

May 2022

Recognizing CPR + AED Awareness Week June 1-7, 2022

Lifesaving Awards



American Red Cross
Training Services

NOMINATE NOW

Inspiring Stories by Region

CPR and AED Skills Save a Grocery Shopper's Life in the Red Cross Georgia Region

Certificate of Merit recipient Michelle Fan was grocery shopping at her local Publix when she heard shouting. Michelle is a nurse practitioner with a specialty in mental health, and while she receives resuscitation training through her employer, has never used it outside of those biannual courses. Michelle recalls responding just as she had been instructed: she assessed the situation, checked for breathing and a pulse, made sure someone was calling 9-1-1, and began chest compressions as a store employee retrieved the store's AED. Bystanders stood back when the AED advised and administered a shock, then Michelle checked for a pulse. Michelle recalls, "It was one of those – 'thank you, God, thank you God moments' because it was such a strong, bounding pulse that he had." Read the full story, including an interview with survivor's wife, [here](#).



South Florida Region Couple Tag Team to Save Son's Life

Imagine the shock to see one's 14-year-old son come out of his bedroom and collapse on the couch. That's what happened to Jorge Galbis and Maria Daniela Castro-Galbis in August 2021. Daniela immediately called 9-1-1 while Jorge, after finding no pulse, moved his son to the floor and began performing CPR. As they support their son through his recovery, the couple express gratitude for the CPR training Jorge took. "The training stuck," he said. "Otherwise, this would be a completely different story." The Greater Miami and The Keys chapter details it in this [chapter news post](#) and in a Facebook [video recap](#).



A Cardiac Emergency on a Pool Deck in the Illinois Region

Two lifeguards sprang into action when a participant suffered a cardiac arrest during a water aerobics class in June 2021. Together with Aquatics Supervisor Lauren Ryan, Julia Castillo and Cole Kics pulled Marge Bell out of the water. The trio then triaged the situation, calling 9-1-1, beginning CPR and getting the AED. When EMS arrived, they took over; Bell regained consciousness while being transported in the ambulance to the hospital and underwent quadruple bypass surgery the next morning. In March, these heroes were each recognized with the Lifesaving Award for Professional Responders. Don't miss Bell's speech and the emotional moment when she pinned each lifeguard with the Award, highlighted in this [Facebook video](#).



Instructor Spotlight

Stephanie Weiser

Each month we highlight Instructors who have taught students who have then used their lifesaving skills to save or sustain a life. Marge Bell, the survivor of a cardiac arrest suffered while taking a water aerobics class in the story above, benefitted from the [Lifeguarding](#) and [CPR/AED for Professional Rescuer](#) courses taught by Red Cross Instructor Stephanie Weiser of the Joliet Park District. Stephanie's leadership in assuring that students Lauren Ryan and Julia Castillo left her class with a mastery of lifesaving techniques made a difference when moments mattered.



Lifesaving Awards Vault

From the vault of the Sheboygan Press, January 19, 1978

On September 18, 1977, Richard Lemmerhirt collapsed while mowing his lawn. His neighbor Jeffrey Hildebrand started CPR while Richard's son called the 9-1-1. Within a short



SURROUNDED BY SMILING RESCUERS is Richard Lemmerhirt of Kohler. All five persons were involved in aiding Lemmerhirt when he suffered a heart attack this fall. From Left are Robert Hiers, David Liedtke, Lemmerhirt, Jeffrey Hildebrand, Robert Sertich and Helen Hahn. — (Sheboygan Press Photos)

time, part-time deputy sheriff Robert Hiers responded and jumped in to assist with CPR, followed by other first responders (David Liedtke, Robert Sertich and Helen Hahn) as they arrived on the scene. The newspaper concludes, "It was the attending physician's opinion that the CPR trained persons who aided Lemmerhirt were responsible for his survival." These five responders (pictured with Lemmerhirt in the center) all received the Certificate of Merit for their actions.



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 the life of another individual, visit [LifesavingAwards.org](https://lifesavingawards.org) to nominate them.

Want to see if you have a local hero in your area? If you have access to the Red Cross Volunteer Portal, log on to see our [interactive map](#).

Get Inspired!

Did you notice that every story featured in this issue revolves around a save using CPR, an AED and sometimes both? That's because June 1-7 is nationally recognized as CPR + AED Awareness Week.

- For every minute without immediate CPR and use of an AED, survival chances drop 10 percent. Train for the moments that matter with Red Cross CPR/AED courses; you can find a location near you on our [course finder page](#).
- Follow Training Services on [LinkedIn](#) and [Facebook](#) for additional CPR + AED Awareness Week content – and post your own using #CPRWeek and #CPRSavesLives