
www.evansvilleredcross.org

HONORING THE EVERYDAY HEROES IN OUR COMMUNITY

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American Red Cross

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 Wayne Parke, Board Chairman
 Matt Bertram, Executive Director