



Real Heroes
Northwoods Heroes

Nominate A Hero!

*Celebrating Ordinary People . . .
Extraordinary Acts*

- Do you know someone who courageously saved the life another?
- Has a colleague gone 'above and beyond' the call of duty to save a life?

Nominations are being accepted for the Red Cross Hero Awards to be presented in March & April across North Central Wisconsin. Local heroes can be recognized in various categories . . .

- Youth Hero
- Law Enforcement Hero
- Good Samaritan Hero
- Corporate Hero
- Health Care Hero
- Community Hero
- Emergency Response Hero

Written nominations are due December 1. Go to our website www.redcrossncwi.com and download the nomination form or simply call your local Red Cross office.

This annual event honors local people for their inspiring acts of courage and emergency readiness. Please nominate someone you know who deserves to be recognized in this way!



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American Red Cross

Be Red Cross Ready

North Central Wisconsin
Serving the counties of Clark, Forest, Iron, Langlade,
Lincoln, Marathon, Oneida, Portage, Price, Taylor, Wood & Vilas

This newsletter is published twice annually for our donors, volunteers, advocates and friends.

October 2009

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H1N1 and Pandemic Influenza Preparing You and Your Family

In April 2009, an outbreak of human cases of H1N1 influenza was discovered in North America. 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 health and government officials have been working to assess the spread and severity of this flu.

The American Red Cross is monitoring the situation and is in close contact with federal and state officials, including the Centers for Disease Control and Prevention (CDC) and the Department of Homeland Security. Here are some answers to questions you may have as we approach the fall months.

1. What is influenza?

Influenza (flu) is a contagious respiratory illness caused by viruses. Infection results in mild to severe illness and can lead to death. Every year, an average of 5 to 20 percent of the U.S. population gets the flu.

2. How is the H1N1 (swine) flu different from seasonal flu?

H1N1 influenza is a new strain of the influenza virus. Symptoms are similar to those of seasonal flu. Unlike the seasonal flu, young people are at higher risk of H1N1 infection than people 65 and older. While most people who have become ill with the H1N1 virus have recovered without needing medical treatment, hospitalizations and deaths have occurred.

3. What are the signs and symptoms of H1N1 influenza in people?

The symptoms of H1N1 influenza (swine flu) in people are similar to those of the seasonal flu and may include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting as well. Like seasonal flu, H1N1 influenza may cause a worsening of underlying chronic medical conditions.

4. What should I do to keep from getting the flu?

Most importantly... Wash your hands thoroughly and often. Stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food. Try not to touch surfaces that may be contaminated and avoid close contact with people who are sick.

Continued on Page 2

Giving While You're Living!

Perhaps the Red Cross assisted a friend or loved one in time of war. Perhaps the Red Cross provided lifesaving assistance to your community in time of disaster such as a flood, tornado or fire. Perhaps you required blood during surgery and it was provided by the American Red Cross. Perhaps you never required Red Cross services but want to support the nation's largest humanitarian relief organization.

Whatever your reason, the staff at your local Red Cross can help you fund the future and make a difference . . . to the Red Cross, to America, and to yourself and loved ones.

Outright gifts of cash, IRA distributions or securities qualify for a charitable deduction for most donors who itemize their federal income tax returns. A gift of appreciated securities is another popular alternative because it actually saves taxes twice. You not only receive a deduction for the full fair market value but you also avoid capital gain tax on the appreciation if the security has been held a year or more.

A gift of life insurance is another charitable giving option. Name your local Red Cross chapter as a beneficiary. Upon your death, benefits pass to the Red Cross free of federal estate tax.

Several gift plans can provide lifetime income opportunities as well. Charitable Remainder Trusts, Charitable Gift Annuities and Deferred Gift Annuities are all popular ways to reduce estate taxes and accomplish philanthropic goals. Please see your financial advisor to determine which plan is right for you.

Estate Gifts and Planned Gifts

through your will or trust are wonderful ways to continue your giving beyond your lifetime. Since estate gifts are made after the donor's death, the American Red Cross Legacy Society allows the Red Cross to honor these gifts while you are still living. Through The Legacy Society your thoughtful and generous planning can be recognized while you are still living.

To learn more about The Legacy Society, simply contact your local Red Cross office or visit our website redcrossncwi.com.



Join the 'Spare Change' Challenge!

Two, young adults stopped by the Red Cross office in Stevens Point recently. They asked, "What does the Red Cross do?" After sharing our work across Wisconsin, they presented their "Spare Jar" containing \$26 in coins! This jar was their efforts at 'giving back' to their community. Each time someone in the house used a profane word - coins went into the jar!

Start a "Spare Change Challenge" in your household. As a family, empty your pockets each night into your "Jar" or select an action that prompts a donation to your jar. Once filled, bring your jar to your local Red Cross office and join our Spare Change Challenge! These small gifts can make a big difference to a family who has lost their home to fire or to a military family faced with an emergency. Contact your nearest Red Cross office for more information!

Check Your Smoke Alarm Batteries!

Gift-Giving is So Simple!

Red Cross First Aid kits make great Christmas gifts for anyone on your list!

PLUS, dollars raised from the sale of these kits are put to work in our local communities!

Kits range in price from \$7 to \$25. Don't forget that pet-lover on your list! A pet first aid kit is just \$13!

Check out our Holiday First Aid Kits by visiting our website www.redcrossncwi.com. Or, call or stop in at any Red Cross office to purchase a kit!

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The Mission of the American Red Cross

The American Red Cross, a humanitarian organization led by volunteers and guided by its congressional charter and the fundamental principals of the international Red Cross movement, will provide relief to victims of disaster and help people prevent, prepare for and respond to emergencies.

CPR & First Aid Class Schedule Now on our Website!

www.redcrossncwi.com

A complete listing of CPR, First Aid, Babysitting & Pet First-Aid class offerings across central and northern Wisconsin is now on our website. Our new On-Line Registration process makes registering for classes quick and simple! Take a look!

Red Cross is Going Green! Send us your email address!

To save dollars and communicate more often, share your email address with us! Drop 'Tammy' a note at roffice@charter.net

This newsletter is mailed to households who have made a gift(s) to the local Red Cross in the past two years. Your gift keeps it coming! We will continue this printed newsletter but are always looking for ways to reduce printing and mailing costs.

This newsletter is made possible through a gift from



H1N1 - continued

5. How can someone with the flu infect someone else?

People infected with H1N1 influenza may be able to infect others starting one day before symptoms develop, and up to seven or more days after they become sick. That means you may be able to pass the flu to someone else before you know you are sick, as well as while you are sick. People pass the virus by coughing or sneezing or by transferring the virus to an object (e.g. silverware, door handle, keyboard) that is touched by someone else.

6. What is the best technique for washing my hands?

Washing your hands often will help protect you from germs. Wash with soap and water, or clean with an alcohol-based hand sanitizer. The CDC recommends that you wash your hands with soap and warm water for 15 to 20 seconds. Alcohol-based disposable hand wipes or gel sanitizers may also be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The alcohol in the gel kills the germs on your hands.

7. What can I do to protect myself from getting sick?

Take these everyday steps to protect your health and prevent the spread of germs:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If no tissue is available, cough into your elbow.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose, mouth and surfaces that may be contaminated.
- Minimize contact with people who are sick.
- Stay home if you become sick.

8. What should I do if I get sick?

If you become ill with flu-like symptoms, including fever, coughing, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

If you have severe illness or at high risk for flu complications, the CDC recommends that you contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed. If you become ill and experience any of the following warning signs, seek emergency medical care:

Emergency warning signs in children:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Severe or persistent vomiting

Emergency warning signs in adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

9. How can I prepare for a widespread flu outbreak?

- Stock up on a 2-week supply of food, water and household items to reduce the need to be in public places during a local flu outbreak.
- Ask your employer about sick-leave plans to allow staff to stay home when ill or caring for sick loved ones.
- Parents should review the plans at their child's school or day care and ask under what conditions the school would close if the flu were to become widespread.

Stay informed, follow basic preparedness steps and ask the organizations your family relies upon about flu plans. More information on preparedness and the flu can be found at www.redcross.org and www.flu.gov.

Blood Drives Across North Central Wisconsin

October 2009 thru December 2009

Clark County	Abbotsford Colby	December 7	12 noon - 6:30 pm	Oneida County	October 14	11:30 am - 5:30 pm
	Greenwood	October 16	9:00 am - 2:00 pm		December 16	11:30 am - 5:30 pm
	Greenwood HS	December 11	12:30 pm - 5:30 pm		December 17	8:00 am - 1:00 pm
	Loyal	November 17	12 noon - 6:00 pm		October 5	12 noon - 5:00 pm
	Neillsville	October 26	TBA	Portage County		
	Neillsville HS	October 28	TBA		October 27	7:30 am - 11:30 am
	Owen Withee	October 20	1:00 pm - 6:00 pm		October 26	2:00 pm - 6:00 pm
	Owen Withee	December 28	1:00 pm - 6:00 pm		November 10	3:00 pm - 7:00 pm
	Thorp	November 19	12 noon - 6:00 pm		December 23	10:00 am - 4:00 pm
Forest County					November 20	2:30 pm - 7:00 pm
	Laona	October 19	9:00 am - 2:00 pm		October 15	TBA
	Laona	October 28	TBA		October 29	11:00 am - 6:00 pm
Iron County					November 4	TBA
	Hurley HS	October 8	TBA		December 7-8	TBA
Langlade County				Price County		
	Antigo	December 31	10:00 am - 4:00 pm		November 2	12 noon - 6:00 pm
	Elcho HS	October 1	1:00 pm - 5:00 pm		November 3	12 noon - 6:00 pm
Lincoln County					November 4	2:30pm - 6:30 pm
	Tomahawk	October 6	TBA		October 13	11:30 am - 5:30 pm
	Tomahawk	December 1	TBA		December 15	11:30 am - 5:30 pm
Marathon County					December 18	TBA
	DC Everest HS	October 9	9:00 am - 2:00 pm		December 14	11:00 am - 6:00 pm
	Wausau	November 3	9:00 am - 2:00 pm		December 14	11:00 am - 6:00 pm
	Stietin Elementary	December 4	9:00 am - 2:00 pm		October 15	TBA
	Stratford	December 21	9:00 am - 2:00 pm		October 15	TBA
	Toyota of Wausau	November 2	9:00 am - 2:00 pm		November 5	12 noon - 5:30 pm
	Wausau West HS	December 11	9:00 am - 2:00 pm			

Dates, times and locations of all blood drives are subject to change. For a complete list of local drives and to set appointments, please call 1-800-GIVE LIFE or visit www.givebloodgive.life. Thank you!

Red Cross Services to Armed Forces . . . Connecting Families & Service Members Around the World

June 1, 1944 . . . As Pvt. Smith prepares for his departure to the shores of Normandy, he sits on his bunk reading this letter from the American Red Cross . . .
Dear Pvt. Smith, We are pleased to announce the birth of your son, Johnny Smith, born May 10th, 1944. Baby weighed 8lbs. and is 19 inches long. Mother and son are doing well . . .

The American Red Cross has been providing emergency communication services to all branches of the Armed Forces for decades. While the needs are the same, much has changed over the last 50 years. Technology allows the Red Cross to accept, process and deliver the emergency communications in minutes. Red Cross volunteers, available 24/7, use the latest technology to keep service men and women connected during crucial times no matter where they are located.

What does a local military family need to know to access this service? The Red Cross participates in pre-deployment meetings with military units prior to departure. In those meetings, our volunteers cover the information a family will need. As the days go by, a reminder is always helpful. Have this information available when you contact the Red Cross.

- Service Member's Name
- Branch of the Service
- His/Her Rank
- Social Security Number & Date of Birth
- Current Military Address

The Red Cross worker will ask the nature of the request. This service, as well as financial assistance through the Military Aid Society and the FRG (Family Readiness Groups) are all a part of the American Red Cross partnership with our military families. If you have questions or wish more information about the Red Cross Service to Armed Forces program, please contact your local American Red Cross office.



Stay Fire Smart . . . Don't Get Burned!

October 4 - 10, marks this year's Fire Prevention Week as declared by the National Fire Protection Agency (NFPA). The focus for 2009 is "Stay Fire Smart - Don't Get Burned!"

Fire departments across the U.S. responded to nearly 399,000 residential fires in 2007 with an average home fire cost of \$17,000 (NFPA, 2009). The American Red Cross assisted at nearly 69,000 of the reported fires.

FAST Facts:

- Every 79 seconds a home fire is reported;
- Cooking continues to be the leading cause of home fires;
- Heating Fires are the second leading cause of home fires followed by electrical and intentionally-set fires.

An ounce of prevention goes a long way. Be safe. Follow these simple tips:

- Remain in the kitchen when cooking, frying, grilling or broiling food;
 - Keep an oven mitt and lid nearby in case of a small stove fire. Carefully slide the lid onto the pan or pot to extinguish the fire;
 - Make sure your fire extinguisher(s) are charged and accessible
 - Never leave burning candles unattended;
 - Keep live Christmas trees watered on a daily basis.
 - Install smoke detectors on each floor of your home and replace batteries every six months -- Change batteries as you change your clocks!
 - Create a fire escape plan for each room in your house and practice the plan!
- Additional American Red Cross fire safety and preparedness ideas can be found at www.redcross.org. Help carry the message of fire safety all year round!

Be Red Cross Ready

Nationwide Awards \$2,500 Grant



The American Red Cross of Marathon County was honored by Nationwide, a national insurance and financial services organization with offices in Wausau. Nationwide employees were invited to submit stories about organizations doing great work in their communities. Deb Wurster, a Nationwide employee in Wausau, submitted a nomination recognizing the Red Cross. Her nomination was selected among 20 submissions from across the country. Deb's story resulted in a gift of \$2,500 to the Marathon County Chapter of the American Red Cross. Pictured from L-R: Deb Wurster, Nationwide and Carole Hess & Josh Fuss, American Red Cross

Health & Safety Classes in November

Similar class offerings are offered each month. See our website for complete class schedules or call each office.

Marshfield	
CPR Review	Nov. 3
CPR/First Aid -Adult/Child/Infant	Nov. 17 & 19
CPR Review for the Professional Rescuer	Nov. 24
Rhineland	
CPR/First Aid - Adult/Child/Infant	Nov. 2 & 4
CPR Review for the Professional Rescuer	Nov. 9
CPR Review	Nov. 11
Stevens Point	
CPR/First Aid - Adult/Child/Infant	Nov. 2 & 4
CPR/AED for the Professional Rescuer	Nov. 10 & 12
CPR Review for the Professional Rescuer	Nov. 11
Babysitter Training	Nov. 14
CPR Review	Nov. 17
Wausau	
Adult CPR/First Aid in the Workplace	Nov. 2 & 3
CPR/AED for the Professional Rescuer	Nov. 7
CPR Review	Nov. 12
Adult CPR/First Aid in the Workplace	Nov. 16 & 17
CPR/First Aid - Adult/Child/Infant	Nov. 14
CPR Review	Nov. 30
CPR Review for the Professional Rescuer	Nov. 19
Wisconsin Rapids	
Review	Nov. 5
CPR/First Aid - Adult/Child/Infant	Nov. 10 & 12

CPR & First Aid Training . . . Help Save a Life!

Sudden cardiac arrest claims the lives of more than 700 Americans each day. Many times, bystanders are hesitant to assist due to a lack of First Aid and CPR training and general knowledge on the use of an Automated External Defibrillator (AED).

Your local American Red Cross offers a variety of classes each month. Our CPR classes also include training in the use of an AED. The schedule at the left shares our November class calendar. Similar offerings are available each month at each office location. You can also arrange for a class to be conducted at your place of business or at your school.

Once trained, an CPR annual review class keeps your skills and certification current. You'll also see Babysitter Training available for area youth ages 11 and up. And, don't miss our Pet First Aid classes offered quarterly!

A complete class listing is found on our website or you are welcomed to call any of our offices for complete information.

Visit the
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www.redcrossncwi.com

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