

Recovering Emotionally After A Disaster

Disasters are upsetting experiences for everyone involved. People may experience fear, shock, disbelief, grief, anger and guilt. Memory problems, anxiety and/or depression are also possible after experiencing a disaster.

Children are especially vulnerable. When a disaster strikes, a child's view of the world as a safe and predictable place is temporarily lost. Children become afraid that the event will happen again and that they or their family may be injured or killed. How a parent or other adult reacts to a child following any traumatic event can help children recover more quickly and more completely.

Here are some basic steps you can take to help meet the physical and emotional needs of those affected by a disaster:

- Try to return to as many of your personal and family routines as possible.
- Get rest and drink plenty of water.
- Limit your exposure to the sights and sounds of disaster, especially on television, the radio and in the newspapers.
- Focus on the positive.
- Recognize your own feelings.
- Reach out and accept help from others.
- Do something you enjoy. Do something as a family that you have all enjoyed in the past.
- Stay connected with your family and/or other support systems.
- Realize that, sometimes, recovery can take time.

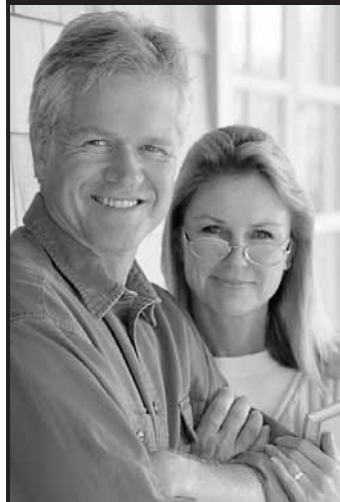
Red Cross Ready. Red Cross Safe.

Our work with disaster victims makes headlines. From house fires – the most common crisis to which we respond – to weather disasters and other emergencies, your local Red Cross is dedicated to providing lifesaving help to every person who needs us. And of course we never charge disaster victims for our services.

But that's just the beginning of what we do. We also provide a wide range of safety and life-skills training courses to help keep everyone in our community healthy and safe. And we help military families by delivering emergency messages and other services for our men and women in uniform.

The American Red Cross Greater Salt Lake Area Chapter is always ready to help. But we can't do it without the caring support our community provides. To learn more about how you can volunteer, or to make a financial contribution to our vital mission, please contact our chapter at: (801) 323-7000 or visit www.utahredcross.org

Why Are the Clarks so Happy?



They increased their income by creating a charitable gift annuity with the American Red Cross!

Five wonderful things can happen with an American Red Cross Charitable Gift Annuity.

- ▶ You can increase your income.
- ▶ You can reduce your income taxes.
- ▶ You can reduce potential estate taxes.
- ▶ You can bypass or reduce capital gains taxes.
- ▶ You help the American Red Cross help your neighbors.

For more information on a Charitable Gift Annuity, simply complete and return this form.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____ Birthdate: ____/____/____

Greater Salt Lake Area Chapter
465 South 400 East, Suite 200
Salt Lake City, UT 84111
Or call (801) 323-7000
FAX (801) 323-7018



HMN09



CrossRoads



Spring 2009

A Newsletter for Supporters of the American Red Cross Greater Salt Lake Area Chapter

- America Recognizes 66th Annual Red Cross Month
- Honoring Heroes Past to Present
- Preparedness. An everyday task for everyday life.
- Recovering Emotionally After A Disaster
- Red Cross Ready. Red Cross Safe.

America Recognizes 66th Annual Red Cross Month



"I request that during that month (March) our people rededicate themselves to the splendid aims and activities of the Red Cross.

—President Franklin D. Roosevelt,
first Presidential Proclamation of March as Red Cross Month, 1943

This March will mark 66 years of official recognition of Red Cross Month. The annual celebration began as a way for the public to learn more about the Red Cross and support it through donations and volunteerism.

Today, that tradition continues as local Chapters around the country – including the American Red Cross Greater Salt Lake Area Chapter – take this opportunity to tell the community about our services, and celebrate our successes.

Your support is needed now more than ever. If you make just one gift this year, make your contribution today in honor of Red Cross month. Working together, we can save lives all year long.

SAVE THE DATE

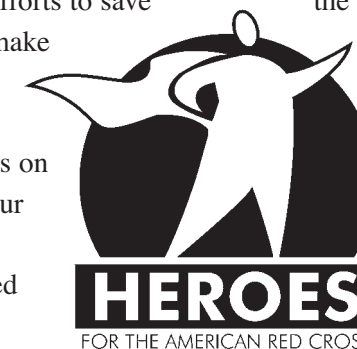


The Lifeguard Games!
July 18th, 2009

Lifeguards from around Utah compete in lifesaving skills at the Kearns Oquirrh Park Fitness Center from 8 am to noon.

Honoring Heroes Past to Present

Throughout history, the American Red Cross has trained ordinary citizens to perform extraordinary efforts to save the lives of others and make communities safer. 125 years ago, Clara Barton cared for soldiers on the battlefields during our Civil War and helped launch the American Red Cross, part of an international humanitarian movement.



heroes, one of them is George Angelo, a science teacher who brings the mission of the Red Cross to the classroom. At Judge Memorial High School, his students skillfully lead the entire student body in preparedness drills.

Heroes make up the American Red Cross. This year's heroes will be honored on March 18th at 11:30 am at the Salt Lake Convention Center. It is the local Chapter's most important fundraiser of the year and you're invited. To learn more or to purchase tickets: call 801-323-7003, or visit www.utahredcross.org

Flash forward to 2009, your Greater Salt Lake Area Chapter honors seven local

Preparedness.

Display this Mini-Poster prominently in your home, so everyone can learn to prepare for disaster... before it's too late!

An everyday task for everyday life.

1

Build A Kit

Consider the following when assembling or re-stocking your disaster preparedness kit.

- Store at least three days of supplies in an easy-to-carry kit. Keep extra supplies at home in case you cannot leave the area.
- Keep your kit where it's easily accessible.
- Check your kit every six months to replace outdated or expired items.
- Create a checklist and make sure your kit contains items you will need such as:

- 1 gallon of water per person per day.
- Flashlight or light sticks
- Non-perishable food – 1,600 calories per person per day
- Radio
- Emergency blanket
- Batteries
- Moist towelettes
- Work gloves
- Plastic sheeting

- First aid kit
- Sanitary items
- Duct tape
- Money
- Whistle
- Pet supplies
- Medications
- Map
- Multi-purpose tool
- N95 breathing mask
- Personal items

2

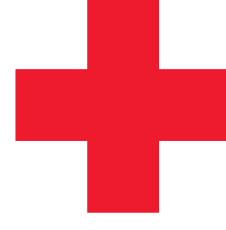
Make A Plan

- Talk with your family about the disasters that can happen where you live. Establish responsibilities for each member of your household and plan to work together as a team. Designate alternates in case someone is absent or unable to perform their assignments.
- Plan. Choose two places to meet after a disaster: One outside your home, and one outside your neighborhood.
- Learn. Each adult should know how and when to turn off utilities, use a fire extinguisher and other emergency skills.
- Tell everyone in the household where emergency information and supplies are kept.
- Practice evacuating your home and neighborhood twice a year. Drive your planned evacuation route and plot alternate routes on a map in case main roads are impassable or gridlocked.
- Include your pets. If you must evacuate, take your animals with you. If it is not safe for you to remain, it is not safe for them.
- Understand the emotional effects of disaster and know how to help your loved ones recover from the trauma of a disaster.
- Support your community. Support your community plans by volunteering in the community, giving blood and looking for other ways to stay involved.

3

Be Informed

- Learn what disasters or emergencies may occur where you live, work and play. These events can vary from those affecting only you and your family, like a home fire or medical emergency, to those affecting your entire community, like a tornado or flood.
- Identify how local authorities will notify you during a disaster and how you will get important information, whether through local radio, TV or NOAA weather radio stations or channels.
- Learn what you can do to prepare for disasters by contacting your local American Red Cross chapter. When a major disaster strikes, your community can change in an instant. Loved ones can be hurt, and emergency response can be delayed. Make sure that at least one member of your household is trained in first aid and CPR and in how to use an automated external defibrillator (AED).
- Share what you have learned with your family, household and neighbors and encourage them to be informed, too.



**American
Red Cross**

Red Cross Month is a great time to make sure your whole family will be prepared in case a disaster strikes. For more information on this or any other preparedness information, contact your local Red Cross Chapter.