

## The Red Cross is going GREEN!

Help us to save paper and reduce printing costs! Red Cross News is offered online and via email. The online newsletter allows you to enjoy the convenience of instantly connecting with our Red Cross web site and related sites through the links available throughout the newsletter. We still plan to distribute printed copies of the next issue of the newsletter, but sometime in 2010 we hope to make the newsletter available online only. Become part of our green movement—send an email to:

[newsletter@njredcross.org](mailto:newsletter@njredcross.org)  
and list your name, company (if applicable), address, phone number and email address.  
Thank you!

## Donate Blood and you Could Win \$2500 in Free Gas!

Although summer is a time relax, people tend to forget blood donations are still needed .

Every week this summer through September 20, the Red Cross will raffle one overnight stay at Atlantic City Casino Hotel with a gift card of \$200. All you have to do is donate at a Red Cross blood drive or donor center and you will be automatically entered to win. Also, all presenting donors will be entered to one of the two Grand Prize drawings for \$2500 in Free Gas.

To learn more, go to <http://www.pleasegiveblood.org/>.

Become a blood donor today. Someone in need will be glad you did.

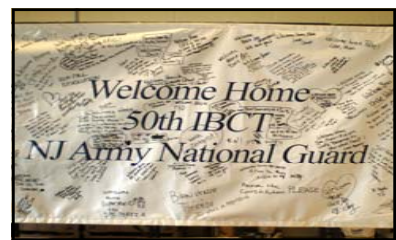
## Families, Friends, and Red Cross Volunteers Welcome Home Troops



On May 29, 2009, hundreds of people anxiously waited at Fort Dix for their loved ones to return from the war. They carried signs and wore t-shirts that praised their soldier. The Red Cross was honored to be on hand to help serve these families as they waited. As the troops arrived, families and soldiers scrambled to find each other and screams of joy and relief overcame all as they reunited with their loved ones at last.



A Trenton homecoming parade was held two weeks later, followed by a celebration with the troops and their families at the Sovereign Bank Arena. Red Cross volunteers were happy to work alongside the USO, the Salvation Army and ARMS to help serve those who serve us.



## LEAVE A LASTING LEGACY...PUT THE AMERICAN RED CROSS OF CENTRAL NEW JERSEY IN YOUR WILL.

### MARK YOUR CALENDAR!

**10/5 8th Annual Save-A-Life Golf Classic**  
Hawk Pointe Golf Club  
Washington, NJ  
Shotgun Start: 12:30 pm  
Contact: Jen Durrant, 609-951-2114

*Sponsorships Available - Visit [www.njredcross.org](http://www.njredcross.org)*

**10/15 Hometown Heroes**

Visit "Nature Unleashed"  
at Liberty Science Center until 1/3/2010  
Liberty Science Center partnered with American Red Cross to let you experience natural disasters that occur every year.  
See more...<http://www.njredcross.org/natureUnleashed.asp>

**Boating Safety Answers:** 1) False. To stay safe in and around water you should learn to swim. 2) 50 percent. Alcohol and boating DO NOT mix. 3) Coast Guard-approved life jackets. 4) False. Stop boating as soon as you see or hear of a storm.

Join Us

### 60 MINUTES WITH THE RED CROSS

Experience what the American Red Cross does in your community.

Please allow 60 minutes for program and tour

60 Minutes in Princeton

- Thursday 8/20 @ Noon
- Thursday 9/10 @ Noon
- Thursday 10/1 @ 8:30 AM
- Thursday 10/22 @ Noon
- Thursday 11/19 @ Noon
- Tuesday 12/8 @ Noon
- Thursday 1/7 @ 5 PM
- Thursday 1/21 @ Noon
- Thursday 2/18 @ Noon
- Thursday 3/18 @ Noon
- Thursday 4/22 @ Noon
- Thursday 5/6 @ Noon

Meeting location: 707 Alexander Rd., Suite 302, Princeton, NJ 08540

Please RSVP to:  
Sarah Mertz 609-951-2110  
[mertzsa@njredcross.org](mailto:mertzsa@njredcross.org)



## Message From The CEO



Welcome to our first online-only issue of **Red Cross News**.

Rather than omit our summer issue, we hope to keep you informed about the great work of our volunteers and the community's support by delivering the following content electronically.

We will continue to distribute printed issues, but only twice a year, looking to go completely online sometime next year. Not only will this be cost effective for the chapter, but environmentally friendly as well.

We do hope you enjoy this issue and please encourage others to visit **Red Cross News** online.

Sincerely,  
Kevin Sullivan

## Community Hero Saves Life



Kathy Schroeder (far left), health and safety manager with the American Red Cross of Central New Jersey, presents Raritan Township employee, Jeff Hamerstone, with a Red Cross Community Hero certificate during a Township Safety Committee meeting. Also pictured are Jeff's wife Cathy and 9-year-old daughter Erin and Jeff's co-worker Mike Rasile (second from left). On January 15, 2009, Jeff Hamerstone did not hesitate to put his Red Cross training into action when Mike began choking. The two men were on their lunch break at the Public Works Facility when Jeff recognized the signs of conscious choking and immediately performed the actions necessary to dislodge the food and save Mike from losing consciousness.

## Senator Marcia Karrow Recognized

Senator Marcia Karrow of the 23rd district received recognition for her efforts to lower the blood donor age to 16 with parental consent on Monday, June 1, 2009, at the chapter's annual golf event at The Ridge in Back Brook in Ringoes. Senator Karrow received her honorary certificate from CEO Kevin Sullivan.

Governor Jon S. Corzine signed the new legislation to lower the donor age May 6, 2009. Those 17 years of age and older willing to donate do not need parental consent and must weigh at least 110 pounds and may donate every 56 days.

Donate blood at our Red Cross Blood Donor Center in Princeton. Or, if more convenient, blood drives are held seven days a week in communities across the region. To donate blood call **1-800-GIVE LIFE** or go to <http://www.pleasegiveblood.org/> to find a listing of community blood drives.



## Lucky Car Raffle Winner



*You Win...You Choose!* Car Raffle winner David Russell of Cedar Run, (center) receives the keys to his new 2009 Volvo S80 Sedan from Chris Long (left) and Larry Long of Long Motor Company at Volvo of Princeton.

The generous donation of the winning vehicle by Volvo Cars of North America and the Long Motor Company allows nearly all of the \$122,600 raised during this year's raffle to go directly to local Red Cross programs and services. Thanks to all of you for supporting the Car Raffle!

## Veterans' Menlo Park Barbeque



This veteran said this was the best BBQ he's had in four years!



Service to Armed Forces BBQ Team

SAF Volunteers spent the day with more than 100 veterans, along with their families and friends, for a barbeque at the New Jersey Veterans' Memorial Home in Menlo Park on Saturday, August 1. The veterans enjoyed delicious foods such as ribs, barbeque chicken, corn on the cob and watermelon. Thanks to those volunteers who helped make it such a special day!



### Red Cross News

Editor: Diane Concannon  
Contributing to the content and layout of this issue was  
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## Choking: What You Should Know

### Common causes:

- Trying to swallow large pieces of poorly chewed food.
- Drinking alcohol before or during meals.
- Wearing dentures.
- Eating while talking excitedly or laughing.
- Eating too fast.
- Walking, playing, or running with food or objects in the mouth.



### Precautions:

- Don't leave small objects within an infant's reach.
- Have children sit in a high chair or at a table while they eat.
- Give infants soft food
- Do not give infants and young children foods like nuts, grapes, popcorn or raw vegetables.
- Cut foods a child can choke on easily, such as hot dogs, into small pieces.

### BOARD OF DIRECTORS 2009-2010

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## Beat the Heat!

Here are a few tips to have fun this summer while keeping cool and avoiding dangerous heat illnesses like heat cramps, heat exhaustion and heat stroke.

- NEVER leave children or pets alone in closed vehicles. Temperatures inside a closed vehicle can reach over 140 degrees within minutes.
- Wear loose-fitting, lightweight, light-colored clothing that will cover as much skin as possible.
- Drink plenty of water and other fluids even if you do not feel thirsty.
- Avoid drinks with alcohol or caffeine in them. Combined with heat it makes a worse effect on your body.
- Slow down. Avoid strenuous activity. Reduce, eliminate or reschedule strenuous activities.
- Get training and be alert to heat-related illness symptoms.

To learn more, go to <http://www.njredcross.org/safetyCenter/extremeWeatherHeat.asp>.



## We Need Your Help Join the Adopt a Unit Campaign

- Your group or organization can collect items for packages sent to the soldiers
- Write letters of appreciation
- Make a financial donation to help defray program costs like shipping.

Begin by contacting us to find out what is needed and how you can participate.

Email: [information@njredcross.org](mailto:information@njredcross.org) or call: 609-951-8550

To view a list of groups who adopted a unit and to read letters from soldiers, go to <http://www.njredcross.org/adoptAUnit.asp>.

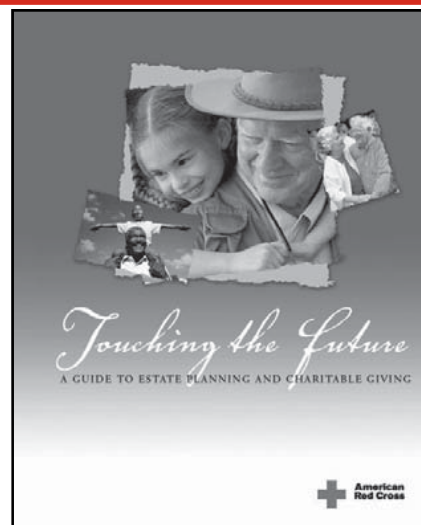


## “Painless” Planned Giving Opportunities

There are a number of possibilities for completing a planned gift to your local Red Cross chapter that do not require large amounts of assets. For example, you can:

- Name the chapter as POD (Pay On Death) beneficiary on your checking, savings, money market, or stock account. This only requires executing the proper forms with your financial institution.
- Name the chapter as a beneficiary (or contingent beneficiary) for a specific amount or percentage of your 401-K, 403-B, IRA, or other retirement plan. This only requires filling out a new beneficiary form.
- Execute a codicil to your existing will naming the chapter as a beneficiary, or a contingent beneficiary, for a specific amount or a percentage of your estate. These can usually be done at very minimal cost.

Everyone, no matter how little he or she may have in the way of tangible assets, should have a will. This is especially true if one has children, for without a will, the state decides who serves as their guardian when parents are deceased.



**Touching the Future A Guide to Estate Planning and Charitable Giving can help.**

To obtain a complimentary copy, contact:

Julie M McIsaac, JD  
Gift Planning Officer  
609-951-2122

[mcisaacj@usa.redcross.org](mailto:mcisaacj@usa.redcross.org)

## Susan Hassmiller Receives Florence Nightingale Medal



Gail McGovern, American Red Cross President and CEO, left, presents Susan Hassmiller the Florence Nightingale Medal.

The International Committee of the Red Cross selected our very own Susan Hassmiller, Ph.D., R.N., F.A.A.N, to receive nursing’s highest international honor, the Florence Nightingale Medal. The medal is awarded every two years, with 28 medals presented this year among 15 nations. Sue was among only three nurses in the United States to receive the distinction this year. The medals were presented during a June 25th ceremony in Washington, D.C.

“We are pleased the ICRC chose Sue Hassmiller for this esteemed honor,” said American Red Cross of Central New Jersey CEO Kevin Sullivan. “Sue’s outstanding work with the Red Cross, which has included handling difficult situations in leadership roles during major disaster responses, exemplifies the humanity necessary to merit this distinction. We are proud to work alongside her.”

Ms. Hassmiller began volunteering with the Red Cross following

the 1975 earthquake in Mexico. The Red Cross helped her locate her parents, who were visiting Mexico at the time. Sue has since been a volunteer involved in Red Cross disaster relief efforts in the United States and abroad, including tornadoes in the Midwest, Hurricane Andrew, 9/11, the Indian Ocean tsunami and Hurricane Katrina.

To read more about Sue Hassmiller, go to <http://www.njredcross.org/news/pressRelease070209.asp>.



Florence Nightingale Medal recipient Susan Hassmiller with Red Cross staffers Elvin Rodriguez, Sue Franson, Kevin Sullivan and Carol Chang following the ceremony in Washington, DC.

## Pet Safety

Because your pets are part of the family too!

Below are tips for what to do when your pet is sick or injured:

- Always approach slowly and cautiously.
- Watch the body expressions and sounds your pet makes to warn you.
- Do not make quick, jerky, or loud movements.
- When necessary, use towels or blankets to subdue cats or small dogs.
- Keep the phone number and address of your veterinarian in a convenient location.
- Have the phone number and address of an after-hours veterinary clinic on hand and keep directions to that clinic in the same place.



To learn more, call your local Red Cross to take a Pet First Aid Course or go to <http://www.njredcross.org/safetyCenter/petSafety.asp> to purchase a Pet First Aid Kit or Booklet.

## Giving back: Deloitte's IMPACT Day

Friday, June 5, 2009, Deloitte employees took part in IMPACT Day, Deloitte's national volunteer service day. More than 40 people from Deloitte's New Jersey offices donated their time to teach first and second graders about water safety using a popular Red Cross program, "Longfellow's WHALE Tales."

The Deloitte employees spent the morning at the chapter learning about the program and worked in groups to develop their own lesson plans. These water safety lesson plans were then presented to nearly 500 schoolchildren in individual classrooms at the Maurice Hawk Elementary School in Princeton Junction. The lessons promoted healthy water recreation for the summer season.



Deloitte volunteers assist children with a lesson plan.



Maurice Hawk students participating in educational relay race.

## Adapted Aquatics Year-End Race

The Adapted Aquatics Program, which started more than 25 years ago, hosted the season's final swim race Tuesday, June 2, 2009. This program is meant to encourage people with disabilities to swim, teach them swim safety and help improve their strength and coordination while having fun.

Hamilton High School, whose district donates their pool facilities to this Red Cross program, hosted the event. Friends, family and volunteers cheered on participants to

motivate the swimmers to do the best they could. Everyone went home a winner that evening, proud of themselves for finishing their races and everything they have accomplished during the year.



Races took place...



...and awards were presented.

## Summer Safety: Boating

Take this quiz to see if you know these boating safety tips!

1. True or False: You do not need to know how to swim in order to go boating.
2. What percent of drowning incidents involve mixing boating and alcohol use?
3. What kind of life jackets should you use when boating or fishing?
4. True or False: It's okay to continue boating if you hear of a storm approaching.

View answers on the last page.



## Yesterday ~ Today ~ Always Annual Fundraising Gala



Gala Chair Karen Fagard with Honorary Chair James Harton

The 2009 Red Cross Gala was held at The Bedens Brook Club in Skillman on March 7, 2009. The evening consisted of dining and dancing to help support local Red Cross programs and services.

This year, Robert E. Humes was honored with the 2009 Bob Clancy Culture of Caring Award, presented by Chairman of the Board Robert Mooney.

Sponsors included Rhodia, Black Rock, Johnson & Johnson, Miele, Volvo Cars of North America, Long Motor Company, Bloomberg, PNC Bank and URS Washington Division. Local businesses such as Flemington BMW, Flemington Furs, Hamilton Jewelers, Jet Airways, and The Leela Kempinski Mumbai provided items to be sold in the silent auction.



Silent Auction Winners

## 2009 dance a thon

**INSOMNIA**



The 4<sup>th</sup> annual dance a thon held by the Red Cross Youth Council took place April 18<sup>th</sup> at Hightstown High School. The purpose of the dance a thon was to help raise money for local Red Cross services and benefit the international Measles Initiative. Red Cross Club members raised nearly \$8,000 at this year's event.

Sponsors included A.J. Worldwide Services, Inc., Americana Diner, American Red Cross of Central New Jersey Board of Directors, Dunkin Donuts of Sayreville, Olive Garden of Lawrenceville, OHM International, Inc., Princeton Day School, West Windsor Plainsboro South Red Cross Club. Thank you all for your support!

For more information on the measles initiative, go to <http://www.measlesinitiative.org/>.

## Are You Red Cross Ready?

Towards the end of summer coastal areas of the United States are susceptible to treacherous hurricanes. Although many may not think hurricanes can come to this area, hurricanes **can** occur anywhere. In order to keep yourself and your family safe during hurricane season, here is key information you need to know:



### What's the difference between a hurricane WATCH and a hurricane WARNING?

- A hurricane **WATCH** means hurricane conditions are *possible* in the specified area of the WATCH, usually within 36 hours.
- A hurricane **WARNING** means Hurricane conditions are *expected* in the specified area of the WARNING, usually within 24 hours.

For more information, go to <http://www.njredcross.org/safetyCenter/weather.asp>.

