



# Kosciusko County Chapter Quarterly Newsletter

Fall 2009

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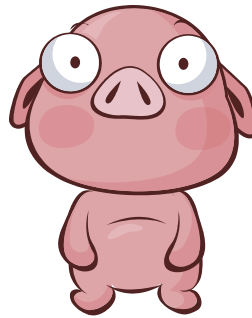
*The official start  
of the 2009  
influenza season  
is October 4.*

## Protecting yourself from H1N1 (swine) Flu

2009 H1N1 is a new influenza virus causing illness in people. This virus was originally referred to as "swine flu" because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs. Further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia and bird (avian) genes and human genes. Scientists call this a "quadruple reassortant" virus.

In April 2009 an outbreak of H1N1 flu in humans was discovered in North America, and cases are being found in a growing number of states and countries. The World Health Organization has increased its alert level to reflect the spread of the outbreak, and public health and government officials have been working to assess the spread and severity of this flu. The H1N1 virus is a potentially serious health issue for families, schools and businesses across the country and the world. The federal government estimates that as many as 40 percent of the country's population could become ill with the flu this fall and winter.

While the government is uncertain how widespread or severe the H1N1 flu virus will be this year, there are simple things people can do right now to prepare for it. The American Red Cross recommends that you take a few simple precautions right now to protect yourself from both the H1N1 and seasonal flu viruses. Cover your nose and mouth with a tissue or sleeve when you cough or sneeze.



*You cannot get H1N1 flu from cooking or eating pork products.*

Throw the tissue in the trash after you use it. Wash your hands frequently with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer. Minimize contact with people who are sick as much as possible, and stay home when you are sick. Stock extra food, water, medications, cleaning supplies and tissues to reduce the need to go out

in public when taking care of a sick loved one or if schools and businesses are closed. Parents should review flu plans at their children's schools and day care centers. Employees should ask about work policies on tele-working or staying home when a relative is sick with the flu or a child's school is closed.

Common signs of the swine flu include high fever, severe body aches, headache, being extremely tired, sore throat, a cough, runny or stuffy nose and vomiting and/or diarrhea. Having these indications doesn't always mean you have the flu. If you develop flu-like symptoms and are concerned about possible complications, consult your health care provider.

It is encouraging to see that people are taking preparedness seriously, as a recent Red Cross poll found that more Americans are planning on taking extra measures to avoid getting the flu this year. In fact, 78 percent plan on covering their coughs and sneezes with a tissue, and 76 percent plan on washing their hands more carefully to prevent illness. For more information on preparing, visit [www.redcross.org](http://www.redcross.org).

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## In A Nutshell

### Upcoming training:

Fulfilling Our Mission 11/18/09  
5:30pm-8:30pm This is a re-  
quired course for volunteers. If  
you have not taken it, please  
plan on attending. Please call  
267-5244 to confirm atten-  
dance.

### New Website:

Check it out!  
[www.koscoredcross.org](http://www.koscoredcross.org)

### Disaster Drill:

October 20, 2009 (afternoon)

### Bulk Mailing:

We will be preparing our holi-  
day fundraising letter for mail-  
ing. We would appreciate all  
the help we can get for folding,  
labeling, stuffing, sealing and  
sorting. 11/12/09 8:30 am

### Facebook:

We are embracing social media  
to help us connect with our  
volunteers, donors, and the  
community. Look for our page  
on [www.facebook.com](http://www.facebook.com)

### Fall Back:

Daylight savings ends 11/01/09.  
Change the batteries in your  
smoke detector when you  
reset your clocks.

## Name This Newsletter Contest

We know we have been  
through a lot of change already  
this year but we are holding a  
contest to rename the quar-  
terly newsletter. It has been a  
while since the last newsletter  
went out (No, your copy did  
not get lost in the mail!) and

we would like to  
pick up again and  
make a fresh  
start.



So, put on your thinking cap  
and submit your entries to the  
Kosciusko County Chapter  
office by December 1st. En-

tries will be accepted by phone,  
mail, fax or e-mail. The winning  
entry will be selected by a  
third-party panel. The winner  
will receive a First Aid kit.



*A shout-out for the Kosciusko  
County Chapter in chalk! This draw-  
ing was completed on the sidewalk  
at Center Lake Park during Art in  
the Park which was held September*

## Welcome New Volunteers!

Joanna Beatson

Chris Bidwell

Chithralehka Bhagwat

Leetha Brown

Diane Farkas

Gary Heckman

Erin Hensley

Garry Himes

Joni Hire

Lorna Ladd

Bendy Mann

Eva Mudd

Shaun Mudd

Stephanie Orr

Tara Patterson

Shilpa Sethuradnum

Scott Schaffer

Harriet Scott

Maryanne Slough

Aaron Vis

Heather Zentz

## Spotlight on Layne Warren

In 1985, Layne Warren was the  
fire chief for Claypool. He read  
a card asking about their disas-  
ter plan. He then attended a  
Red Cross training and he's  
been hooked ever since. Layne  
decided to volunteer for the  
American Red Cross because it  
was a good organization to be  
involved with for helping peo-  
ple in need. He is a member of  
the Disaster Action Team and

has helped with national disas-  
ter relief efforts. Layne went to  
California following an earth-  
quake in January 1994. He  
spent three weeks conducting  
damage assessment. He re-  
members seeing how much  
Mother Nature can do to dis-  
rupt normal lives. Layne also  
works with the Center Lake  
bloodmobile every month. And  
he has served in a leadership

role as a member of the Board  
of Directors. He continues to  
volunteer because it keeps him  
involved and it feels good to be  
needed. Layne says, "Volun-  
teering makes me realize when  
I work with others we can  
make a difference." Next time  
you see Layne around, thank  
him for all his hard work and  
years of dedication!

# Make A Difference Day is almost here!

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The fourth Saturday of October is the nation's largest day of volunteering. Make A Difference Day is sponsored by USA WEEKEND magazine in partnership with HandsOn Network and supported by Newman's Own. Millions of volunteers help to change the world in a single day. This year, the Kosciusko County Chapter will experience firsthand the generosity of volunteers participating in Make A Difference Day. The Greater Warsaw Ministerial

Association is organizing to provide the volunteers, materials and supplies needed to help us with landscaping, building repairs and maintenance, and even a little bit of housekeeping. We are looking forward to an amazing gift from the community and encourage any of our Red Cross volunteers who would like to be involved to join us. We are planning on working from 8:00 am to 12:00 pm on Saturday, October 24, 2009 at the Red Cross office. If

you can't make it, consider making a personal effort to make a difference for someone else on that day. Rake the leaves in your neighbor's yard. Clean up litter along your road. Make a donation to a food pantry. Lend a hand to someone in need. Make someone's day a little brighter. For more information about Make A Difference Day check out [www.usaweekend.com/diffday/](http://www.usaweekend.com/diffday/).

*The 19th annual  
Make A  
Difference Day  
will be Saturday,  
October 24,*

## Statistics

Our last fiscal year\* went out with a bang. We collected 5,691 units of blood last year with 934 collected in June! That is amazing! Here are the stats for last month as well as the fiscal year to date.

### September 2009

Blood Services (units collected)	282
Health & Safety (classes/individuals trained)	24/360
Public Health Ed (individuals contacted)	4,020
Disaster Services (cases/individuals assisted)	1/4
SAF (cases/individuals contacted)	1/5

### Year to Date

Blood Services (units collected)	1433
Health & Safety (classes/Individuals trained)	92/849
Public Health Ed (individuals contacted)	4,520
Disaster Services (cases/individuals assisted)	8/29
SAF (cases/individuals contacted)	6/28

\*Our fiscal year begins July 1 and ends June 30.

## A Little Bit of Fun

See how well you know the historic figures of the Red Cross. Match the correct person with their contribution to the organization.

1. Jane Delano
2. Mabel Thorp Boardman
3. Wilbert E. Longfellow
4. Clara Barton
5. Julian B. Hubbell
6. Irving Berlin
7. Henri Dunant
8. Charles L. Drew

- A. "The Angel of the Battlefield" during the Civil War. Founded the American Red Cross on May 21, 1881.
- B. Pioneered the water safety program in 1914.
- C. Wrote *A Memory of Solferino*. Founded the Red Cross in 1863.
- D. Chair of the newly established Nursing Service in 1910.
- E. His song "Angels of Mercy" became the official wartime song of the Red Cross in 1941.
- F. Leading volunteer from 1903 to 1944.
- G. Pioneered the national Blood Donor Service. Appointed Medical Director in 1941.
- H. First Red Cross field representative. Coordinated relief efforts during Michigan Forest Fires in 1881 and for the Russian Famine in 1892.



*Commodore Wilbert E. Longfellow poses with swimming instructors during the Learn to Swim campaign of 1923.*

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Throughout its history, the Red Cross has been an important symbol of hope and help to those in need. Whenever war, disease and disaster have struck, the Red Cross has been on hand to ease the burden of human suffering.

-President John F. Kennedy, 1963