



HERO Happenings

A publication of Deaconess Heimlich Heroes™
Summer 2015

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Charge! Texas School District Saves Lives, Impacts Thousands

Not unlike the rallying cry “Remember the Alamo”, San Marcos Consolidated Independent School District mounted a proactive campaign to bring Heimlich Heroes training to their students. San Marcos is a city in Texas, between Austin and San Antonio.

The program taught over 4,000 elementary and middle school students how to respond during choking emergencies. Training was conducted for six elementary schools and two middle schools. Additionally, San Marcos High School Academy students in the Certified Nursing Assistants program and the Emergency Medical Technician program assisted in teaching this life-saving skill.



“Hands on practice and seeing other students using these techniques make young people confident they, too, can help in an emergency,” said Sylvia Murray, the school nurse at De Zavala Elementary. Murray first discovered the Heimlich Heroes training. Working with the district nurses, she then led the charge—bringing the program to the entire school district.

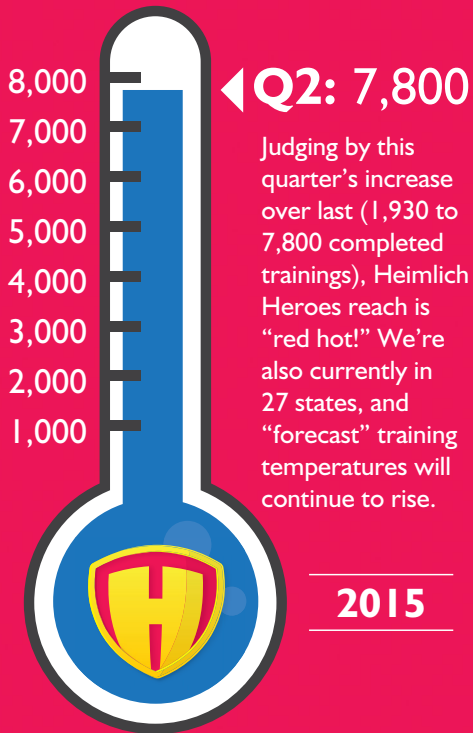
“The program entwines demonstration with instruction, and focuses on the individual’s role in helping others. The students even went home to teach their parents the Heimlich maneuver. The students became the teacher!”

- Sylvia Murray, school nurse, De Zavala Elementary



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The Thermometer is Rising



Judging by this quarter's increase over last (1,930 to 7,800 completed trainings), Heimlich Heroes reach is "red hot!" We're also currently in 27 states, and "forecast" training temperatures will continue to rise.

A Moment with Dr. Heimlich

Hero Happenings editor, Terri Huntington, recently met with [Dr. Henry Heimlich](#), inventor of the Heimlich Maneuver®. He kindly honored us with a few Q&A reflections.

Terri: Who has been your greatest inspiration?

Dr. Heimlich: I'd have to say my father. He was a prison social worker in the state of New York. When I was a child, he would sometimes take me and my sister with him to the prison. My father was very highly regarded and truly remarkable. He knew those people needed help. In fact, he was able to help get many released and return to their families.

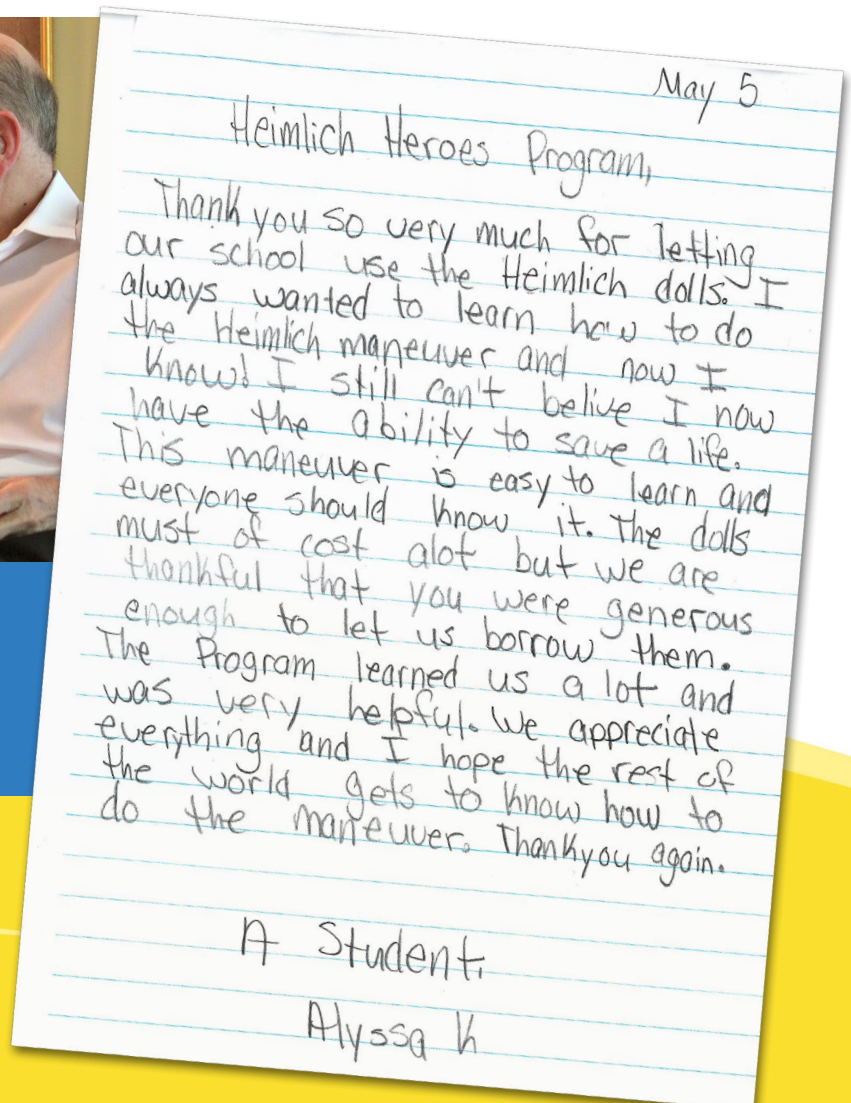
My mother was also very wonderful—she, too, helped many people. During the depression, our family moved into a really little house. I know that was hard. But it was loving.

As I look back, I was always impressed with doctors. When you needed help, they always had a treatment. In those days, doctors would come to your house and I would watch them. I think that influenced why I went into medicine. It was the only thing I ever thought of doing.

Terri: It sounds like your parents were both inspirational, and wanted to help people.

Dr. Heimlich: Yes, I admired that they were both very intelligent and caring. I miss them both very much.

Terri: Thank you, Dr. Heimlich, for sharing a part of your life with us. And for all the ways you've helped people over the years. You have been an inspiration to so many.



Thanks from 'A Student'



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Summer 2015

“I saw Tahlia turning different colors, and then I got up and gave her the Heimlich.”

- Jady Lilienthal, fourth grade “Super Hero”



Jady Lilienthal and Tahlia Hendricks.

Did You Know...?
Over 100,000 lives have been saved with the Heimlich Maneuver®, since its inception in 1974.

Everyday Heroes: A Safe Bet Between Friends

In Mora, MN, Trailview Elementary fourth grader Tahlia Hendricks bet her friend, Jady Lilienthal, she could “swallow a cherry tomato, whole.” Jady replied, “Okay, but if you choke...” And then Tahlia choked.

“I was thinking ‘OMG’, what is happening?” remembers Tahlia. “And it was kinda painful.” She then stood up and put her hand to her throat, while banging on the table. Her friend Jady had learned the Heimlich Maneuver® in school, when she was just eight years old. She jumped into action: “I saw Tahlia turning different colors, and then I got up and gave her the Heimlich.”

That day Jady became a “Super Hero.” Taking advantage of a “teachable moment,” school nurse Janet Hawkinson brought the Heimlich Heroes™ program to Trailview. Since Jady had saved their friend Tahlia’s life, their classmates also wanted to be prepared in such a choking emergency.

Nurse Hawkinson and FirstLight medical student, Jessica Olen, trained all fourth graders—131 students in all. They also presented Jady with a Heimlich Heroes T-shirt. A “Certificate of Heroism” award commemorated she had saved a life with the Heimlich Maneuver®.

When Tahlia and Jady were asked what their classmates thought of the Heimlich Heroes training, both agreed, “They thought it was pretty cool.”

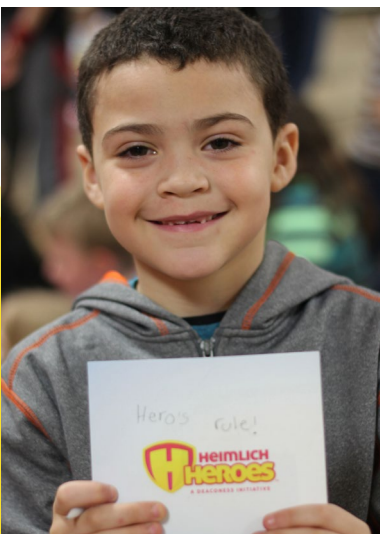


Keep Summer Fun: Become an Injury Prevention ‘Lifeguard’

Summer fun means children swimming, family vacations, youngsters playing outdoors, and more. Although a relaxed and happy time, summertime also requires alert and vigilant awareness to prevent injuries. This is especially true for choking risks, as children may be:

- Eating while rushed, running, laughing, or otherwise distracted
- Snacking on peanut butter, mini marshmallows, hot dogs, hard candy, popcorn, pretzels and chips, etc. While they are summertime “favs”, foods can also easily lodge in a child’s small airway—especially in young children.

Pool lifeguards are not the only child rescuers. You can save a life by learning how **save** a choking victim. Be on your guard: summer supervision can prevent choking injuries and keep your summer fun!





From the Editor's Desk

MIND BLOWN!

Wow! We are simply blown away by how many registrations we've received this year! As you saw on our thermometer, we have almost reached our goal for 2015 – and we are only half way through the year! A BIG "thank you" to all who have registered your school, homeschool co-op or youth organization. I know you value passing this life-saving information on to the next generation as much as we do.

The past few months, we have been blessed with many opportunities to bring Heimlich Heroes before new audiences. We attended award banquets and safety fairs, and exhibited at several conventions. Also, we introduced several local youth workers to Heimlich Heroes through our newly created "train the trainer" program.

Finally, celebrating June 1 as National Heimlich Maneuver® Day, I was privileged to interview Dr. Henry J. Heimlich, the inventor of the Heimlich Maneuver®. You can read Dr. Heimlich's fascinating story in his book, *Heimlich's Maneuvers: My Seventy Years of Lifesaving Innovation*.

All the best,

Terri



Salute to Deaconess Foundation



Heimlich Heroes is proud that our sponsor, Deaconess Foundation, recently helped launch the first Northern Kentucky

Health Check. Working with Children's Home of Northern Kentucky, this centralized system increases care for at-risk kids and better supports families.

Upcoming Events



American Heritage Girls (AHG) 20th Anniversary Convention, Booth #10
June 24-27, 2015
Anderson, Indiana

We'll be celebrating at AHG's Upside Down themed 20th year

anniversary event. Actively supporting their mission — "Build women of integrity through service to God, family, community and country" — Heimlich Heroes has provided training to 3,300 American Heritage Girls in 26 states, to date.



National Association of School Nurses
June 24-27
Booth #1000
Philadelphia, Pennsylvania

Heimlich Heroes works closely with school nurses, who regularly bring our interactive training into their school communities. We value their expertise, and look forward to exhibiting at their 47th annual conference.

Summer Camps and School Trainings: Still Time to Plan

If you are an educator, principal, or school nurse, plan now for fall Heimlich Heroes training at your school. And if you're a scout or youth leader, there's still time to [bring our training](#) to your summer programs.



Have questions? Want to learn more? Feedback?

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