



# HERO Happenings

A publication of Deaconess Heimlich Heroes™  
Fall 2015

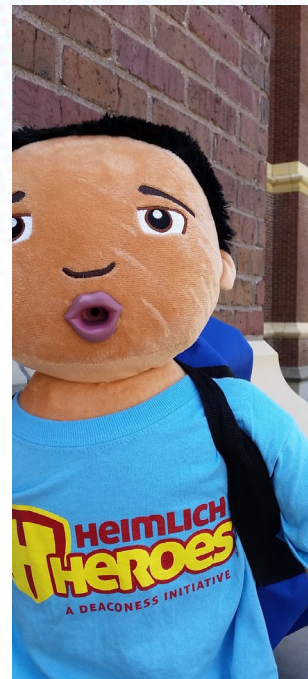
## Hank & Heidi Head Back to School Are They Coming to Your Class? Register Here

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*"I really like how the students enjoyed the materials. It was a very comprehensive program which made the presentation of the materials and activities fun!"*

- Paula S., YMCA Director



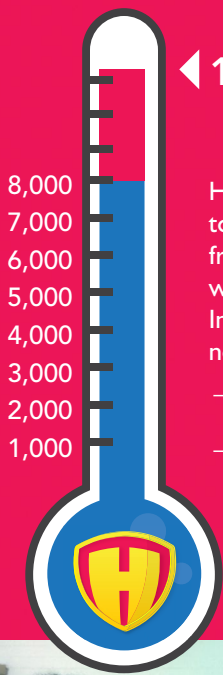
## Everyday Heroes Mother and Daughters: Their Unexpected Story

At funerals the word "joy" is seldom used, except in the past tense. The following story, taken from their own words, comes from a mother and her two daughters—finding joy during a typically sad event. (Continued on page 3.)



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## Temps Not Falling this Fall



Heimlich Heroes trained to date numbers increased from 7,800 in Q2 to 11,192; we're now in 31 states. Indications are there will be no cooling off this fall.

2015



## Q&A with Dr. Heimlich: A Look Back, Part 2

**Hero Happenings** editor, Terri Huntington, offers Part 2 of Q&A reflections from **Dr. Henry Heimlich**, inventor of the Heimlich Maneuver®.

**Terri:** So what are some of your life's most satisfying moments?

**Dr. Heimlich:** I was a doctor in the US Navy during World War II. Eventually, I ended up in the Gobi Desert of Inner Mongolia in very hazardous duty. I treated both military and civilians who were injured. Four weeks after the war ended, we were still there.

Suddenly, a man who had been shot in the chest was brought in. I tried to patch up the hole in his chest, but he quickly died. I was a young doctor, and he was the first patient who had ever died in my hands. I often thought of him.

In 1962 I was one of the early chest surgeons. After every chest surgery, we inserted a tube into the chest. It was connected to a suction machine on the wall. The tube removed air and liquid/blood from the chest, so the lungs could expand. For 13 days the tube remained inserted; the patient couldn't get out of bed. One day, as I drove away from the hospital I thought, "Why does the patient have to go through all this? What about a valve that allows fluid and air to pass out of the chest and prevents them from getting back in?"

A patient came in a few weeks later with a collapsed lung. With his permission, I inserted a tube—with a valve—into his chest. I stayed with him all day and night; his lung came up and stayed up beautifully. I took it to Becton-Dickinson, a major medical device manufacturer. They immediately accepted it. And, they are still making it today. At last count we had sold well over 4 million Heimlich Chest Drain Valves. Surgeons today use it in every chest operation.

In 1966, I presented on this valve at an AMA (American Medical Association) meeting in New York. Afterward four Navy officers, who were doctors from Navy Medical research, came over to me. They arranged to take thousands of Heimlich Chest Drain Valves to Vietnam. Every soldier on military duty carried a chest drain valve in a sterile envelope. If his buddy were shot in the chest, they'd insert this tube with a Heimlich valve attached into the bullet hole. By the end of the war, this device had saved more than 20,000 soldiers.

So, I feel as if the man in China, who was shot in the chest and died, did not die in vain.



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# Everyday Heroes:

## In Their Own Words

***“It all seemed like a slow-motion movie.”***

*- Mariana’s and Gabriela’s mother*

**Mom:** My daughters Mariana and Gabriela were just 11 and 9 years old, respectively, when it happened. My husband, daughters and I were at a funeral reception in our church. Gabi (Gabriela) was drinking lemonade with ice cubes. We were in the middle of a long table; my husband and I were sitting in front of Mariana and Gabi.

Suddenly, Gabi started moving, trying to say something and pointing at her throat. In a matter of seconds her face turned purple—she was choking! Mariana, sitting next to her, immediately stood up and performed the Heimlich Maneuver® on Gabi. She pressed her fist in the middle of Gabi’s abdomen, as she had learned in our American Heritage Girls’ Heimlich Heroes™ training class. She was very fast. As soon as she saw Gabi’s purple face, Mariana’s response was immediate.

My husband ran around the table to help Gabi, but she had already expelled the ice cube thanks to Mariana’s prompt reaction. I was shocked, and tried to reach her from my side of the table. It all seemed like a slow-motion movie...

***“I looked at her because she wasn’t talking, and was grabbing her neck.”***

*- Mariana*

**Mariana:** Her face was purple and she looked frightened. I immediately got up and, without thinking, did the Heimlich Maneuver on her. It was all so fast, and I was panicked! The ice cube came out, and then she started crying.

***“You saved my life, Sissy!”*** - Gabi

**Gabi:** If Mariana hadn’t saved me, I could have died. It can happen so suddenly: one minute you’re eating and drinking, and the next you’re in a life or death situation.

**Mom:** We were so proud of Mariana, because she acted so quickly. We are thankful she learned the Heimlich Maneuver, not long before this event happened! Thank you Heimlich Heroes for providing all the materials necessary to teach this important survival technique to our kids and us.



Mariana and Gabriela

***“I immediately screamed in my mind!”*** - Gabi

**Gabi:** It was just so unexpected! I really didn’t have time to think. I tried to say ‘I’m choking’, but by that time everybody had already figured out what was happening.



## Back to School Health and Safety Reminders

Like Hank and Heidi, kids have headed back to school. Although we’re focused on Heimlich Heroes™ training, we also care about all aspects of health and safety training. Here are a few reminders that may help lighten the back-to-school load:

### The First Days are the Hardest

Many students are uneasy about the first days and months of school—at any age. Teachers know students are nervous. They’ll make every effort to ensure everyone feels comfortable.

### Backpack Safety

**Pack light.** Organize the backpack to use all compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of your child’s body weight.



### Traveling to and from School

**School Bus.** Make sure your child walks where she can see the bus driver (which means the driver will be able to see her, too).

**Walking to School.** Make sure your child’s walk to school is a safe route with well-trained adult crossing guards at every intersection.

**Bike.** Always wear a bicycle helmet, no matter how short or long the ride.

***Have a safe and happy school year!***

Source: American Academy of Pediatrics





## From the Editor's Desk

As you can see by our thermometer (page 2), Hank and Heidi have been traveling quite a bit lately. So much so, we would love to have pictures of all the places they have been!

Our **#WheresHankandHeidi** campaign is just getting underway! This summer Hank visited Philadelphia where he saw the Liberty Bell, Independence Hall and the Hard Rock Café. Then he and Heidi traveled to Anderson, IN and had a lot of fun there, too.

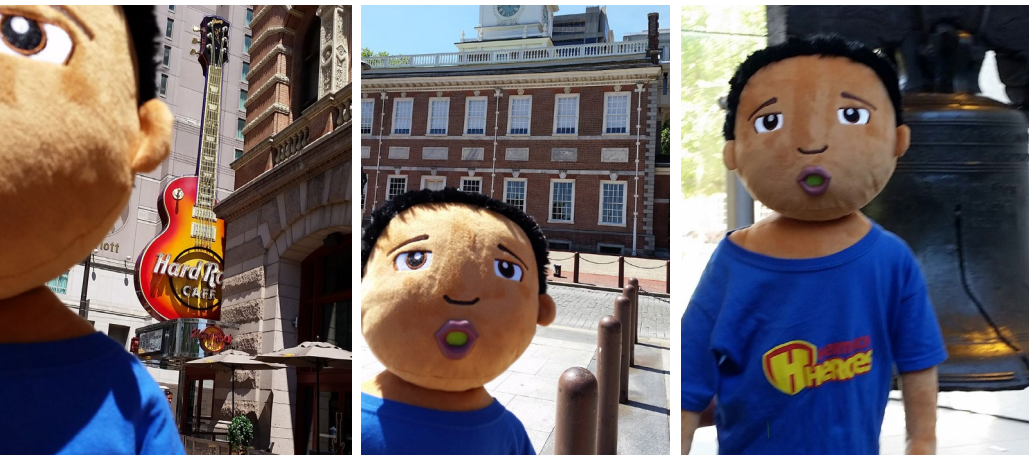
And you can help! When Hank and Heidi come to your group for training, take them to a famous local landmark and get a picture. It could be historical, a favorite local hangout, or business. Then send us the picture, and upload it to Facebook, Twitter or Instagram with the hashtag **#WheresHankandHeidi**. Tell us about the landmark or area they have visited; hashtag the city or the business, too!

If you, someone you know, or a friend have saved a life—or were saved—with the Heimlich Maneuver®, we want to hear your story. We look forward to featuring these first-hand accounts in future publications. Please send your story to [HeimlichHeroes@deaconess-cinti.com](mailto:HeimlichHeroes@deaconess-cinti.com), along with your contact information. Remember to set the stage, tell us what happened, include your feelings and thoughts about the experience, and share how you learned the Heimlich Maneuver.

Let's have fun with this, and see how many places Hank and Heidi can visit over the next year.

All the best,

Terri



## Upcoming Events

### September 30 – Cincinnati Reds Honor Dr. Heimlich

During the last "home stand" of the season, the Cincinnati Reds are reaching out to honor Dr. Heimlich for his life accomplishments. If you're in the Cincinnati area, you can join the celebration! While there, come and meet Hank and Heidi in the Fan Zone. And learn how you can be a Heimlich Hero! [Contact us](#) to order discounted game tickets.

### October 5-9 is National Heimlich Heroes Week

In an instant, someone can go from laughing to choking. It is that quick! Each year, the goal of National Heimlich Heroes Week is to celebrate the Heroes who have saved lives with the Heimlich Maneuver®.

## YMCA Training Tweet



[Heimlich Heroes & @CincinnatiYMCA](#) partnering to teach kids abt choking prevention. [#bestsummerever](#)

Nearly 900 Cincinnati YMCA Campers learned the life-saving Heimlich Maneuver this summer!



*Have questions? Want to learn more? Feedback?*

#### Contact us at:

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