

Lifesaving Awards



American Red Cross
Training Services

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Inspiring Stories by Region

Double Saves: Runner Performs CPR Twice During Local Half Marathon in the Northern California Coastal Region

Dr. Steven Lome was on mile three of the Monterey Bay Half Marathon when he saw a man collapse about 30 feet in front of him. The runner, Greg Gonzalez, was unconscious, not breathing and did not have a pulse. Dr. Lome immediately began CPR while two other nearby medical providers stopped to help until an ambulance arrived. Dr. Lome decided to continue the race and just before crossing the finish line, he noticed that another runner, Michael Heilemann, was down, and people were screaming for help. Dr. Lome began CPR on Heilemann while volunteer medical providers brought an AED from the nearby Community Hospital medical tent. A few minutes later, Heilemann regained consciousness. Remarkably, Gonzalez, Heilemann and Dr. Lome plan to run the Monterey Bay Half Marathon together next year. What an inspiring story! Read about the story behind Dr. Lome's Certificate of Extraordinary Personal Action on the region's [news page](#).



L to R: Michele Averill, CEO for the Red Cross Central Coast Chapter and Dr. Steven Lome

A Team Response Turns Into a Lifesaving Moment in the National Capital & Greater Chesapeake Region

A sunny day at the Urbanna Swim Club turned into an emergency when a man collapsed. Four lifeguards, Francisco Garzione, Katherine Parada, Gabe Drown and Brook Fitts, recognized the seriousness of the situation when a patron fainted on the hot July 4th day. They worked as a team, with each taking a role to ensure everyone was safe, calling 911, administering first aid and escorting first responders into the pool area. For using their Red Cross training to respond to this emergency, the quartet were awarded the Lifesaving Award for Professional Responders. Read about their well-deserved recognition in this post on the region's [Facebook page](#).



L to R: Louis Fernandez, the pool patron saved; Brook Fitts; Gabe Drown; Francisco Garzione; Katherine Parada; Andrew Turner of the CPR Citizen Foundation; Chris Duffley, interim executive director of the Red Cross of Northern Virginia

A "Sister Save" by a Young Lifeguard in the Northern Ohio Region

Drowning is the number one cause of accidental death of children aged one to four. The Bennett family of University Heights, Ohio, came harrowingly close to becoming one of those statistics last year. While on vacation, their four-year-old found her way into a backyard pool and was discovered unconscious at the bottom. Fortunately, her 15-year-old sister, Ayala, had completed an American Red Cross Lifeguarding course including first aid and CPR, just two weeks earlier. She was able to perform CPR until medical help arrived; the little girl recovered. For stepping up and helping to save her sister's life, Alaya earned the Certificate of Merit. The impressive details behind the save can be found on the region's [Facebook page](#) and in a Red Cross [news story](#).



L to R: Instructor Shira Goldsmith and award winner Alaya Bennett

Instructor Spotlight

Shira Goldsmith

Each month we highlight Instructors whose students have used their lifesaving training to save or sustain a life. This month we spotlight Shira Goldsmith, whose young student Ayala Bennett used her Lifeguarding training to perform CPR on her drowning sister. Ayala's heroic actions were profiled in the story above from the Red Cross Northern Ohio Region. We extend our thanks to Shira for providing the quality training that allowed Ayala to save a life.



Lifesaving Awards Vault

From the vault of the Daily Record (Long Branch, New Jersey), May 28, 1936

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."

M.J. Mead Of Red Bank Wins Life-Saving Medal, Citation



Nominate.



Recognize.

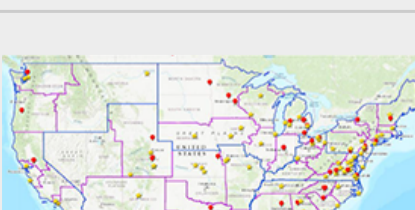


Inspire.

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!

New year, new you! Accidents and emergencies can happen anytime at home, in the workplace or in the community. As these stories indicate, every second counts in an emergency, and it's critical to know what to do. The Red Cross recommends that everyone receive lifesaving training in First Aid, CPR and how to use an AED. It takes only a few hours and can give you the skills and confidence to act when moments matter. You could help save a life.