



# Connections

SERVING AMELIA, CHESTERFIELD, GOOCHLAND, HANOVER, HENRICO, NEW KENT, POWHATAN AND RICHMOND

RED CROSS IN ACTION

## Virginia State Troopers Use Red Cross Skills to Save a Life

**T**roopers Timothy Brown, Jonathan Dudley, Benjamin Slider, and Matthew Cotten were given the Lifesaving Award for the Professional Responder at the Greater Richmond Chapter's Volunteer Recognition Ceremony on May 23, 2006.

Trooper Robert Bowers was shot in the neck and leg while apprehending a suspect last July. The injured Bowers was taken to a nearby home, where he was cared for by the residents, and then his fellow troopers. Brown, Dudley, Slider, and Cotten used skills learned in American Red Cross first aid and CPR training to stabilize Bowers until the ambulance arrived. The troopers applied pressure to the wound, assessed the victim's condition, secured the perimeter, and escorted paramedics to the victim.

"The actions of Trooper Cotten, Trooper Dudley, Trooper Brown, and Trooper Slider were swift, decisive, and professional," said their nominator. "Their Red Cross training aided in their decisiveness and helped to preserve the life of Trooper Bowers."

The Lifesaving Award for the Professional Responder is one of the highest awards given by the Red Cross to an individual or team of individuals who saves or sustains a life by using skills and knowledge learned in an American Red Cross Health and Safety Services course. Their actions exemplify the highest degree of concern of one human being for another who is in distress.



*At the Volunteer Recognition Ceremony, Trooper Bowers presented the award to his fellow troopers, who saved his life using skills they learned in Red Cross training. Pictured are Troopers Dudley, Slider, Bowers, Cotten, and Brown, along with Colonel Stephen Flaherty, Superintendent of Virginia State Police.*

125 +

CELEBRATING  
125 YEARS OF SERVICE

## 125 Years of Neighbors Helping Neighbors



*From its inception in 1881, the Red Cross has been guided by its dedication to humanity and a desire to promote mutual understanding, friendship, cooperation and a lasting peace.*

**J**ohnstown, Pennsylvania, was already flooded by 10 feet of water when the long-neglected South Fork Dam burst on May 31, 1881. The recreational lake behind the dam rushed out and formed a thirty-foot wall of water that hurled toward Johnstown at 22 feet per second. The raging torrent swept up everything in its path, including, houses, animals, and train locomotives. This thirty-acre mass of 20 million tons of water and debris became caught under a bridge and eventually caught fire. Those victims who were not drowned were burned alive. The death toll has been estimated at more than 2,000.

Forty-eight hours after the disaster, Clara Barton, founder of the American Red Cross, and a team of fifty relief workers arrived on the first train allowed through to Johnstown. They immediately set up feeding stations and provided medical care through the Philadelphia Red Cross Society. For the first time, the Red Cross set up mass shelters to house and feed the victims of a disaster. The Red Cross continued working in Johnstown for five months after the flood and assisted 25,000 people.

Clara Barton led the Red Cross for more than 20 years, setting the standard for voluntary service that continues to fuel the Red Cross. From its inception in 1881, the



*Johnstown flood*

organization's actions have been guided by its dedication to humanity and a desire to promote mutual understanding, friendship, cooperation and a lasting peace.

More than 95 percent of all Red Cross workers are volunteers. That means that the smiling face that comforts you after a fire, teaches you how to save a life with CPR, or delivers an urgent message to a family member in the military, may belong to one of your own neighbors. A friend you didn't know you had.



*Volunteers have always carried out the mission of the Red Cross, at home and abroad, during war and peace.*

B E P R E P A R E D

## Take Steps Now To Prepare For This Year's Hurricane Season

*Hurricane season 2005 was unprecedented, with four major hurricanes wreaking havoc within a six-week period. A new hurricane season began June 1, and forecasters are predicting another above-normal season. The American Red Cross encourages us to begin preparing now.*

### Prepare a Personal Disaster and Evacuation Plan

- Meet with your family to create a plan. Discuss the information you have gathered and why it is important to prepare for a disaster.
- Show and explain to each family member how and when to turn off the water, gas and electricity at the main switches, and how to use a fire extinguisher. Remember, if the gas is shut-off, only a professional can turn it back on.
- Identify ahead of time where you would go if you are told to evacuate. Choose several different places—a friend's home outside of the affected area, a motel or a shelter.
- If you are told to evacuate, do so immediately.
- In case you have to evacuate, be sure to bring your disaster supplies kit including medications, extra clothing, pillows and blankets, and other hygiene and comfort supplies, along with copies of essential papers and documents.
- Be sure to make advanced safety preparations for your pets. Be aware that pets are not allowed in Red Cross shelters. Contact your local humane society or veterinarian for suggestions.
- Ask an out-of-town friend or family member to act as "family contact" for everyone to call in case of separation. It is often easier to call long distance after a disaster than to make local calls.
- Practice and maintain your plan.
- Ask questions to make sure your family remembers meeting places, phone numbers and safety rules.
- Conduct drills.

*For more information regarding how individuals and families can prepare for disasters visit [www.greaterrichmond.redcross.org](http://www.greaterrichmond.redcross.org) or contact the Greater Richmond Chapter at 780-2250.*



**Kathleen Burke Barrett and Dr. Percy Wootton.**

## Dear Friends,

I am honored to greet you as the new Chairman of the American Red Cross, Greater Richmond Chapter. It is my hope that over the next two years, we will build upon this organization's history of selfless service and reputation for responsible management.

As Chairman, I have a vested interest in the continued success of all American Red Cross programs; As a retired cardiologist and former president of the American Medical Association, I am particularly vested in the Chapter's commitment to placing Automated External Defibrillators throughout our community, and training the public how to use them. AEDs are proven lifesavers, and no hotel, convention center, theater, restaurant, or shopping center should be without one. Please consider placing an AED in your home, place of worship, school, or workplace, and take a course in its use.

Sudden cardiac arrest strikes over 250,000 Americans each year, but CPR and early defibrillation are the most critical factors in determining survival. Survival rates improve by nearly 90% if defibrillation is administered within the first few minutes of cardiac arrest. AEDs are safe, reliable and effective in preventing unnecessary death from sudden cardiac arrest by allowing trained citizen responders to provide the crucial and timely defibrillation immediately on-site. With training, anyone can learn how to save lives.

I am proud to be associated with an organization that is pioneering this innovative medical technology. I look forward to advocating for AED placement and training, along with advocating all of the American Red Cross's imperative services.

I also look forward to meeting and working with you, our volunteers, our donors, our friends. Thank you for your countless gifts of time, talent, passion, and money. It is only with you that we can be with the thousands of others who need our assistance.

Sincerely,

**Percy Wootton, M.D., Chair**  
Board of Directors

*Connections* is published by the American Red Cross, Greater Richmond Chapter. Comments are welcome. Contact the editor at (804) 780-2250.

[www.greaterrichmond.redcross.org](http://www.greaterrichmond.redcross.org)

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A R O U N D T H E W O R L D

## After Seven Years of Separation, Red Cross Reconnects Family

**A**t the age of 13, Ali Haidri's parents were taken by rebels in war-torn Afghanistan. When he could not find any of his family members, he went, with other Afghani children and refugees, to Islamabad, Pakistan, where he lived on the streets for a year and a half. Ali was accepted for resettlement to Richmond as an unaccompanied minor in the care of Commonwealth Catholic Charities at the age of 15

After living in Richmond for a year, Ali attempted to contact his family through the American Red Cross International Family Tracing Services. While it was difficult to find them in the midst of war, the Red Crescent Society, International Red Cross, and the American Red Cross all persevered and after four years, Ali heard from his family for the first time since he was 13. Ali has been in touch with his parents and brother in Iran several times since.

Ali is 20 now, and although four years lapsed, he was eventually connected with his family. The Red Crescent Society went door to door looking for Ali's parents, the International Red Cross coordinated the search efforts, and the American Red Cross—Ali's liaison to the international counterparts—was able to hand-deliver Ali's first message from his parents in seven years.

"Ali's story proves that even in countries where there is an active conflict and people living in refugee camps, the Red Cross can reconnect families, it just might take some perseverance" said Camille Gaffney, Coordinator of Armed Forces Emergency Services and International Services. "What's truly amazing is that Ali never gave up the hope of finding his family."



*The American Red Cross helped reconnect Ali Haidri to his family after seven years.*

## Help Can't Wait

The Greater Richmond Chapter hosted its first-ever "Help Can't Wait!" community awareness fundraising breakfast on May 3, 2006 — with outstanding success. Nearly 200 guests attended the breakfast and heard inspiring testimonials from people on the front lines of Red Cross services.

Susan Mize Cain spoke with passion about her experiences as a Red Cross disaster volunteer — and how Red Cross training prepared her to help Katrina victims on the Gulf Coast as well as local families who have lost everything in a house fire. Tray Poston, a father and teacher, thanked the Red Cross for teaching him first aid — and told how he used his training to save his young daughter's life. Red Cross staff member Camille Gaffney and volunteer Roger Sack told moving stories about emergency Red Cross assistance given to help severely wounded soldiers recover and rebuild their lives.

This event would not have been possible without the generous support of Philip Morris USA, Cingular, Ukrop's, Owens & Minor, and Bon Secours Richmond Health System. Also, a special thanks to our Table Captains who invited guests to the event.

### LET US INSPIRE YOU!

*Please let us know if you or your group would like to attend one of our monthly tours or bring our tour to you. Learn more about our lifesaving work and meet the Red Cross people on the front lines of disaster relief, armed forces emergency services, health and safety training, and medical transportation.*

**Contact the Financial Development Office at 780-2283 for more information.**

TRANSPORTATION

# Unexpected Friendships



Yolanda entertains her fellow passengers.

**O**n a beautiful May morning, Warren Delaney sets out on his route to transport Richmonders to and from medical appointments. Like he has every day for seven years, Delaney inspects the bus, checks the tires, and starts the engine. “Today is a good group,” Delaney says. “We all have fun together.”

Delaney maneuvers the 10-passenger bus through the narrow streets of Church Hill to pick up his first passenger, Clarence. Once onboard, Clarence asks with a giggle, “Is Yolanda coming today?”

Delaney proceeds to pick up Bruce, Dorothy, Tazewell, Ira, and Daniel, and with a hearty laugh, each asks: “Where’s Yolanda?” Yolanda, apparently, is quite the character.

Every day, the American Red Cross Transportation Program provides a free, timely lift for elderly, underserved populations to essential medical appointments. In 2005, 8,818 rides were provided. An unanticipated result of the 21-year program is that the passengers bond and formed mobile support groups to discuss the ups and downs of chemotherapy, dialysis, and physical rehabilitation. It’s also a chance to socialize and gossip, a chance many may not otherwise have. Some of the riders are planning a trip to Atlantic City.

“I’ll donate to the Red Cross, if I win anything,” said Tazewell.

Yolanda is the last person to be picked up, and she doesn’t disappoint. As much as the riders rib her, Yolanda is the life of the party. She was brash and cheerful, and most of all, loud and talkative. She teased her fellow passengers about their stubbornness, their lax church-going habits, and even their mild flirtations.

As each rider disembarks for the day, they offer goodbyes and thanks to Delaney.

“I look forward to seeing you all later,” says Yolanda, with a gleam in her eye.

# Rotary to the Rescue



**T**he Richmond Rotary Club presented the Greater Richmond Chapter with a new Emergency Response Vehicle (ERV) in April. A mobile feeding unit, the ERV is capable of serving 1,500 meals a day. The Chapter’s old ERV belongs to the National American Red Cross, and must go where directed by the national office. On several occasions in recent years, the national ERV has been called to serve victims in Florida or the Gulf, while major events like Gaston affected Richmond.

When the Richmond Rotary Club learned of this problem, members raised \$40,000 towards the purchase of a new ERV.

“The Rotary Club is about service above self, which goes hand-in-hand with the Red Cross’s mission to save lives.”

said Jim Bynum, immediate past President of the Richmond Rotary Club. “We couldn’t let our community be without such a vital resource.”

The new ERV has several enhanced features, including an altered design which makes it easily converted to a mobile interview space for clients. The new vehicle also features serving windows on both sides, making it easier to park. With a second ERV, the Chapter will also be able to provide canteen services to emergency service personnel more often.

**RED CROSS RESPONDS:** A recent fire at the Imperial Plaza prompted the use of both ERVs to provide snacks, meals, and drinks for fire, police, and EMS personnel. The Red Cross also placed 16 residents in temporary lodging, assisted residents who had to leave behind medicines, and provided mental health services as necessary.

WATER SAFETY

# Have Fun This Summer Without Taking a Vacation From Safety



**S**ummer is a wonderful time of year. Central Virginia children and parents look forward to outdoor activities at area pools, the River, and the beach. Yet accidents can happen if families take a vacation from safety. The good news is that most water tragedies can be prevented if everyone remembers the basic rules of water safety.

- + **Learn to swim and swim well.** One of the best things anyone can do to stay safe in and around the water is learn to swim. No one, including adults, should ever swim alone.
- + **Outfit everyone with the proper gear.** Kids—and even adults—who are not strong swimmers or who appear to rely on inflatable toys for safety should use U.S. Coast Guard approved personal flotation devices (PFDs) whenever they are in or around the water.
- + **Always keep basic lifesaving equipment by the residential pool and know how to use it.** A first aid kit, cordless phone, phone list with emergency contact

- information, a reaching pole and a ring buoy with a nylon line attached are recommended.
- + **Pack a “safety” bag for a day at the beach or lake.** Water-proof sunscreen with an SPF 15 or higher, water shoes to keep feet safe from the heat and sharp objects on land and plenty of water are musts. All containers should be plastic to prevent injuries from breaking glass. Also, a hat and sunglasses keep eyes safe from dangerous UV rays.
- + **Learn Red Cross first aid and CPR.** All caregivers, including grandparents, older siblings and babysitters should have these lifesaving skills.

For more information on staying safe in and around the water visit [www.greaterrichmond.redcross.org](http://www.greaterrichmond.redcross.org) or contact the Greater Richmond Chapter at 780-2250.

# TOGETHER We Prepare

# 5 ACTIONS FOR EMERGENCY PREPAREDNESS

**1**

**Make a Plan**

**2**

**Build a Kit**

**3**

**Get Trained**

**4**

**Volunteer**

**5**

**Give Blood**

For more information go to [www.greaterrichmond.redcross.org](http://www.greaterrichmond.redcross.org) or call 780-2250.

Greater Richmond Chapter

# FAST facts

MARCH 2006  
TO MAY 2006

During the spring, Greater Richmond Red Cross workers:

- Responded to **45** incidents, helping **179** fire victims with lodging, food, clothing, medications and other emergency needs. **83** of the victims were under 18 years old.
- On **2** occasions supplied canteen services to the local emergency responder personnel in Henrico County and the City of Richmond.
- Afforded **over 115** people with **2,590** free one-way trips to life-sustaining medical appointments.
- Sent **1,578** handmade items around the world to underserved populations.
- Provided emergency communications, health and welfare inquiries, and financial assistance to **228** military families.
- Helped **6** families with loved ones at McGuire Veteran's Medical Center with funds for groceries and transportation.
- Conducted **6** international tracings, connecting family members during crisis situations.
- The Center for Community and Corporate Education taught **over 8,000** local people how to save lives. The Center also placed **30 AEDs** in the community.
- The new American Red Cross Nurse Assistant Training Program, in partnership with Goodwill, has trained **27 Nurse Assistants**.
- The Chapter recently honored **48** individuals and organizations for their dedication and service; **9** people were honored for saving lives using skills learned in Red Cross classes.

## HONORING VOLUNTEERS

### AmeriCorps Provides Disaster Relief

**A**s the summer draws near, sadly so does the time when we must bid our incredible AmeriCorps volunteers farewell. The Greater Richmond Chapter annually hosts AmeriCorps students in the Disaster Services Program, where they provide direct assistance to clients.

The AmeriCorps program was created by the government to strengthen and support communities and help its members gain valuable job experience and specialized training. Volunteers in the "disaster relief" service area work at a local chapter of the American Red Cross for 10 and-a-half months.

This year's AmeriCorps students, Jessica Goins, Lauren Stanoszek, and Sarah Woody were drawn to disaster relief services for different reasons, but share a passion for helping others in our community.

"I wanted to wake up every day and be excited about what I'm doing and who I'm working for," Jessica said. "It's hard, but when a fire victim looks at you and says that their family wouldn't have made it without the American Red Cross, it makes what we do all worthwhile."



During their time with the Red Cross, Lauren, Jess, and Sarah educated community groups about disasters, assisted victims after disasters like house fires, and even spent some time in the Gulf and Florida after Hurricanes Katrina and Wilma.

## WHAT MATTERS THE MOST

### Local Man Saves Daughter Using Red Cross Skills

**T**ray Poston and his family were out for their usual post-church Sunday lunch when something went terribly wrong. Tray saw a look of horror on his wife's face, and followed her gaze to their four-year-old daughter, Claiborne. As he glanced down, he realized that she was choking and starting to turn blue. Tray immediately began performing abdominal thrusts on his little girl. After several, Claiborne expelled the food and began crying. "It was music to our ears," said Poston.

As the Athletic Director for Millwood School, Poston has taken

several American Red Cross training courses, like CPR and First Aid, but never thought the day would come when his training would be put to the test. He especially never thought he'd have to save his own daughter.

"Tray's experience shows us all the importance of training and the understanding of the skills," said Jo Benwell, the American Red Cross instructor who taught Tray.

"My son is 11 and will eventually have to start looking after his little sister sometimes," Tray said. "He'll definitely be taking the American Red Cross babysitting courses."



Claiborne Poston



Red Cross Celebrates 125th Anniversary  
*front page*



International Tracing Program  
Reconnecting Families  
*page 2*



Transportation  
Making Friends On the Way  
*page 3*

Special thanks to our generous supporters.



**American Red Cross**

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# Connections

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