

Prepared to Save Lives When Seconds Count

Why does the Red Cross of Southwestern Indiana pride itself on training over 12,000 persons a year in lifesaving CPR and First Aid skills? Because when lives hang in the balance, training and the proper equipment can make the difference between life and death.

Sudden Cardiac Arrest (SCA) can be a silent and unexpected killer. When Sudden Cardiac Arrest strikes, defibrillation is the only remedy to establish a life sustaining heart rhythm. The victims of sudden cardiac arrest are many times young athletes that suffer from an undetected heart abnormality.

June 1 – 7, 2010 was celebrated as CPR and AED Awareness Week nationwide. The Red Cross of Southwestern Indiana hosted our Third Annual CPR and AED Awareness Workshop on June 3. At this breakfast, Red Cross staff and representatives from the manufacturers of Automated External Defibrillators (AEDs) shared valuable

information about being trained and equipped to respond to SCA.

Joining us were two very special guests, Rich and Faith Sendelweck. Faith's father, Rich, shared the story of Faith's brush with death due to Sudden Cardiac Arrest. On Sunday, January 17, 2010 Dr. Dean Beckman and his wife, Vickie, were walking the track in the gym at Jasper High School. Faith Sendelweck, a 13 year old soccer player, was at the same gym for soccer practice. Unexpectedly, their lives intersected. Shortly after practice began, Faith was in distress. She had gone in an instant from an amazing goalie, ready for the day's practice, to having no life-sustaining heart rhythm. Unbeknownst to anyone at the time, Faith suffered from Prolonged QT Syndrome. She had suffered sudden cardiac arrest. Luckily for Faith, Dr. Beckman and Vickie, and respiratory therapist Nancy Blessinger, were in the right place at the right time and Jasper High School was equipped with an AED.



A HUG AND TEARS are shared by Faith Sendelweck (back to camera) and (l to r) Dr. Dean Beckman, Vickie Beckman and Nancy Blessinger as Paul Swiz, of Deaconess Hospital looks on

Rushing to Faith's side, the three began CPR and asked for the AED. The AED delivered the lifesaving shock to Faith's heart and life returned to her body. Studies have shown that for the victim of SCA, every minute that defibrillation is delayed decreases their odds of survival by 10%. Fortunately

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HOW CAN YOU HELP?

Visit our website www.evansvilleredcross.org or call us at 812-471-7200 for more information about giving the gift of time or more

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The Gift of Life Comes Full Circle

When we talk about blood donation we refer to it as The Gift of Life and for an Evansville mother and her adult son, that gift has come full circle.

Due to recent health issues, Bev Kaelin, mother of eight, required multiple units of blood. Her need for blood is not particularly unusual for someone in their senior years. What makes Bev's story unique is her connection to one of this area's most faithful apheresis donors. He happens to be her son, Pat.

When you mention Pat Kaelin's name to the staff at the Locust Creek Blood Center, you usually get a smile and a comment that "Pat is a always smiling" or "Pat is in here every time he is eligible to donate." On display in the canteen area at Locust Creek is the hood from one of Pat's demolition derby cars that he had painted to honor Red Cross blood and platelet donors and presented



BEV KAELIN, poses in front of the hood of son Pat Kaelin's demolition race car dedicated to Red Cross blood and platelet donors.

it to the Blood Center after the tragedy of 9/11. Bev relates that Pat has always had a love for cars and racing and has been racing

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Local Volunteers Responding to the Call

Serving Across the Country

Who would awaken in the middle of the night to help a family displaced by a fire? Or put their lives on hold for three weeks at a time, heading into disaster areas? Red Cross Disaster Volunteers will do both these things and much more 365 days a year. Their selfless sacrifice to serve others ensures the mission of the American Red Cross is carried out and we can help the Tri-State prevent, prepare for and respond to emergencies.



TV CAMERAS ROLL as the local Red Cross volunteers Ray Sullivan and Charline Bridgeman head to Nashville, Tennessee to assist those affected by the May 1, 2010 floods that struck Middle Tennessee.

Recently, when flood waters took a toll on many areas of Nashville, three local Red Cross volunteers answered the call for help. Dan DeMuth, Charline Bridgeman and Ray Sullivan, who have all trained to respond to disasters nationwide, gave 3 weeks of their time to help those in need. Each volunteer, specially trained to help in many areas including mass care, mobile feeding, bulk distribution and mental health counseling worked alongside hundreds of other volunteers from all over the nation to ensure the emergency needs of each flood victim were met.

Your financial support helps to ensure that when the call for help arises, Red Cross Emergency Response Vehicles (ERVs) are fueled up, equipped with resources such as water, Gatorade, first aid supplies and snacks. Having these resources on hand and readily available saves our volunteers time in their response to get help into the hands of those who need it most.

Serving Here in the Tri-State

Just as important to fulfilling our mission are the many hours that our volunteers spend helping others that never draw the attention of the news media. A call in the middle of the night from our answering service will send volunteers to the scene of a house fire to assist a family with



RED CROSS VOLUNTEERS support first responders on scene of fatal house fire





nowhere else to turn. Members of our first responders' forces call upon Red Cross volunteers to provide snacks, drinks and respite for their personnel when an operation is unusually long or complicated by weather conditions or the emotional toll of the tasks at hand.

When you see someone donning the Red Cross vest, responding to disasters large or small, around the country or around the globe, know that they are trained by the only relief agency congressionally chartered to provide disaster relief. They are empowered by the personal commitment to help accomplish the Red Cross mission and they are equipped by the generous support of individuals, businesses and organizations such as many of the readers of this newsletter. Give them a thumbs up and a smile for all they do!

"I am often times asked why am I involved with the Red Cross. There are many, many reasons and the count continues to grow. A few weeks ago the Sheriff's Office and several local suburban fire departments responded to and investigated an arson that resulted in the deaths of two young children. It was a very stressful, difficult and exhausting day. The local Red Cross kept a response vehicle and crew on scene the entire time. Not only did they provide much needed refreshment, nourishment and necessary rehab to the public safety workers on scene, they also brought pleasant faces and kind words of encouragement to those who needed it greatly that day."

*Sheriff Eric Williams
Vanderburgh County Sheriff's Office*

We have a vest waiting for you

-  Blood Drive Registration Attendant
-  Blood Drive Canteen Host/Hostess
-  Speakers Squad - Public Relations & Education
-  Local Disaster Assistance Team

Become a Red Cross volunteer and change a life, starting with your own.

Call 812-471-7200 to get started

We can match your skills, interest and availability with any number of volunteer opportunities.

Prepared to save lives

continued from front page

For Faith, Jasper High School's gym was equipped with an AED and persons trained in CPR were there to save her life. Faith was later transferred to Kosair Children's Hospital and has since had a medical device implanted to deliver that same life-saving shock when her heart rhythm goes awry. Today, Faith is a happy and healthy teenager who had the opportunity to join the Red Cross in honoring her rescuers at our Heroes Awards Banquet on April 15, 2010. (See photo page 1.) Dr. and Mrs. Beckman and Mrs. Blessinger received the Medical Heroes Award, sponsored by Deaconess Hospital.

Lives like Faith's, saved by the proper training and lifesaving equipment are the reason why our volunteers and staff spend thousands of hours each year teaching CPR

69 Automated External Defibrillators have been placed at area businesses and community buildings in the past five years through our facilitation efforts.

and First Aid. Without a doubt, Red Cross trained responders would prefer to never be called upon to use the skills they have learned in class. Yet when lives hang in the balance and seconds count, their training is priceless to them and the lives they save.

You Can Learn to Save a Life

Enroll in a CPR/AED course by calling (812) 471-7200

From the desk of the Executive Director --

Behind every successful business or organization there lies a driving reason to exist. This reason is what inspires us, motivates us, causes us to carry on when the obstacles seem large and the task overwhelming.

For us, that driving reason, that "Why?" on the best of days and the worst of days is the people we serve and those who entrust us with their time, talents or money. When I have the privilege of talking with someone who has received a lifesaving blood transfusion or meet a young lady like the one on page 1 and see how CPR training helped to save her life, I am humbled. When I meet a donor that so believes in our mission and our financial stewardship that she forgoes birthday presents and asks her friends to donate to our organization instead, it reminds me of why we do what we do. When I hear the gratitude in the voice of a soldier who relied on the Red Cross during a time of crisis, I know without a doubt that I am fortunate to be a part of the American Red Cross.

When I see our chapter looking ahead, preparing and planning to meet the needs of our community, not only today, but in the future, I am proud. As I watch our volunteers and staff think outside of the box to meet the needs of our community I realize that we are truly a volunteer-led organization that has stayed true to our purpose since 1917.

As I watched our volunteers prepare to head to Nashville, Tennessee to offer assistance to the people suffering due to the devastating floods that struck there on May 1, 2010 I know that every supporter, every donor and every volunteer can take pride in how we accomplish our mission, whether it be across the street or over 100 miles away.

The Southwestern Indiana Chapter of the American Red Cross has a rich history of selfless service to others, here and around the world. Our military caseworkers treat each request as if that soldier were a member of their own family. Our disaster volunteers truly care about the clients that they serve and they give of themselves tirelessly to help those in need to find solutions, answers and comfort in trying times. This service is from the heart and reinforced by the training of the American Red Cross and it is one of the greatest assets our chapter possesses.

Whether you are a blood donor, a volunteer, a financial supporter or a client, you are part of my "Why" and I thank you for that. As we wrap up our fiscal year in the next few weeks and approach Fiscal Year 2011 with renewed determination I am proud to be serving our community alongside you.

As always, feel free to call or e-mail me with any questions or concerns.

Sincerely,



Matt Bertram
Executive Director
(812) 471-7200
mbertram@arcswin.org

CHANGE A LIFE AND ESTABLISH YOUR LEGACY OF GIVING



By including the American Red Cross in your long-term giving plan, you will create meaningful opportunities for your community - but more importantly, you'll be establishing a legacy of kindness and care.



The Red Cross offers many giving vehicles that can maximize your impact on your community while often securing benefits for yourself.

Call 812-471-7200 and find out how to create *your* legacy of compassion.



The Gift of Life Comes Full Circle continued from front page

in some form or another since he was old enough. The hood hanging on the wall is more than just sheet metal and paint to Pat. To Pat it is a representation of two of his passions in life, racing and giving the gift of life. So it is particularly fitting that after telling her story of recently needing blood transfusions, Bev considered it an honor to visit the collection center where Pat has given the gift of life so many times and have her picture made with the hood that Pat dedicated to all blood and platelet donors that visit the facility.

Summer is traditionally a time when blood donations experience a lull. People are busy, they may be traveling out of town and sometimes donating blood gets crowded out of their schedules. Yet summer can also be a time that blood products are in great demand. Summer travel and injuries can strain the local blood supply. So as we head into summer, consider stopping by our donor center at 29 S. Stockwell Road in Evansville, rolling up your sleeve and giving the gift of life. If you would like more information about platelet apheresis donation visit www.redcrossblood.org or

call **1-800-GIVELIFE**

Because of the support of faithful donors like Pat and the generous financial contributions of our supporters, when Bev Kaelin or anyone else at a Tri-State area hospital finds themselves in the need of lifesaving blood products, they are on hand.

Did You Know?

Recently a hospital served by the Mid-America Blood Services Division performed two liver transplants. The patients required a total of **170 units of red blood cells, 30 units of platelets, 200 units of plasma and 40 units of cryoprecipitate.** Thanks to our dedicated blood donors both patients are doing well.

If you are 17 years old, or 16 years old with a signed Red Cross parental consent form for whole blood where state permits, weigh at least 110 pounds and are generally in good health, you may be eligible to donate blood. For more information, call **1-800-GIVELIFE.**

APHERESIS FACTS



During this type of donation, an apheresis machine collects the platelets and some plasma and returns the red cells and most of the plasma back to the donor.

Platelets are a vital element of cancer and organ transplant treatments, as well as many surgical procedures as they help prevent massive blood loss.

A single donation of platelets collected by apheresis can constitute one or several transfusable units, while it takes about five whole blood donations to constitute a single transfusable unit of platelets.

The donation takes approximately one and-a-half to two and-a-half hours.

Call 1-800-GIVE-LIFE to find platelet apheresis donation opportunities near you.

FOCUS on saving lives this summer
and you could win a
Ford FOCUS!



The need is constant. The gratification is instant. Give blood.™
redcrossblood.org | 1-800-GIVE-LIFE

Contest available June 1 to September 7, 2010; visit redcrossblood.org for details
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A Ride to Remember

Red Cross supports Patriot Guard's salute to fallen soldiers

“What could I do but go with them [Civil War soldiers], or work for them and my country? The patriot blood of my father was warm in my veins.” Clara Barton, founder of the American Red Cross With these words she summed up her dedication to those that bravely serve and the American Red Cross remains dedicated to supporting our military and their families, on the home front, on the battlefields and sadly when a brave soldier does not return home.

The Southwestern Indiana Chapter is proud to serve our military and their families with our emergency message service and as a liaison to the aid societies of each branch of service. We are there to brief family members about Red Cross support and services before a soldier deploys. When a local unit is sent overseas The Red Cross is part of the official send-off and when they return we join our community in the welcome home celebrations. We take to heart Clara Barton's deep dedication to supporting our military as an integral part of our mission.



Red Cross volunteers accompanied Patriot Guard Riders as they visited the gravesites of 13 fallen soldiers during their 2010 Ride to Remember

As we work to support our military, we develop partnerships with other agencies and groups. On May 15 and 16, we joined the Indiana Patriot Guard Riders in their 2010 Ride to Remember. The men and women of the Indiana Patriot Guard visited the gravesites of 13 men and women who died during the wars in Iraq and Afghanistan, honoring those who gave the ultimate sacrifice for their country. The Red Cross Emergency Response Vehicle (ERV) traveled with the group,

providing refreshments to the riders and the families. The Red Cross also provided patriotic flower arrangements for each gravesite. It was a privilege and an honor to join the Patriot Guard in paying tribute to these fallen soldiers and their families.

- Cpl. Willard Powell**
- Lcpl. James Brown**
- Sgt. Jimmy Lee**
- Sgt. Brock Babb**
- Spc. William Jeffries**
- Pfc. Darren DeBlanc**
- Pfc. Jacen Beck**
- Pfc. Jonathon Pfender**
- Sgt. Joseph Ford**
- Spc. Jared Arnn**
- Cpl. Eric R. Lueken**
- Sfc. David Moore**
- SA. Shayna Ann Schnell**

Heroes Honored for Lives Changed



Each Spring the Southwestern Indiana Chapter honors everyday citizens from across the Tri-State for their acts of bravery, their courage or their community spirit. They are heroes in the truest sense of the word.

The Red Cross showcases their stories at our annual Tribute to Heroes Awards Banquet. They are moving, inspirational examples of the triumphant human spirit that reinvigorates our commitment to be there for our communities in their times of greatest needs. This year we celebrated a wonderful and diverse group of heroes, each with a story of lives changed. While

every story is as unique as the individuals involved, the recurring theme was putting the needs of others before their own. Often it isn't convenient to do the right thing, to go the extra mile, to get involved when

others have not. Yet, each of our 2010 Heroes share this quality. We are proud to recognize them as Heroes and applaud them for the difference they make in our world, one life at a time.

Medical Dr. Dean Beckman, Vickie Beckman, Nancy Blessinger	Volunteer Tony O'Neal
Group Employee Volunteers of Toyota Logistics	Workplace Wabash Valley Farm Services
Community Todd Weyer	Firefighter John Werry & Chris Neaveill
Educator Pamela Hayden	Law Enforcement Cpl. Chris Wolter, Dep. Nick Roby, Tpr. Tim Payne & Sgt. Lonnie Bell
Role Model Antonio Mendoza, Jr.	Youth Ryan & Claire Whitehouse
Adult Rescue Marty Mattingly	Military Mary Rachael Weaver

**HERO OF THE YEAR
INDIANA NATIONAL GUARD**

To Watch Videos Nominating This Year's Winners visit www.evansvilleredcross.org

Save the Date

September 8, 2010

"Let's Dine Out"



For the
American Red Cross

Support Your American Red Cross
by dining at participating restaurants!
For more information visit our website
www.evansvilleredcross.org

Attention Motorcycle Fans!



SATURDAY
JUNE 19, 2010



Wayne Parke, Board Chairman
Matt Bertram, Executive Director

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Evansville, IN 47714

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Southwestern Indiana Chapter



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