

# Lifesaving Awards



**American Red Cross**  
Training Services

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## Inspiring Stories by Region

### Son Saves Choking Father in Northern New England Region

Last year, Sam Richards, 21, of Bristol, Maine saved his father's life. At dinner, Todd Richards jokingly took a large bite of meat, never intending to swallow it. The steak became lodged in his throat, and he began choking. Todd fell unconscious, stopped breathing, and had an undetectable pulse. Sam, who was trained in Red Cross Lifeguarding, First Aid and CPR, sprang into action. After several unsuccessful attempts at abdominal thrusts, he knew his only option was to clear his father's airway. Miraculously, he was able to get his fingertips on a tiny corner of the steak and pulled until he dislodged it. His mother called 911 and Sam successfully performed CPR until his father eventually began breathing on his own. For stepping up and using the skills he learned in his Red Cross training, Sam earned the Certificate of Merit. A recap of the impressive save can be found in an inspiring [video](#) accompanied by a Red Cross chapter [news story](#).



Sam Richards with his Certificate of Merit

### Aquatic Managers Honored for Quick-thinking Action in Wisconsin Region

While working at the Wilderness Hotel and Golf Resort in Wisconsin last year, aquatic managers and Red Cross-trained Lifeguard Instructors Danielle Roessler and Christopher Arthon rescued a woman who experienced a medical emergency while floating in the lazy river. The woman was not breathing and did not have a pulse, so Christopher and Danielle immediately started CPR and delivered a shock with an AED. When emergency medical services arrived, the woman had regained a pulse, and the EMTs took over her care. Thanks to the quick-thinking duo, the woman is alive today. Inspired? Read about how the team received the Lifesaving Award for Professional Responders on the region's [Facebook](#) and [news](#) pages.



L to R: Danielle Roessler and Christopher Arthon

### Pianists Help Save a Fellow Musician's Life in the North Texas Region

Ken Isaka collapsed after performing a piano recital during the Cliburn International Amateur Piano Competition at Van Cliburn Recital Hall in Fort Worth. He was in cardiac arrest. Kathy Abrahamson, who is a nurse practitioner, rushed to Ken's side and immediately began administering CPR to her fellow amateur pianist. Noah DeGarmo, an emergency medicine physician at Arlington Memorial Hospital, joined the effort. When the EMS team arrived, Noah directed them to take Ken to a regional hospital equipped to treat him. We applaud Kathy and Noah for their quick response and crucial action that led to them to receive the Certificate of Extraordinary Personal Action. Read about this amazing save on the region's [news page](#) and watch the local TV station report on it [here](#).



L to R: American Red Cross North Texas Region CEO Linda Braddy, Kathy Abrahamson, Ken Isaka, Noah DeGarmo, City of Arlington Mayor Jim Ross, Cliburn President and CEO Jacques Marquis

## Instructor Spotlight

### Timothy DeLucia

Each month we highlight an Instructor whose student(s) have used their lifesaving training to save or sustain a life. Red Cross Instructor Timothy DeLucia trained Scott McNichols in Adult and Pediatric First Aid/CPR/AED. Scott was part of a team who responded to a man who collapsed at the Prince George's Sports and Learning Complex in Maryland. After making an initial assessment, Scott started CPR and continued for multiple cycles while also administering the AED. The man was successfully revived and has since fully recovered. We extend our thanks to Timothy for providing the quality training that allowed his student to save a life.



## Lifesaving Awards Vault

### From the vault of The Day (New London, Connecticut), November 26, 1948

For years Michael Mead, a telephone line foreman, had been teaching new colleagues how to give first aid, yet he never had to use these skills himself. That changed in 1935 when he conducted first aid on a man in a life-threatening automobile accident. On this day in history, the Red Cross awarded Mead with the Certificate of Merit for "his skill and coolness in a serious emergency."

### Local Student Receives Award For Saving Pilot



Nominate.



Recognize.

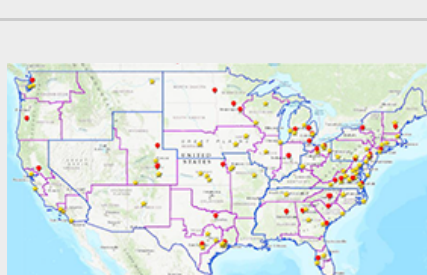


Inspire.

### Saving Lives Starts Here

If you or someone you know has used **skills** and **knowledge** learned in a Red Cross Training Services course to help save or sustain the life of another individual, visit [LifesavingAwards.org](https://www.AmericanRedCross.org/LifesavingAwards) to nominate them.

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



### Get Inspired!

Are you familiar with the Red Cross mission that, in an emergency, there are always trained individuals nearby, ready to use their Red Cross skills to save lives? This Red Cross Month is a good time to ensure your skills are current so you are prepared when moments matter. **Training classes are free for current Red Cross employees and registered volunteers** with an active profile in Volunteer Connection. [This link](#) brings you to the page on OneSource with the codes so that you can take advantage of this benefit.