



Red Cross Youth from Kadena Station and Japanese Red Cross

Red Cross Youth Summit

The Red Cross Youth Summit on October 14th was an excellent event showcasing collaboration, learning, and a sharing of cultures between the youth in the Kadena Station Red Cross Club and the Japanese Red Cross Society youth in Okinawa. The American and Japanese teenagers learned hands-only CPR, working together to learn life-saving plans of action. The group also collaborated on an International Humanitarian Law (IHL) activity, and even had a bit of fun with a cross-cultural teambuilding exercise.

The Japanese Red Cross Society Youth invited the Kadena Red Cross Club to join in their annual rice pounding event, which will take place in December, and this budding partnership between the two Red Cross stations will continue to flourish as the stations will hold Youth Summits every quarter.

Upcoming Trainings at Kadena Station, Bldg. 6800

DATE	TRAINING
Nov. 02	0900-1100 Adult and Pediatric CPR/First Aid/AED Course (Blended)
Nov. 06	1800-2000 Adult and Pediatric CPR/First Aid/AED Course (Blended)
Nov. 16	0800-1700 Babysitter's Training
Nov. 23	0900-1600 Adult and Pediatric CPR/First Aid/AED Course (Full)

For more information on these events, view our calendar at:

www.americanredcrosskadena.com

Red Cross Supports Nation's Veterans

From Start of Service to Time as a Veteran

As we prepare to celebrate Veterans Day, the American Red Cross recognizes those who have served our country - our veterans – and offers support to them at every step – from the time a service member takes the oath, through active duty, to their transition to becoming a veteran.

Military members, veterans and their families can access Red Cross services by downloading the **FREE Red Cross Hero Care App** on any Apple or Android device. The Hero Care Network offers confidential services to all veterans and their families by connecting them with local, state and national resources worldwide. Red Cross chapters maintain relationships with key partners in their region and can connect veterans and their families with them to get the help they need. These vital services include responding to emergency needs for food, clothing, and shelter, referrals to counseling services, and information on veterans' cemeteries and burial benefits.

The Red Cross Military Veteran Caregiver Network (MCVN) is also available for veterans and their caregivers to offer support for the country's approximately 5.5 million caregivers of military and veteran wounded, ill or injured.



Photo: Henry ready for the Fire Truck Parade

Volunteer Spotlight – Henry McCord

Meet Henry, our Public Relations/Marketing Chairman! A retired service member, he enjoys welcoming station visitors and briefing at the Newcomer's Orientation. You may have also heard him on the radio, as Henry is a voice for Kadena Station on our monthly AFN spot. Henry shares his military life knowledge and wisdom with staff and volunteers, and is always ready to support the Red Cross mission!

Thank you for all that you do, Henry!
We are thankful for your talent and contributions at Kadena Station!



HERO CARE APP

Request Red Cross emergency services

Access secure service member information

Access non-emergency information like financial assistance

American Red Cross



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American Red Cross, Kadena AB
Bldg 6800 Unit 5175
APO, AP 96368



Holiday PSA
Red Cross
Offers 25
Ways to Safely
Cook and
Travel this
Thanksgiving

Thanksgiving is just around the corner, and millions of people will soon take to the road and kitchen to share the holiday with loved ones. Because Thanksgiving is a peak time for congested travel and home cooking fires, the American Red Cross asks everyone to follow the steps below to help stay safe this holiday.

COOKING SAFETY

1. Install a smoke alarm near your kitchen, on each level of your home, inside bedrooms and outside sleeping areas. Use the test button to check it each month. Replace all batteries at least once a year if your smoke alarm allows it.
2. Consider purchasing a fire extinguisher to keep in your kitchen. Contact your local fire department to take training on the proper use of extinguishers.
3. While cooking, don't wear loose clothing or sleeves that dangle.
4. If you are frying, grilling, or broiling food, never leave it unattended – stay in the kitchen. If you leave the kitchen for even a short period of time, turn off the stove. Unattended cooking is the leading cause of cooking fires.
5. If you're simmering, baking, roasting, or broiling food, check it regularly.
6. Use a timer to remind yourself that the stove or oven is on.
7. Keep kids and pets away from the cooking area. Make them stay at least three feet away from the stove.
8. Keep anything that can catch fire – pot holders, oven mitts, wooden utensils, paper or plastic bags, food packaging, towels or curtains – away from your stove, oven, or any other appliance in the kitchen that generates heat.
9. Clean cooking surfaces on a regular basis to prevent grease buildup.
10. Always check the kitchen before going to bed or leaving home to make sure all stoves, ovens, and small appliances are turned off.

HIGHWAY SAFETY

1. Make sure your car is in good condition for a road trip.
2. Pack an emergency preparedness kit, supplies and a first aid kit in the trunk.
3. Share travel plans with a family member or friend.
4. Check the weather before departing and along your route. Plan for travel around any storms that may be coming.
5. Be well rested and alert.
6. Buckle up, slow down and don't drive impaired.
7. Follow the rules of the road and use caution in work zones.
8. Give your full attention to the road. Avoid distractions such as cell phones.
9. Make frequent stops. During long trips, rotate drivers. If you're too tired to drive, stop and get some rest.
10. If you have car trouble, pull off the road as far as possible.

THE FLU AND YOUR TRAVEL PLANS

1. Handle your own belongings.
2. Wash your hands often with soap and water.
3. Carry hand sanitizer and anti-bacterial wipes with you. You can use them to wash your hands or wipe down surfaces, such as armrests.
4. Bring your own pillows and blankets. They can act as a shield against the seat itself.
5. Avoid touching your face or eyes. If you have to cough or sneeze, do so into a tissue or your sleeve.