

Red Cross has holiday idea: Gifts for health and safety

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Local chapter has gift certificates for classes in life-saving skills

Can't decide what to get a spouse, co-worker, parent, friend or relative this holiday?

The Colonial Crossroads Chapter of the American Red Cross has the answer with gifts that are meaningful and can be appreciated by anyone.

Headquartered at 695 Springfield Ave. in Summit, the Colonial Crossroads Chapter serves Summit, Madison, Chatham Borough, Chatham Township, Florham Park, East Hanover, Long Hill Township, Berkeley Heights, New Providence and Springfield Township, and among its services are classes in disaster preparedness, cardiopulmonary resuscitation (CPR), the use of an automated external defibrillator (AED) and first aid.

Gift certificates for "Health and Safety" classes cover everything from "Child and Infant First Aid and CPR," "Adult CPR with AED," "Water Safety," "Babysitting" and more. Classes are held throughout the year, teaching vital skills that can save a life.

Themed gift baskets can also be created with gift certificates, first aid kits, T-shirts and more.

'Relevant To Anyone'

"Red Cross gift certificates for classes and safety items are relevant to anyone in your life," observed Colonial Crossroads Chapter Executive Director Christy Hodde.

"There should be one person in every household who knows how to perform CPR and use an AED. Our chapter's focus throughout the year is not only responding to disasters, but teaching residents how to avoid them with life saving skills and preparedness tips," Hodde noted.

To view a complete list of holiday gift ideas from the Red Cross, visit <http://www.redcrossstore.org/>.

Those interested in purchasing a gift certificate for a class can check the Red Cross chapter's Web site, www.ccnjredcross.org, for a complete list of courses. For information about holiday gift-giving from the Red Cross, contact Leigh Pafford at (908) 273-2076.

To find out more about the local Red Cross, and how to donate expertise, time, money or blood; or to help families, businesses or communities prepare for emergencies, visit www.ccnjredcross.org.