



American Red Cross

Cascades Region Oregon and Southwest Washington

For more information about scheduling a Red Cross presentation for your group, please go to www.redcross.org, click on Find Your Local Red Cross (located in the upper right corner of the page), enter your ZIP Code and click on Search, click on the name of the chapter nearest to your ZIP Code, click on the Preparedness link on the left side of the chapter's page, and click on the Schedule a Red Cross Presentation link on the left side of the chapter's Preparedness page. You may also call the toll-free number 1-800-991-9515 for more information.

Cascades Region Preparedness Presentation Descriptions

Together We Prepare

A Together We Prepare presentation can be scheduled for groups of throughout the community. This adult-oriented presentation is typically an hour in length and is a great way to increase your own preparedness and safety level, as well as the levels of your family, your workplace, and your community. Together We Prepare discusses the types of disasters (either man-made or natural) that can occur in our geographic area and how to prevent, prepare for and respond to disasters by establishing family meeting places and addressing emergency communication strategies, making personal and family disaster plans, and building emergency supply kits. The presentation emphasizes the three tenets of preparedness: Be Informed, Make a Plan, Build a Kit. We can modify this presentation to meet the time constraints or particular needs of your group.

Youth Together We Prepare

A Youth Together We Prepare is typically a 30-60 minutes in length and covers material similar to a Together We Prepare but in a format designed for older students (ages 11-17).

Pillowcase Project

The Pillowcase Project is a standardized national program, sponsored by the Walt Disney Company, to empower youths in school grades 3-5 to prepare for emergencies. The program's stated goals are to increase youths' knowledge about natural hazards and ability to engage in necessary protective actions, increase youths' awareness of the importance of individual and family preparedness, build coping skills to strengthen youths' abilities to manage emotions related to emergencies, and to increase household preparedness. The program is implemented in a school via two 60-minute presentations per classroom, and each child is given a pillowcase to decorate, a workbook of exercises to practice, and a certificate of completion at the end.

Preparedness Pals Resilience Challenge Presentations

There are three different 20-30 minute Preparedness Pals presentations: Earthquake safety, fire safety and winter safety. Each presentation has its own animal "pal" which is represented by a hand puppet. The highly-interactive presentations can be taught in any order and are an entertaining and non-threatening way for young students (ages 3-10) to learn preparedness and other safety procedures.

Service to the Armed Forces – Get to Know Us Before You Need Us

Get to Know Us Before You Need Us outlines some of the major services our Service to the Armed Forces (SAF) program provides. Included services are death/birth notifications, assistance with interest free loan applications, family networking, and information and referral services. We provide several other emergency and veteran's services to military personnel and their families through other aspects of SAF as well.

Outreach Booth

A Cascades Region Red Cross Outreach booth can be scheduled for any community event or fair. We will set up a table and provide interactive ways for individuals to learn about emergency preparedness on a one-on-one basis with experienced and knowledgeable Red Cross volunteers.