



HERO Happenings

A publication of Deaconess Heimlich Heroes™
Summer 2016

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“Thank you for such a wonderful program! Out of the 150+ students I have taught so far, hearing about the Heimlich Maneuver® was new for over 120 of them. This is such a great feeling, knowing this training may save a life some day!”

- Giana Toschi, School Nurse

Our First International Training!

Sabrina Scheerer heard about Heimlich Heroes™ through her daughter's involvement with [American Heritage Girls](#) and decided to take our training program with her to Germany!

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Hank and Heidi are MIA...

Obviously Hank and Heidi play a major role in our program. Despite our best efforts, to make the return process easy for our users, we currently have 18 Heimlich dolls that have not returned home!

From the information provided during registration, the dolls must be returned to us before the return shipping labels expire. Please be aware your credit card will be charged if dolls are not returned—or are returned with damage.

The manufacturing cost for Hank and Heidi is high: accordingly, groups will be charged up to \$500 for each late unreturned doll on loan.

Keep Us Informed

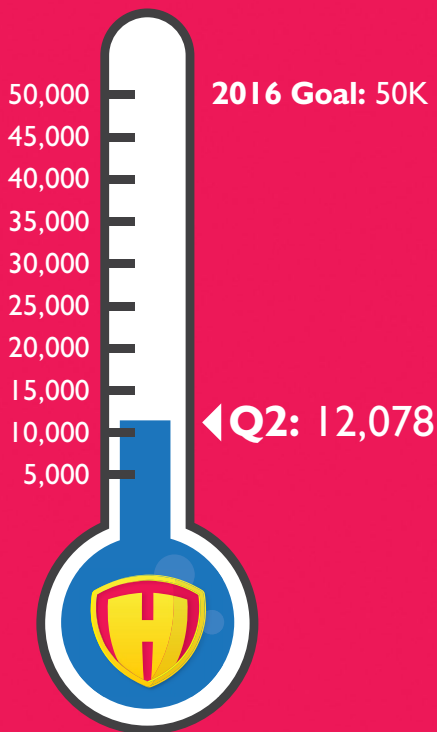
If you need to change your scheduled training date or add your number of trainees, please contact the Heimlich Heroes by [email](#). This requires at least two weeks notice before your original training date, so we can adjust your order. Our records must be updated to avoid any additional charges.

We appreciate your cooperation, as other groups' training can be delayed if dolls are not returned when due or damaged. Thank you!



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The Thermometer is Rising



Our First International Training! *Continued...*

Scheerer trained more than 55 kids from a homeschool group and several scouting groups in Grafenwoehr and Vilseck, Germany.

"I had a great time and all the students seemed to enjoy the training as well," said Sheerer. "It was easy to lead the training and easy for the students to follow."

Hank and Heidi went where no Heimlich Heroes doll had gone before, and this was a memorable success for Sheerer.



Dr. Heimlich is a Heimlich Hero!

At 96, Dr. Heimlich used his maneuver for the first time on a real choking victim! Congratulations, Dr. Heimlich! [Read More.](#)

National Heimlich Maneuver® Day!

June 1 was National Heimlich Maneuver Day. Learn this life-saving technique and bring it your club, school or organization!



The Power of Social Media

It's the place to be! You can keep up-to-date with all your friends and family, and follow your favorite groups and programs like [Heimlich Heroes](#) on [Facebook](#), [Twitter](#), and [Pinterest](#).

Girl Scouts Rule!

[Girl Scouts](#) are no strangers to our program, and we love to see them take advantage of our training! Leaders, and other Girl Scout parents, often post training photos of their troops on our Facebook page and on private Girl Scout Facebook pages.

Spreading the news about our program is easy—and life-saving! Since the Girl Scouts have spread the word on Facebook, troop registrations have poured in. In one day we received 50 registrations from Girl Scouts...how awesome is that?!

Share Us with Your Community

Share your photos and experiences with us and again with your friends, family, and other groups!



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Everyday Hero

When Dinner Turns Dangerous...

16-year-old Anna Cristo was at dinner with her mom, Michelle Cristo, celebrating a job well done at Anna's piano recital. They were laughing and talking, just enjoying time together.

Then, without notice, Michelle started choking on a piece of lettuce.

"Anna calmly jumped up and asked 'are you choking?'" said Michelle. "It was then that I could put a label to what I was feeling—I was choking and I was terrified."

As a Girl Scout of 10 years, Anna had learned the Heimlich Maneuver® when she was 8 years old. She knew just what to do.

"I realized that she was choking on a piece of lettuce," said Anna. "We both got up quickly and I started doing the Heimlich. The lettuce came out and she could breathe." What started out as a fun dinner turned into a scary choking emergency, but Anna's quick thinking saved her mom's life.

Sharing Experience and Knowledge

Anna was hailed a hero, and received the Girl Scout Medal of Honor!

"It made me feel proud and accomplished that I could use something so simple to save a life," said Anna. But she didn't stop there. Anna planned a service unit to train other young Girl Scouts how to use the Heimlich Maneuver in a choking emergency.

Summer Food Safety

It's all fun and games until someone gets hurt...

Summertime is filled with fairs, festivals, swimming pools, and lots of fun! After a school year of hard work and homework, kids want to relax by the pool, play games at a local fair and hang out with friends!

But all that summer fun comes with summer choking hazards. Choking is the leading cause of death and injury among children, especially kids three and younger, according to the [American Academy of Pediatrics](#). With proper prevention, you will worry less about your kids when it comes to choking. Check out these helpful tips to keep your kids safe and summer enjoyable.

Review safe eating habits

Preventing a choking emergency can be as easy as explaining safe eating habits to your children. Talk about things like...

- Sitting up straight, when eating
- No running or goofing around
- Taking small bites
- Chewing food thoroughly



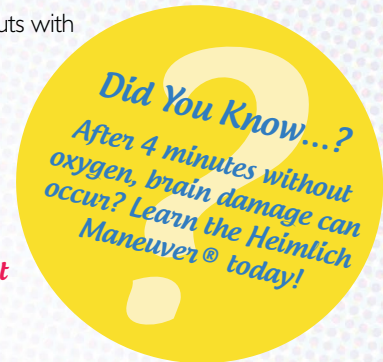
Anna Cristo and her mother, Michelle Cristo

"I wanted to teach the girls in my service unit how to do the Heimlich, so they would be empowered to save a life, no matter their age," said Anna.

Her mom couldn't be more proud of Anna's excitement to educate other young girls. *"Anna is passionate about sharing knowledge and information about something she believes in," said Michelle. "[She] knew that she wanted to train others, just as she was trained. We were thrilled when she found the Heimlich Heroes™ program!"*

In total, Anna trained around 60 Girl Scouts with the Heimlich Heroes training program!

"I would recommend every troop include Heimlich Heroes in their yearly plan," said Anna. "It is so simple and laid out so easily that any leader can follow it...plus the whole program is free and you get a fun patch and bracelet!"



If trips to the swimming pool or fair are on the schedule, review some special guidelines. Riding rides and swimming can be very dangerous; especially if kids are trying to eat or chewing food. Make sure your kids are empty handed and empty mouthed before the fun begins.

Prepare Food with choking prevention in mind:

According to [healthychildren.org](#), food causes 50% of choking episodes. This percentage could be significantly decreased with proper food preparation.

Hotdogs are a big hit with kids, but they can also be a big choking hazard. Cut hotdogs into strips, then into pieces, instead of into rounds. The same procedure should be applied to foods like grapes and cheese sticks. Round foods are more likely to get stuck in the throat and cause choking – especially in little kids.

Summertime is fun time, and can stay that way without choking emergencies. Be sure to review safe eating habits, set special guidelines, and cut food into small pieces. Have a fun and safe summer!



From the Editor's Desk

Many have wondered why I am so invested in Heimlich Heroes and its mission. Well... it's personal.

A number of years ago, while tutoring in an afterschool program, I saved a child who was choking. I never expected to be in that position, and quickly wondered if I remembered how to correctly administer the Heimlich Maneuver®. It is scary to think about someone choking: knowing they can't breathe and could die without immediate help. No one wants to think about this stuff.

I didn't realize that the 10-year-old across from me had popped a piece of candy into his mouth. He laughed at something another student said, and the candy got sucked into his throat. It blocked his windpipe; it didn't take long for my student to realize he couldn't breathe.

You see, each time we inhale (breathe in), air goes into our nose or mouth, through the larynx, down the trachea, and into our lungs. But, when we breathe in while we have something in our mouths, the airway can be blocked and we have to act quickly. The brain (and the rest of the body) needs oxygen to survive. Four minutes is all it takes for functions to start shutting down or be permanently impaired.

My young student jumped up from his chair, had a hand on his throat and I saw his face was getting red. I asked, "Did you eat candy?" He nodded. "Can you cough it out?" He shook his head, no. I told him I was going to help him by doing the Heimlich Maneuver. "I'm going to get behind you and squeeze your middle to force your lungs to push out what is blocking your air." He nodded. I got behind him and finally, on the third try, the candy shot out of his mouth. He took a deep breath — his life was saved.

This whole thing happened in just a couple of minutes. It was scary!

I remember learning the Heimlich Maneuver as a teenager. Decades later, that training saved a life. Now I have the opportunity to teach others this easy life-saving skill! Heimlich Heroes™ is on a mission to eliminate preventable choking deaths — and it's personal! You can help us reach our goal by training the young people in your circle of influence.

Thousands of kids across the nation are learning how to save a life when confronted with a choking emergency.

Is it important? Yes.

Is it scary to do? Maybe a little.

Could the effect be personal to those who learn? Absolutely!

Why wait? [Register](#) your group today.

All the best,

Terri



Events

110th Boys and Girls Clubs of America National Conference

We "imagined the possibilities" and were able to share our program with more than 180 new contacts at the BGCA National Conference! Our program with [Boys and Girls Club of Greater Cincinnati](#) met with such great success, we are excited for the opportunity to broaden our audience with BGCA across the country!

Train-the-Trainer Webinar Coming Soon!

Need more instruction before you run our program? Register now for our new Train-the-Trainer Webinar, and be prepared for your training date! To join us on June 28, 2016, [email](#) us today.

Sharing Can Save a Life

How serious is NOT knowing what to do in a choking emergency? Every year, some 5,000 people choke to death. Choking, unlike cancer, has a proven (and final) outcome. Performing the Heimlich Maneuver® has a proven outcome, as well: it can save a life.



Have questions? Want to learn more? Feedback?

Contact us at:

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