



**American
Red Cross**

Heroes of the Heartland/Everyday Heroes Nomination Form

Event overview: Do you know a hero—someone who has saved a life, made our community a safer place or gone above and beyond to help someone in need?

Each year, the American Red Cross Serving the Greater Iowa Region presents awards to local heroes. These individuals have saved lives, made significant and positive differences in their communities in the areas of emergency response, disaster preparedness and prevention or exemplified the Red Cross mission in some way. We actively seek nominations of people who align one or more of the Red Cross five lines of service in some way.

Red Cross Lines of Service

- **Disaster Services:** i.e. community preparedness educator or coordinator, disaster volunteer, search and rescue
- **Health and Safety:** i.e. successful CPR/AED save, choking rescue, first aid use
- **Blood Services:** i.e. significant blood donor, blood drive coordinator, community blood partner/promoter
- **Service to the Armed Forces:** i.e. therapy dogs, army base/hospital volunteers, military communications
- **International Services:** i.e. international humanitarian law, translation services, restoring displaced families

Note: Heroes come in many shapes and sizes. If you know someone that you think is a hero, please do not hesitate to nominate them. In the past we have honored individuals, groups, adults and children. We appreciate creative nominations!

These heroes are recognized at Red Cross Heroes events throughout the year:

Hy-Vee Heroes Game—Nov. 23, 2018

Iowa Heroes of the Heartland—March 14, 2019

Everyday Heroes of Northeast Iowa—March 27, 2019

Nomination Guidelines

- The candidate must live or work in a county within the Iowa Region or the event must have occurred within one of these counties.
- The heroic act must be ongoing or have occurred in the 12 months preceding the Heroes event for which it is nominated.
- Hero nominee, their nominators and/or the person who was saved must be available for videotaped interviews and the Heroes event.



Nomination Form

Nominee: Please fill out all information. Incomplete forms will not be considered.

Mrs. Ms. Mr. Dr. Name _____

Occupation _____

Address _____

City/State/Zip _____

Phone (Day) _____ Phone (Evening) _____

Email _____ Date of Birth _____

Nominated by:

Mrs. Ms. Mr. Dr. Name _____

Address _____

City/State/Zip _____

Phone (Day) _____ Phone (Evening) _____

Email _____

Relationship to nominee _____

Does your nominee know that they are being nominated? Yes No

Please state why you are nominating the candidate for a Heroes Award, including where/when the heroic event occurred; what actions and/or deeds make your nominee(s) a hero; what impact your nominee(s) made on your life, the lives of others and on the community; the personal integrity of your nominee; how the nominee lives out the Red Cross mission; and contact information for at least one witness who can verify the heroic act and character of your nominee.

Please return this form plus any photos or newspaper articles to:

Mail:
 Cathy Utterson
 Everyday Heroes/Heroes of the Heartland
 American Red Cross, Iowa Region
 2116 Grand Avenue
 Des Moines, IA 50312

Online or email:
 Nominate your hero online at redcross.org/la
 Email to catherine.utterson@redcross.org