

Did you Know....?

- Research proves that volunteers live longer, have higher functional ability, lower rates of depression and less incidence of heart disease.
- Volunteering can strengthen the social ties that protect individuals from isolation during difficult times.
- The experience of helping others leads to a sense of greater self-worth and trust.
- Volunteering just two hours a week can bring meaningful benefits to a person's body and mind.

Source: Corporation for National and Community Service, Office of Research and Policy Development. *The Health Benefits of Volunteering: A Review of Recent Research*, Washington, DC 2007.



**Tennessee Valley Region
Madison/Marshall County Chapter
1101 Washington Street NW
Huntsville, AL 35801
Phone: (256) 536-0084
www.redcrossrelief.org**

Mission Statement

The American Red Cross, a humanitarian organization led by volunteers and guided by its *Congressional Charter* and the Fundamental Principles of the International Red Cross Movement, will provide relief to victims of disaster and help people prevent, prepare for, and respond to emergencies.



The Red Cross is a charitable organization — not a government agency — and depends on volunteers and the generosity of the American public to perform its humanitarian mission.

Planning your Retirement?



Where can you volunteer?

Disaster Services

- Provide the immediate relief of food, shelter and clothing to the victims of fires, tornadoes, hurricanes, floods, or other disasters

Service to the Armed Forces

- Be the communications link between families and members of the Armed Forces when tragedy strikes within the family

Blood Services

- Support the collection of life-saving blood by registering blood donors or making sure they have refreshments after donating

Health Services

- Become an instructor that teaches First Aid, CPR, Water Safety or Babysitting to many people in our community

Chapter Headquarters

- Provide support to Disaster Services, Health Services, Volunteer Services or Chapter Operations by assisting with administrative or clerical work and data entry

Area Hospitals (not available in all areas)

- Serve patients and families in local hospitals

School First Aid Rooms (Madison County Only)

- Be the first care and comfort a sick or injured child receives in first aid rooms at several of our area schools



Becoming an American Red Cross Volunteer

1. Interview

Call the Volunteer office in Madison County* at 256-536-0084 ext. 212 to set up a time to discuss your interests, skills and the current needs in the programs and agencies where we serve.

2. Complete an Application and Background Check

3. Training

A general orientation will be provided for new volunteers and you will receive additional training in your area of service.

4. Placement

You will be assigned to a service that best meets your needs and interests and also those of the agencies and programs we serve.

* Call the Red Cross Chapter or Branch that serves your county to discuss volunteer opportunities in your area.

Tennessee Valley Region

American Red Cross of Northwest Alabama

(Lauderdale, Colbert and Franklin Counties)
(256) 764-2911

Website: www.redcross-nwal.org
CFC # 17100

DeKalb County

(256) 845-0202

E-mail: redcrossdekalbco@bellsouth.net

Lawrence County, Tennessee

(931) 762-1599

E-mail: arc109@bellsouth.net

Limestone County

(256) 232-6820

E-mail: redcross@hiwaay.net

CFC # 80542

Lincoln County, Tennessee

(931) 433-5561

CFC # 42801

Morgan-Lawrence County

(256) 353-4891

Website: www.morglawredcross.org

CFC # 56120

Madison/Marshall County

(Madison, Marshall and Jackson Counties)

(256) 536-0084

Website: www.redcrossrelief.org

CFC # 97854

Jackson County Office

(256) 259-2577

Marshall County Office

(256) 582-5800

