



**American
Red Cross**

United We Serve

June 22nd-September 11th

Answer the Presidents call to action. VOLUNTEER!

Visit Homebound Veterans

Teach Safety Classes to Military Kids

Play Games with Wounded Warriors and Their Families

Assist in the Base Library

Teach Babysitting Boot Camp

Plant a Healing Garden at a Warrior Transition Unit

Record Oral Histories for the National Women in Military Memorial

United We Serve Project Coordinator

**For more information or to sign up as a volunteer contact
American Red Cross, Local Station/Chapter at (555) XXX-XXXX**

United We Serve Initiative for Service to the Armed Forces

Goals:

1. To foster and strengthen internal partnerships among and between stations and chapters;
2. To build sustainable partnerships with local businesses, educational institutions, and community and local government entities;
3. To provide needed services to veterans and to families of the active-duty and community-based military.

Target populations to serve:

- ❖ Hospitalized veterans, including wounded warriors;
- ❖ Veterans living in veterans' homes;
- ❖ Families of the active-duty and community-based military.

Target populations to engage:

- ❖ youth and young adults
- ❖ local businesses
- ❖ educational institutions, high schools, colleges, universities, and vocational schools
- ❖ other civic (*e.g.*, veterans organizations) and local government entities (*e.g.*, public libraries).

Focus Areas: (*Summer Service Initiative Project Areas: SAF Focus*)

- ❖ *Supporting Military Families:* Provide a Service to a Military Family
- ❖ *Health Care:* (a) Support Intergenerational Quality of Life Activities in Military and Veterans Health Care Facilities (b) Plant and Cultivate Healing Gardens
- ❖ *Education:* Engage Youth and Young Adults in Mentoring and Teaching Children of Military Families

Focus Area 1 -- *Supporting Military Families*: Provide Service to a Military Family

Suggested activities:

- ❖ Free child care for a parent's day/night out
- ❖ Free oil change/car wash
- ❖ Free lawn mowing/yard care
- ❖ Free manicure/pedicure
- ❖ Free carpentry

Target populations: military families, primarily those with a service member deployed

Possible partnerships for engaging volunteers:

- ❖ Vocational programs in high schools and community colleges
- ❖ Local businesses and professional organizations
- ❖ Union locals

Focus Area 2 -- *Health Care*: (a) Support Intergenerational Quality of Life Activities in Military and Veterans Health Care Facilities and Veterans' Homes, (b) Plant and Cultivate Healing Gardens

Suggested activities:

- ❖ Read to veterans
- ❖ Conduct exercise programs (examples: Tai Chi)
- ❖ Give a technology class (Social networking (Facebook/Twitter), computers, cell phones)
- ❖ Collect oral histories
- ❖ Play games
- ❖ Collect and distribute books
- ❖ Plant and cultivate healing gardens

Target populations: veterans and wounded warriors; families of deployed, wounded and/or deceased service members

Possible partnerships for engaging volunteers:

- ❖ Middle and High school youth
- ❖ College students
- ❖ Local garden clubs

Focus Area 3 -- *Education*: Engage Youth and Young Adults in Mentoring and Teaching Children of Military Families

Suggested activities:

- ❖ Reading/storytelling to young children
- ❖ Provide workshops (*e.g.*, drama, music, dance, computers, science, communications, leadership and team-building) – could be 1 hour to 1 week
- ❖ Mentor college-bound high-school students in preparing for their freshman year
- ❖ Teach babysitting course to military children
- ❖ Red Cross Kid Connection – forming big brother/big sister relationship with the Red Cross Youth Corps/Club Member partnering with military child; invite to Red Cross Youth meeting or regular Red Cross Youth activity.

Target populations: children of military families, primarily when service member is deployed

Possible partnerships for engaging volunteers:

- ❖ Public library
- ❖ College and university students

Tips for accomplishing the United We Serve Program:

1. Choose a Program Manager for the United We Serve program who will follow it through the end of the program. You can choose an employee or a current volunteer who would like to head up the United We Serve Program.
2. Once a Program Manager has been selected, decide what target audience and what type of activities they will accomplish during the United We Serve program within the initiatives of United We Serve. Sample position descriptions are included in this document, but stations and chapters should be aware that they are not limited to these choices. However, in designing programs for this initiative, the Program Manager should bear in mind that programs are to be direct-focused and should require minimal training and supervision.
3. Once the activities have been chosen, the station/chapter must decide how they will publicize it to the community. Newspapers, television and websites are all good choices. Flyers can be placed on bulletin boards (see example on page 32). The Program Manager should periodically check Crossnet for marketing material.
4. The station/chapter can list position descriptions for the program on Volunteer Match (which links to serve.gov). The steps for **Logging on to Volunteer Match** are as follows:
 - i. Go to the website www.voluntermatch.org.
 - ii. Go to My Account (the top right of the page).
 - iii. Click on Non Profits in the dark orange box and you will hit “become a member”.
 - iv. A registration overview is then provided that describes how the volunteers will get to your station or chapter. Please read this as it contains important information as to how you receive an interested volunteer.
 - v. Register your station or chapter.

Once a volunteer prospect signs up for a volunteer position for the United We Serve, an email is sent to your station or chapter to let you know that a person is interested in volunteering. The Program Manager will follow-up with the volunteer for placement with an activity for the United We Serve.

5. Once the volunteers start United We Serve, the Program Manager must keep track of all volunteers and their hours in the United We Serve. An example of a volunteer hour spreadsheet can be found as an attachment to this document. If assistance or guidance is needed for the United We Serve program, please email summerservice@usa.redcross.org or go on www.serve.gov
6. At the end of the program the Program Manager will do an After Action Report (see example on page 18) and send in the statistics from the United We Serve program to the Senior Director.

SAMPLE PROGRAM INITIATIVE IDEAS

WOUNDED WARRIOR RECREATION PROGRAM

Purpose: To assist wounded warriors with recreational activities within the approved guidelines set forth by the Wounded Warrior Battalion and the American Red Cross.

Need: The wounded warriors are in need of the interaction and it will help with the morale of the wounded warriors.

Outline: Young adults and adult volunteers will assist the wounded warriors in recreational type events. The volunteers could play pool, video games, watch movies, or play football. These are activities will assist with the morale of the service members.

Who: Wounded warriors

What: At least three times a week dependent upon the schedule of the Wounded Warrior Battalion or certain hospitals.

When: Ongoing

Where: Wounded Warrior Battalions and certain hospitals where Wounded Warriors are assigned

Additional Information:

LIBRARY OUTREACH PROGRAM

Purpose: To assist the military installations libraries in reaching out to the military youth during the summer months with programs that are designed by the installation libraries.

Need: To keep the military youth active during the summer break so that they will not get bored and so that they have a sense of community service.

Outline: Young adults and adults will assist the installation libraries with different programs that are targeted for the youth of the installations, such as Summer Reading Program. Volunteers will read to the youth. Volunteers will also assist with programs such as magic shows and movies nights.

Who: Military Youths

What: Programs that are assigned by the libraries on military installations

When: Only during the summer months

Where: At installations libraries

Additional Information:

HEALING GARDEN

Purpose: To design a place where wounded warriors can go to experience the calming effect of a garden and to have a chance to forget the worries they are facing.

Need: Wounded warriors really do not have a place to go that has a calming effect so they may forget their worries. Calming helps people relax so that the worries of the world do not bring stress.

Outline: Adult volunteers will assist in locating a good place where wounded warriors can enjoy the scenery and have a calming place to relieve their worries and the stresses of the world. Volunteers will also decide what type of flowers needs to be planted. Flowers chosen must be calming.

Who: All wounded warriors

What: Daily until the garden is complete then on a weekly basis for up keep

When: During the summer and continuing on.

Where: Wounded Warrior Battalions and hospitals

Additional Information:

VA VISITATION PROGRAM

Purpose: Is to assist the patients of the VA with magazines, toiletries, phone cards, and other necessary items within the approved guidelines of the VA hospitals and the American Red Cross

Need: To service veterans who are hospitalized at VA hospitals who may be in need of items that they may not be able to get due to injuries or if they are bed ridden.

Outline: Young adults and adults who are willing to assist the veterans of the Armed Forces who are currently in VA hospitals. The volunteers will visit the veterans on a daily basis to attend to the needs of sundry items or magazines that they may need.

Who: Veterans who are assigned to VA hospitals

What: Dependent upon availability of volunteers and their schedules

When: Ongoing throughout summer program and can grow into a continual program.

Where: VA Hospitals

Additional Information:

BABYSITTING BOOTCAMP

Purpose: To train military youth ages 11-15 in Babysitting Course so that they may assist military installations with the increase for the need of babysitters.

Need: There is a need for trained Red Cross babysitter to assist military families with babysitting due to the increase number of deployments and other factors that may occur on the different installations.

Outline: The youth who become babysitters will follow the guidelines set forth by the approved babysitting course materials. Also the youth will follow guidelines set fort by the parents with whom they are assisting with in babysitting.

Who: Authorized Babysitting instructor to teach the course and military parents who are in need of babysitters.

What: Trained Babysitters

When: Availability of Babysitting Instructors Calendar

Where: Military Installations

Additional Information:

Women in Military Service Oral History Project

Purpose: To assist the Women in Military Service for America Memorial Foundation with collecting oral histories from current and past women who serve the United States through Military or Civilian (ARC, USO, Civil Defense Corps etc...). Submissions will be added to the national archive of oral histories at the Women in Military Service Memorial at Arlington National Cemetery. “What we don’t record, we lose. Oral history is a vital tool in recording and preserving the diverse experiences of US servicewomen. The Women’s Memorial Foundation Oral History Program promotes research and understanding of all aspects of the history and culture of all women who have served in defense of our nation—through their own words.” Taken from Women in Military Service website. Histories taken from current and former American Red Cross Service to the Armed Forces employees will be provided to both the Women in Military Service archive and the Red Cross Oral History Archives.

Need: To assist the national memorial in preserving the story of women in service to the United States. This information is then utilized by researchers, historians, school children and the general public to highlight the contributions of women to our national security and service to our country.

Outline: Volunteers will utilize the forms and guidelines provided by the Women in Military Service for America Memorial Foundation to collect oral histories from women of all ages and status (active duty, retired, reserve, veteran, or Civilian with the military). Volunteers will then proof materials and submit to the foundation for posting. Specific information and tips for interviewing can be found at the Women’s Memorial Website linked below.

Website: http://www.womensmemorial.org/H&C/Oral_History/ohhowto.html

Participant Consent:

<http://www.womensmemorial.org/H&C/Resources/pdfs/OHConsentForm.pdf>

Biographical Data:

<http://www.womensmemorial.org/H&C/Resources/pdfs/BioDataForm.pdf>

ARC Oral History Guidelines:

<https://crossnet.redcross.org/every/history/oralhisguide.pdf>

Who: Current and Former female members of the US Armed Forces, and selected Civil service organizations in support of US military.

What: Collection of oral histories for the National Women in Military Service Memorial Archives

When: Dependent on availability of interviewees

Where: Red Cross office, VA Hospitals, Nursing Homes, Rehabilitation Facilities, other locations determined by interviewees/interviewer

Materials: Tape recorders with microphones, tapes, access to computer to transcribe histories and forms provided at links above. May also use video/photo equipment if available.

Additional Information: This program can also be adapted to incorporate oral histories from male service members. Oral histories for male veterans should follow the guidelines posted at the Library of Congress Website and be submitted to the site linked below.

<http://www.loc.gov/vets/kit.html>

Lonely to Loved Visitation Program

Purpose: To specifically focus on homebound (facility bound) veterans in the community who have few visitors and are in danger of having their service (and their selves) forgotten. While we focus on providing cards and phone calls to our veterans, few of us take the time to spend an hour in person, just saying hello. Cards and phone calls are nice if you are in the physical condition to appreciate them but nothing beats an in person smile and a few minutes of your time to make a person feel valued and loved.

Need: Many of our veterans from previous conflicts are not receiving the level of attention and care they deserve; simply because they are not OIF/OEF. In some cases these veterans are more alone now then when they first returned from battle.

Outline: Youth /Young Adults will each be assigned 2-3 veterans who are home/facility bound in the area. Youth/Young Adults will plan on spending approximately 1 hour with each person visited. During the visit they should talk about what ever the veteran wants. Give them the opportunity to tell their story. They may want to talk about family, or baseball or their experiences in the war. Anything is fair game. Before leaving youth will thank veteran for their time, talk about something they learned and how they appreciate them sharing their story. Youth/Young Adults will ask veteran if they can return next week. Once the relationship builds the youth may discover specific topics the veteran is interested in and arrange for a “special treat” in that area. Perhaps taping the ball game the night before, maybe bring a favorite snack or flower etc...nothing big and it doesn't have to be an every visit thing. Just a “special treat”

Who: Veterans and retirees who are currently home bound or being treated in a long term care facility and have few visitors.

What: Weekly visits to remind veterans of all conflicts we appreciate their serve and they are still remembered and loved.

When: Starts Saturday July 11th (National Cheer Up The Lonely Day) and continues on weekly basis as long as chapter/station can support it. Suggest keeping activity on Saturdays so youth can continue the project when school is in session.

Where: Local VA, Nursing Home, Retirement Village (Call around first and ID some Vets in the community)

Additional Information:

Transportation to facility will be provided based on local chapter policies and procedures. Highly recommend that following each Saturday's visits the youth/young adults return to chapter for debriefing and sharing of experiences.

Whenever possible try to focus on veterans in the community who are at greatest risk for being forgotten because they are not being treated in a VA facility. Check with other local resources (clergy, meals on wheels programs, homeless shelter etc...).

Summer Safety Series

Purpose: Provide affordable, educational, weekend evening activity for children who are too young to go to the teen center or be left alone. Provide weekly educational activity for military families who are otherwise unable to participate in relationship building activities (i.e. parent date night)

Need: By providing an affordable, consistent option for weekend evening children's enrichment classes; the Red Cross will be able to fulfill a community need (most military installations have serious child care issues) while educating military youth in Basic First Aid and Preparedness. This will help children to feel more in control and prepared when a parent (parents) are deployed.

Course Outline: The class will be broken into 10 sessions. For the first half of the session students will be enrolled in either First Aid for Children Today (FACT) children grades K-2 or Basic Aid Training (BAT) children grades 3-5. Participants will have a 30-45 minute supervised snack and play break. The second half of the session will be spent on Master of Disaster (MOD) curriculum.

Who: Children grades K-5 and will be split to smaller groups based on age and ability(K-2 and 3-5). *Must be SOFA Status*

What: Basic Aid, Disaster, and Safety Preparedness Sessions

When: Saturday nights from 1800-2200 beginning 11 July -12 September 2009
Parents who are consistently (more than twice) late to pick up their child may not be allowed to register for next session.

Where: Red Cross Office.

Cost: FREE if you can obtain local sponsorship or have the funds in your budget (**Local Sponsorship Highly Recommended**) otherwise would have to charge small fee (\$3.00 per child per session) to cover materials and snacks.

Curriculum Outline

Saturday 11 July :

BAT Unit 1 First Things First: Responding to an Emergency

FACT Lesson 1 First Aid for You: Be Aware. Be Prepared. And Basic First Aid

MOD Home Safety: Identifying Home Hazards and Preventing Slips, Trips, and Falls

Saturday 18 July:

BAT Unit 2&3 Breathing Emergencies: Rescue Breathing and All Choked Up

FACT Lesson 2 Healthy Living Habits: Eating, Fitness, Relaxation, Drugs, and Feelings

MOD Be Disaster Safe: Prepare. Respond. Recover.

Saturday 25 July:

BAT Unit 4 OUCH!: Prevention of Wounds and Basic First Aid

FACT Lesson 3 Careful Kids: Staying Stranger Safe, Safe at Home, Lost and Found

MOD Home and Wildland Fires: Prevention, Science and Safety

Saturday 1 August:

BAT Unit 5 Famous Fire Facts: Responding to Fire Emergencies and First Aid for Burns

FACT Lesson 4 Preventing Injuries: Water, Burn, Gun Safety, Poisoning, Suffocation

MOD Earth Quakes Science and Safety

Saturday 8 August:

BAT Unit 6 Poison Patrol: How to identify and prevent poisoning

FACT Lesson 5 Road Safety: Cruising (in the car or bus), Rolling Along, Walking Safely

MOD Floods Science and Safety

Saturday 15 August:

BAT Unit 7 Just Say NO: Avoiding Drugs, Recognize & Respond to Drug Emergencies

FACT Lesson 6 First Aid for the Environment: What the Earth Gives (food, fuel, fun)

MOD Hurricanes Science and Safety

Saturday 22 August:

BAT Unit 8 Water Wiz: Safety in water, on ice, and in a boat

FACT Lesson 7 Summary Scenario: Back to the beginning what we have learned

MOD Lightning Science & Safety Tornadoes: Science and Safety

Saturday 29 August :

BAT Unit 9 Lost and Found: Ways to avoid and cope with being lost & Unit 10 Cautious

Kids: Responding to Strangers

FACT Supplemental: Scrubby Bear Clean Hand Club & Ready. Set. Prepare. Activity

MOD In the Aftermath: The New Normal and How You Can Help

Saturday 4 September LAST Class

BAT Unit 11 and 12 Safe Wheels Review and Test: Being safe in vehicles/on bikes

FACT Supplemental: Seymour's Playhouse "Sweet and Sour" Dental Hygiene

MOD Facing Fear: Feeling Safe in the face of Flu, Terrorism, and War.

Saturday 12 September GRADUATION FOR KIDS

Have a small graduation ceremony for kids and thanking volunteers and sponsors.

***Note to Parents* Why Talk About Tough Issues?**

Frightening events, such as war, terrorism, violence or pandemic flu, affect our world. Human-caused tragic events are particularly frightening and raise unique concerns for military children. Children need to know that their reactions and feelings are normal. They need to recognize that others have very similar feelings. Most important, young people need to know that people are working to ensure their safety. All topics will be handled gently and classes will remain split to ensure only age appropriate activities are offered. Any parent who has questions or concerns is encouraged to contact American Red Cross or stop by the office to review the curriculum with a staff member.



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