

Lifesaving Awards



American Red Cross

Training Services

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Inspiring Stories by Region

High School Hero Turns Training Into Lifesaving Action in the Indiana Region

High school student Jude Sawyer was in line at the cafeteria when he noticed a classmate choking. Without hesitation, he asked if the student needed help. The student nodded yes. Jude sprang into action, performing two abdominal thrusts that cleared the airway and saved a life. Faculty and administrators praised his calm, decisive response, noting they hadn't realized the student was in distress until Jude acted. His confidence came from Red Cross Lifeguarding with CPR/AED for Professional Rescuers and First Aid training, which taught him to stay composed when seconds count. Earlier this year, Jude received the prestigious Certificate of Merit, honoring his courage and readiness to help when it mattered most. Visit the region's [Facebook page](#) for more details on Jude's incredible story.



L to R: Jude Sawyer and Northeast Indiana Chapter Executive Director Jennifer Sexton

Ordinary Afternoon, Extraordinary Heroes in the Southeastern Pennsylvania Region

Lifeguards Jodie Hart, Kai Butcher and Ruth Clement turned their training (Red Cross Lifeguarding with CPR/AED for Professional Rescuers and First Aid) into action at a local Pennsylvania YMCA. Jodie was scanning the pool when she saw swimmer Tom Koellhoffer turn blue. She activated the emergency plan and, with off-duty lifeguard Ruth Clement, helped move the swimmer to the deck. When no pulse was found, Jodie started CPR. Kai arrived moments later, taking over compressions as Jodie gave breaths. Together, they delivered three AED shocks and two rounds of CPR until EMS arrived—20 intense minutes that saved a life. Their quick thinking and teamwork earned them Lifesaving Award for Professional Responders, proving preparation makes heroes. The amazing story, detailed on the region's [blog](#), includes an inspiring interview with Tom, who also helped present the awards to the team.



L to R: Lynn Cohen, Red Cross Delaware Valley Chapter executive director; Tom Koellhoffer; YMCA lifeguards Jodie Hart and Kai Butcher; and Becky Musselman, senior aquatics director, YMCA Doylestown branch.

Stepping Up When It Mattered Most in the Cascades Region

When Deanna Premo collapsed at her desk, colleague Ryan Hover didn't hesitate. He quickly assessed the situation and began chest compressions, conducting CPR for over five minutes until emergency responders arrived. Doctors later said Deanna's chances of survival were slim, but thanks to Ryan's quick response, she made a full recovery. Deanna now lives with a pacemaker and ICD to protect her heart. Ryan's composure and fast-thinking action in a moment of crisis is a compelling reminder of the impact one person can have when they choose to act. Deanna nominated Ryan for the Certificate of Extraordinary Personal Action. Do not miss reading this powerful exchange between her and Ryan on the region's [blog](#). You can also watch a [recap](#) on the local news.



Ryan Hover gives remarks at the Lifesaving Awards ceremony.

Instructor Spotlight

Sandra Bromley

Each month we highlight an Instructor whose student(s) have used their Red Cross lifesaving training to save or sustain a life. This month we recognize Sandra Bromley, who trained Luke Lumsden in Red Cross Lifeguarding with CPR/AED for the Professional Rescuer, First Aid and Waterpark Skills.

Thanksgiving Day took a dramatic turn when Luke's grandfather began choking. Thanks to his Red Cross training, Luke stayed calm and acted quickly, delivering back blows and abdominal thrusts. When his grandfather lost consciousness, Luke performed CPR until the obstruction cleared and his grandfather's breathing returned. For his courage and skill, Luke received the Red Cross Certificate of Merit.

We extend our thanks to Sandra for providing the quality training that allowed her student to take action when it mattered most.



Lifesaving Awards Vault

From the vault of The Sapulpa Herald (Sapulpa, OK), December 19, 1947

Red Cross Medal Sought For Youth

On this date in history, 19-year-old Owen Richardson was nominated for the Red Cross Lifesaving Award in response to his courageous actions that saved the lives of four people. He saw a car swerve off the road and plunge into the icy waters of a deep creek. Owen raced to the water and dove in, then, kicked out the glass in the car door and led four people to safety. He applied artificial resuscitation to one of them on a bank of the creek to save his life.



Nominate.



Recognize.



Inspire.

Saving Lives Starts Here

If you or someone you know has used **skills** and **knowledge** learned in an American Red Cross Training Services course to help save or sustain a life, visit [LifesavingAwards.org](#) to nominate, recognize or be inspired.

Interactive Map of the Lifesaving Awards

Want to know if you have a local hero in your area? [Look at our map.](#)



Get Inspired!

Emergencies don't wait—and when they happen, a bystander's ability to respond can make all the difference. Our newly updated First Aid/CPR/AED training gives learners more than just lifesaving knowledge—it builds confidence, readiness and real-life skills. Through immersive, hands-on instruction and personalized, interactive learning, learners will gain practical experience that is easy to remember—so they're prepared when it matters most. Whether someone is looking to meet job requirements or simply want to be ready to help others, this training is a powerful step toward making a difference. Encourage your friends, family and Red Cross community to take the first step and [register](#) to take a class.