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Virtual Real Heroes Breakfast
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Introducing the

2020 Red Cross Real Heroes



Some of this year's heroes worked alone, others worked in groups—but all acted with extraordinary courage and conviction to help people in crisis around them.

Gail Alenikov & Megan Weston-Flanders

Adult Good Samaritan
Sponsored by National Grid



Gail is from Silver Spring, Maryland and moved to New York as a child in 1975. While attending nursing school, Gail started her family. In 1998, Gail and her family (which had grown to seven children), moved from the Capital District to a farm in CNY. In addition to raising her children and working a farm, Gail worked at United Cerebral Palsy and Met Life. In 2012, she was able to retire and become a full-time farmer. Along the way she was blessed with 18 grandchildren who fill her heart with joy. Earlier this year, Gail responded to a plea for help from an older woman. Answering this call for help has inspired Gail (and Megan) to form a Facebook group called A Leg Up and start a non-profit organization that will help better the lives of families in CNY. This group allows Gail the chance to help people from all walks of life. Gail plans to make this her life work!

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Gail Alenikov & Megan Weston-Flanders

Adult Good Samaritan
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Megan Weston-Flanders is a Prevention Health Advocate at ACR Health's Utica office, assisting individuals with substance abuse disorders to reach their goals. Megan grew up in Boonville and is the youngest of five. Megan is married, and the mother of four children with three bonus children. She devotes much of her free time to helping others. It's not only her job, but also her passion in life. When Megan isn't giving back to the community, she is spending time with her family.



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Laurence Segal

Blood Services

Sponsored by Dunkin' Brands



Laurence Segal has devoted himself to hosting and promoting blood drives that support American Red Cross Biomedical Services. Laurence has lost many loved ones to cancer and this loss has fueled his passion for becoming a biomed advocate. His blood drives consistently exceed their goals, allowing larger volumes of blood to be used in high numbers of lifesaving situations. Recognizing the severe blood shortage during 2020, he hosted a record 10 drives, including a special birthday drive. Laurence's own blood donations are approaching the 8-gallon donation mark. In addition to Laurence's heroic work with blood donations, he is known throughout Central New York as the "Can Man." Over the past eight years, his "Cans for Cancer" campaign, has collected millions of cans and bottles to help fund cancer research. Laurence also finds time to take on-line classes at the Harvard Medical School. He is working towards becoming an oncologist to raise his fight against cancer to the next level.

DUNKIN'

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REAL HEROES
OF 2020!**



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Al-amin Muhammad

Community Service

Sponsored by Haylor, Freyer and Coon



Al-Amin Muhammad has dedicated his life to helping others. He was born and grew up in Chicago. Early in life he became involved in drugs, gangs and crime. While serving time in prison, he realized he needed to make a life change and converted to Islam. Change was not easy, he soon found himself broke and homeless. He remained strong and refused to return to a life of crime. He was helped by a social worker, earned his GED, and became certified to run a non-profit. He became a licensed therapist, working drug and alcohol counseling. Al-Amin came to Syracuse five years ago where he recognized a need in the community. He formed an organization called "We Rise Above the Streets" that aids and provides counseling to the homeless. Along with a team of dedicated volunteers Al-Amin started Sandwich Saturdays which provides lunch bags, hygiene packages and encouragement to the homeless. Muhammad's goal is to move his organization into a permanent building to expand the organizations outreach.

*Congratulations to all the
Heroes that make our
community better....every
single day!*



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Edward Lehmann III

Fire Rescue

Sponsored by Community Bank



Ed has been a resident of the Syracuse area for more than 20 years. He spent his early years studying at Onondaga Community College and SUNY

Oswego. He and his wife Elizabeth are both active first responders and have two bright young daughters, Emily and Erin. Ed and his family own a Lake house in Henderson and love spending time there with their family and friends. In his spare time, he enjoys fishing the deep waters of Lake Ontario. He is truly passionate about the Fire Service and teaches for NYS Office of Fire Prevention & Control, NYS Fire Chiefs Association and Onondaga Community College.



Real Heroes, we thank you.

We are proud to celebrate the real heroes among us—through your courage, kindness, and dedication, you have made a difference in our community.

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Daniel Balloni
Law Enforcement
Sponsored by Kinney Drugs



Daniel is a 35-year-old CNY native. He's a husband to Lindsey, a teacher at Liverpool High School, and loving father of two children, Lincoln and Lillian. Daniel has been in law enforcement since 2009 and a City of Oswego police officer since 2015. Originally from Baldwinsville, Daniel and his family currently live in Oswego. When he is not working, he enjoys boating with his family on Lake Ontario, and wood working.



KPH Healthcare Services
is proud to support the efforts of the
American Red Cross
and we honor the **2020 Real Heroes.**



Introducing the

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Pamela DeGouff

Lifeline

Sponsored by Wegmans



Pamela is originally from Star Lake, NY and moved to the Syracuse area when she was 10 years old. Pamela has had a 27-year career with the Onondaga County 911 Center working as a call taker, dispatcher and currently a shift supervisor. Pamela has two sons, both in their twenties, a dog and cat. They enjoy spending time at their family's camp in the Adirondacks and at her boyfriend's camp on the St. Lawrence river. When she does have some spare time, she likes to work with stained glass and hopes to do more when she retires in a few years. She is also a volunteer with the Nedrow Fire Department Women's Auxiliary.

Introducing the

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Dr. Adeline Fagan

Medical - Posthumous

Sponsored by Bristol-Myers & Squibb



Adeline Marie Fagan M.D from Lafayette grew up with three sisters, knowing at the age of five, she would be a doctor someday. At the age of 11, she was diagnosed with a neurological condition that confined her to a wheelchair which in turn only increased her passion and desire of involvement within the medical field. Throughout her years of education, through sports and friendship, Adeline clearly demonstrated her compassion towards others. She made lifelong friends in her journey of becoming a doctor and traveled to areas such as Haiti for medical outreach throughout all four years of medical school. Adeline found her focus within the OBGYN field and worked for underserved populations throughout her residency. Adeline loved her family, friends and her dog Ruby - and greatly cherished the moments when all came together. A true hero is found within Dr. Adeline Marie Fagan, who sadly passed after contracting COVID-19 in September of 2020.

Thank you to our generous Medical Sponsor



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Shauna Johnson

Military

Sponsored by Lockheed Martin



For the past 27 years, Shauna Johnson's passion has been helping military families. At the age of 18, Shauna married Jason, a service member, and quickly learned the many challenges of navigating the transition into the life of a military spouse. She made it her mission to help make this transition easier for as many families as she could. When Shauna isn't helping the military community, she loves the beach, photography, roller coasters, going on adventures and volunteering wherever needed! She has been married to Jason since the age of 18 and they have two children: Jessica, age 26, and Justin, age 19. Justin is following in his father's footsteps and serving our nation in the Army!



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Maxwell "Max" Duger

Youth Good Samaritan

Sponsored by Dannible and McKee



Max Duger is a typical 5th grader. He is finishing up his last year of elementary student at Reynolds Elementary in Baldwinsville. Max, 11, loves hanging with his friends, playing Minecraft and Fortnite, swimming, snowmobiling, playing in the dirt, hanging with his dog and spending time with and helping his Grandma Bea. This year, Max's remote learning schedule allowed him to spend even more time with his Grandma Bea. May 28, 2020 was at first a typical visit, Grandma Bea lived very close, so Max drove to her house on the family golf cart to help with some housework. During the visit, Max heard a loud boom and quickly realized the golf cart was up in flames (resulting from unforeseen circumstances), and the house had caught fire. Max took heroic action and got both Grandma Bea and the family dog safely out of the house and immediately called for help. Max credits his quick reactions to learning about fire safety from the Baldwinsville Fire Department. Max would like to thank all the fire departments friends, family, and neighbors for all they have done. Sadly, Grandma Bea peacefully passed away on November 9 with Max and family surrounding her.



Save the Date!

May 21, 2021

Thank you for being a past Sponsor of the American Red Cross of Eastern New York. It has been an interesting year with Covid-19, but disasters don't stop and neither do we.

While our events may look a little different going forward, we are getting creative and still finding ways to celebrate, while providing our Sponsors even greater value in this virtual world.

As you make your Fiscal Year budget for 2021, we hope you will keep us on your radar!

Please reach out to Ann Marie Walpole with any of your Sponsorship questions or requests
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518-795-8052



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