

# Red Cross offers free virtual classes to prepare for disasters

PORTLAND—The devastating winter storms our region just experienced, and this past summer's wildfires, serve as a painful reminder that disasters can happen to anyone, anywhere, anytime — even during a pandemic.

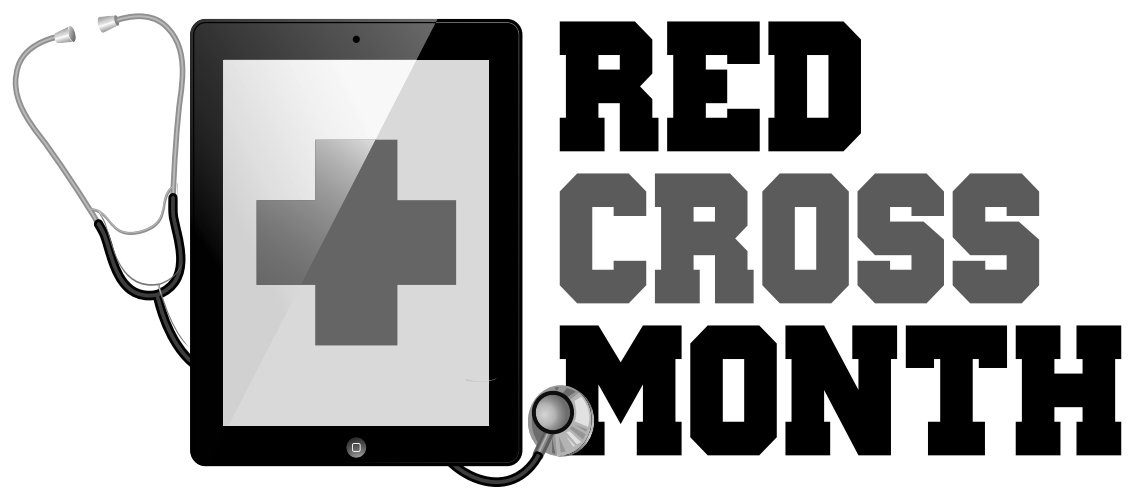
So, in honor of March being Red Cross Month, the Red Cross Cascades Region is hosting a series of free emergency preparedness presentations throughout the month. All presentations are virtual, and everyone is welcome to attend. Red Cross volunteers are available for virtual media interviews today.

- March 9: Wildfire Safety
- March 16: Earthquake Safety
- March 23: Flooding Safety

For nearly 80 years, U.S. presidents have proclaimed March as Red Cross Month to recognize people giving back through

pandemic:  
 • Donate: Support our Disaster Relief efforts at [redcross.org/GivingDay](http://redcross.org/GivingDay). A gift of any

org. Your donation can make a lifesaving difference for a patient in need. As a thank you, those who come to give blood, platelets or plasma on March 15-26 will receive a Red Cross T-shirt, while supplies last.  
 • Learn lifesaving skills: Take a class in skills like CPR and first aid to help in an emergency at [redcross.org/TakeA-Class](http://redcross.org/TakeA-Class). Online options include our Psychological First Aid for COVID-19 course, which covers how to manage stress and support yourself and others.



## How to prepare for emergencies:

Taking place every Tuesday in March from 6 to 7 p.m., classes will cover the most common disasters we face in the Pacific Northwest and how to prepare for them. Whether you're motivated to start building your preparedness kit, or need a refresher course, these classes are designed to help families and individuals learn how to be better prepared. Information and links can be found at [redcross.org/cascades](http://redcross.org/cascades).

• March 30: Home Fire Safety  
 Red Cross recognizes that preparing for emergencies looks a little different right now, but the three basic action steps remain the same: Build a Kit, Make a Plan and Be Informed. In addition to the preparedness series, the Red Cross Cascades Region has a free downloadable "Prepare! Guide" available in English, Spanish, Vietnamese and Russian.

## Red Cross Month

its lifesaving mission — which is powered more than 90 percent by volunteers. They include people who volunteer to provide emotional support, psychological first aid and referrals to community assistance for families coping with disasters during the pandemic.

## How to help

You can help ensure that families don't face emergencies alone — especially during a

size makes a difference to provide shelter, food, relief items, emotional support and other assistance. Your donation will be part of our annual Giving Day on March 24 to aid families in need across the country.

• Volunteer: Visit [redcross.org/VolunteerToday](http://redcross.org/VolunteerToday) for most-needed positions and local opportunities.

• Give blood: If you're healthy and feeling well, make an appointment at [RedCrossBlood.org](http://RedCrossBlood.org).

## American Red Cross:

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission.

For more information, visit [redcross.org/cascades](http://redcross.org/cascades) or [cruzrojaamericana.org](http://cruzrojaamericana.org).

**LOFY CONSTRUCTION, LLC**  
 Serving Florence for over 30 years  
*"When Quality Counts"*

**ABOUT US**  
 We have been in business for over 30 years in Florence. In that time, we have done small projects, room additions, custom homes, kitchen and bath remodels, complete home remodel, tenant improvements and up to 60,000 square foot commercial buildings. Our main focus now is remodels. Our staff is equipped to help from design to finish. We are located on Kingwood Street in the Industrial Park.

CCB#221760  
**Tel: 541-590-3691**  
**daniel@lofyconstruction.net**  
 2530 Kingwood Street Suite D  
 Florence, Oregon 97439  
**www.lofyconstruction.net**

Celebrating over 30 Years  
 in Real Estate  
 VOTED #1 REALTOR 6 YEARS  
*Siuslaw News Readers Choice*

• RESIDENTIAL • LAND • COMMERCIAL • PROPERTY MANAGEMENT •

**WEST-COAST REAL ESTATE SERVICES, INC.**

1870 Hwy. 126, Suite A • PO Box 3040, Florence, OR

**JIM HOBERG**  
 Broker/Owner

VOTE US  
**BEST OF FLORENCE**

**541.997.7653**  
 Fax: 541.997.7654  
 VISIT US ONLINE AT [WWW.JIMHOBERG.COM](http://WWW.JIMHOBERG.COM)

Valvoline • 541-902-8900 • 2086 Hwy. 126 • Florence

**\$15 OFF** any Full Service Oil Change\*  
**20% OFF** any Additional Service\*

OR

\*Includes up to 5 quarts of Valvoline oil (diesel oil may vary), filter (grease, extra, lube & maintenance check, plus tax, if applicable; not valid with same service offers/discounts (including fleet); see store for additional details or restrictions; good only at 2086 Highway 126, Florence OR. No cash or credit back; cash value \$0.001.

\*Includes Automatic Transmission Fluid Exchange, Radiator Service, Serpentine Belt Replacement, Fuel System Cleaning or AC Service only. Plus tax, if applicable; not valid with same service offers/discounts (including fleet); see store for additional details or restrictions; good only at 2086 Highway 126, Florence OR. No cash or credit back; cash value \$0.001.

Expires: 04/01/2022

**PROFESSIONAL THERAPEUTIC MASSAGE**

**IVY MEDOW, M.A., O.T.A., L.M.T.**

By Appointment (480) 229-6244  
 AMTA # 1766811  
 Oregon Massage Lic. # 25705

**THE SIUSLAW NEWS.COM**

**NO MORE WEEK 2021 IS ALMOST HERE!**

NO MORE's eighth annual NO MORE week is March 7-13, 2021. Our goal is to inspire everyone to make change to help create a culture of safety, equality, and respect in our communities.

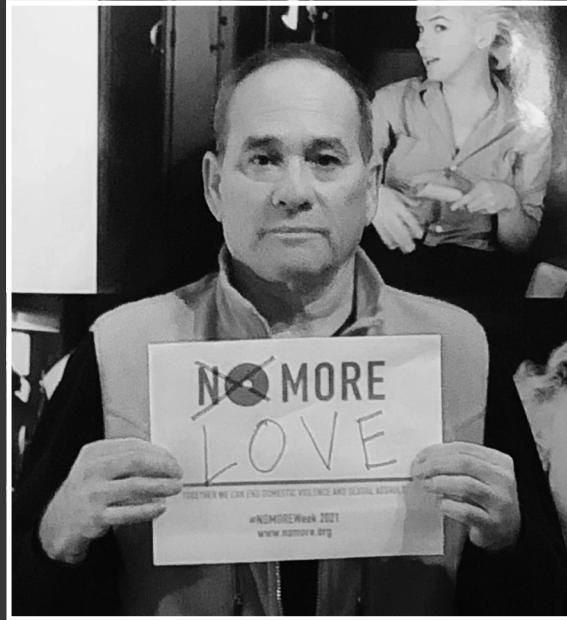
No matter where you are, #ChangeHappensHere.



**GROCERY OUTLET,**  
**Lisa Fassler**



**SUNRISE HEALING ARTS,**  
**COREY BURGESS, LMT**



**THE ARCHIVES,**  
**JOSHUA GREENE**

**Deadline for Press Releases Is Every Monday and Thursday by Noon.**  
**Email stories and photos each week to [PRESSRELEASES@THESIUSLAWNEWS.COM](mailto:PRESSRELEASES@THESIUSLAWNEWS.COM).**