



HERO Happenings

A publication of Deaconess Heimlich Heroes™

Summer 2017



In This Issue:

- New Adult Program 1
- Choking Hazards 1
- National Heimlich Maneuver® Day . . 2
- A Medical Innovator and 2
- Inspiration
- Everyday Heroes 3
- From the Editor's Desk 4
- Train Your American Heritage 4
- Girl Troop

"This is a very comprehensive program, geared specifically for children. There are many resources out there regarding the Heimlich Maneuver, but they are not developmentally appropriate for elementary students. My school has a small population of Hispanic students, and I really appreciate the Spanish resources."

- Colleen



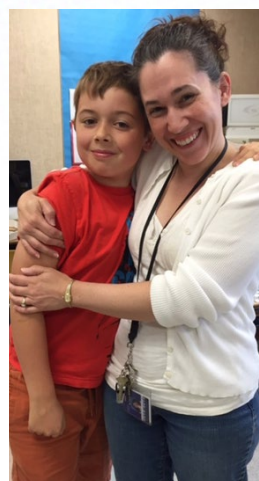
New Adult Program

Heimlich Heroes™: Not Just for Kids Anymore

Just like our children, Heimlich Heroes is growing up! Since its beginning, our training program has been designed for kids. We also developed materials available in Spanish. Now, to meet growing demand, new training is tailored to older audiences.

All materials—including training video, note taking tools and posters—are relevant for teens and adults. Heimlich Heroes can now be taken into high school classes; a perfect complement to CPR training. Adult groups and organizations will benefit, as well.

Continued on page 2...



Elias and his teacher

Choking Hazards: The Norwood Family Story

The Choking Incident

Elias Norwood was chewing on a plastic bottle cap, when it got caught in the back of his mouth and slid down his windpipe. He began choking and knew he needed help right away.

"I walked up to my teacher and pointed my finger to my mouth," said Norwood. "She grabbed the trash can because she thought I needed to throw up. Then I made the two-handed choking motion at my neck. She turned me around and performed the Heimlich. It took her five tries to dislodge the bottle cap."

Although food causes [50% of choking emergencies](#), small items like a bottle caps, coins and buttons can be choking hazards. No matter what you choke on, it's important to place your hands on your neck to signal you are choking. Norwood sure is glad his teacher knew what to do.

Continued on page 3...

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National Heimlich Maneuver Day Celebrating Dr. Henry Heimlich

Though Dr. Heimlich passed away in 2016, our organization seeks to continue sharing the importance of his life-saving technique. On June 1, 2017, we celebrated National Heimlich Maneuver® Day.

“National Heimlich Maneuver Day is the perfect time to bring awareness to the seriousness of choking,” said program manager Terri Huntington. “Not only is it a day to celebrate Dr. Heimlich’s work, but it’s a time to recognize heroes. Those who have saved lives, because of their knowledge and proper training of this procedure.”

“Overall, the program is amazing! For the price, the dolls were totally worth it! They definitely made the program! The small books were amazing resources to send home with the kids. Even teachers wanted them to take home for their children!”

Angela

A Medical Innovator and Inspiration

Dr. Heimlich’s maneuver has saved countless lives. We see him as a hero, and we appreciate seeing young people celebrate him.

As an assignment for her second grade class, Annabelle had to choose an influential person for a report. You guessed it—she chose Dr. Heimlich!

“She was the only person to choose Dr. Heimlich as her influential person in history. She said the children in her class and her teacher really enjoyed learning more about such a wonderful man and physician,” said Mandy, Annabelle’s mother. “Annabelle told us this was her favorite project of the year in her second grade class. She learned so many unknown things about Dr. Heimlich because of it!”



Did you know...?
Did you know, you
can purchase Heimlich
Maneuver posters for
your school or club?



HERO Happenings Summer 2017

New Adult Program Continued from page 1...

Anyone Can Learn to Save a Life

The new program takes you through all potential emergencies: someone you see choking, a toddler/child, baby, and even yourself.

- Understanding and recognizing the signs of choking
- Learning how to begin and when to act
- Correctly performing the Heimlich Maneuver
- Recommending proper follow-up

Look for “evolving” information in our next newsletter! New training materials will be available this fall.



Everyday Hero

Training a Daisy Troop

When Stacy Brigante was four years old, she choked on a piece of candy. Her father used the Heimlich Maneuver® to save her life.

“Choking can occur so easily,” said Brigante. “I felt [the Heimlich Maneuver] is an important tool to be knowledgeable in.”

She went on to train 20 girls in her Daisy troop with the Heimlich Heroes™ program.

“Both my troop and their parents loved it,” said Brigante. “Everyone had fun with the doll, all while learning a valuable skill. The parents told me the girls continued to practice the Heimlich Maneuver at home on their dolls.”

Discovering the Self-Heimlich

Several years ago, Brigante suffered from a stroke that left her right vocal cord paralyzed, making it hard for her to swallow.

“A few weeks ago, I was home alone and had a migraine,” said Brigante. “I cannot swallow two capsules at once. But this time, I was in deep thought about something else, and not paying attention to the pills. I swallowed both at once and started to choke.”

Brigante recalled, “I remembered I could push a chair into my abdomen to perform the Heimlich on myself. I ran into the dining room and did just that. Out flew the pills and I could breathe again. Had I not taught [Heimlich Heroes], I wouldn’t have known about this, and the consequences could have been severe.”

Preparing as a Family

When choking affects you personally, it’s important to share your experience with the people around you.

“I have always had a fear [of choking] since I remember choking when I was young,” said Brigante. “I only hoped that I would never have to have it done to me again or do it on someone else. The Heimlich Heroes program taught me how to perform it on myself; so when I needed that knowledge, I was prepared. It is something I owe my life to.”

Brigante shared the maneuver with everyone in her house, and practiced improving their skills with the Heimlich training dolls. She urges others to do the same.

“For anyone that is not aware of the maneuver, I would say to definitely order this program,” said Brigante. “It’s fun and educational at the same time. It may also one day save your own life or someone that you love.”



“The kids were very engaged during the video and absolutely loved the hands-on experience with the dolls that I purchased. Every student stated that the hands on dolls were their favorite part. The quality of the materials was impressive as well.”

Leigh



Choking Hazards: The Norwood Family Story

Continued from page 1...

“Having someone who knows how to do the Heimlich, and is calm enough to perform it, is so important,” said Norwood. “My teacher saved my life.”

A Parent’s Fear

Katrina Norwood, Elias’ mother, received a call that his teacher had performed the Heimlich Maneuver on him; but he was alright.

“My response was very physical and very emotional, that he had come very close to losing his life,” said K. Norwood. “When I found out she had to perform the Heimlich five times to dislodge the bottle cap, I was so grateful; she had the calm presence of mind to continue and not give up. We are so grateful to his teacher.”

Having a first-hand experience of choking, and feeling the fear of knowing your child was in a life-threatening situation, launched the Norwood family into action mode. They decided to bring Heimlich Heroes to their community. And, show people how to save a life!

“Thanks to Heimlich Heroes for spreading the word about learning the Heimlich Maneuver,” said K. Norwood. “It is easy to learn and important to know. Our family looks forward to sharing this information, through the Heimlich Heroes program, with our community.”



From the Editor's Desk

Remember when you first learned to tie your shoes? You had to practice and practice and practice. You needed verbal reminders and visual demonstrations from those who already had this skill. The same thing is true when we learn to play an instrument, play a sport, or learn a new program on the computer.

Learn, practice, review and then revisit

As you acquire new skills and knowledge, it's important to periodically revisit that information. This keeps your skills fresh. The Heimlich Maneuver® is no different. We encourage our leaders to use the program when kids are young (grades 2-8) allowing them to learn and practice, perhaps for the first time. Then, arrange to revisit this information before these same kids graduate high school. The training is quick and easy. By revisiting the lessons, you strengthen these skills to last a lifetime.

Review comes in a variety of forms

Some of these options for review include: posters placed around the building; bookmarks with a reminder of what steps to follow; sharing stories of kids or adults saving someone who is choking, and a discussion that follows. These options are available through our online store and social media pages. Revisiting the training program periodically – as you would with CPR and other very important skills – is another important step to follow. Set a calendar reminder to review, every year, the steps to help a choking victim—perhaps on June 1, National Heimlich Maneuver Day.

Requested and Relevant

Since Heimlich Heroes™ began, our focus has been on training kids. And, over the past few years, we have received numerous requests for Heimlich Maneuver training materials that would have a look and feel more relevant for older teens and adults. We are excited to launch this version of the training later this summer, just in time for the new school year.

Check it out and register to train your staff as well as your high school or vocational school students with this valuable, life-saving program.

All the best,

Terri



Events

The Northeast Regional Association of YMCA Professionals gathered in March, and Heimlich Heroes was there. We exhibited and reminded our YMCA friends how valuable it is to train their afterschool groups and summer camp kids. We look forward to serving more and more YMCA's with this easy and valuable training.

Train Your American Heritage Girl Troops

AHG and Emergency Preparedness

Virginia Lapierre came across the Heimlich Heroes™ training program while browsing the AHG website. She decided to bring the training to her troop of 16 girls.



"Our Pioneer and Patriot unit was in the process of earning their Emergency Preparedness badge. I felt this would be a good addition to the other training they were receiving," said Lapierre. "Many of our girls have younger siblings, and many babysit as well. It is not far-fetched to think that one of these girls might someday find themselves in a place where they would need to save someone from choking."

While our video and note taking tools provide everything you need to know, the hands-on experience you receive from our training dolls is critical.

"I think having the doll to practice on was very helpful," said Lapierre. "None of the girls would have realized the amount of force it really takes to dislodge something from the airway—if we hadn't had the hands-on practice."

Heimlich Heroes: Suggested Patch Program

Our organization is thrilled to build relationships with youth organizations like American Heritage Girls. If you lead an AHG troop, now is the time to register for a summer training event.

Heimlich Heroes is the AHG suggested patch program for July. Our interactive, educational program is perfect for all ages in your troop.

"This is a program that everyone should be eager to present to the youth they work with," said Lapierre. "It is a small investment in your time and money, and the potential benefits are literally life-changing. Equipping our youth to handle a choking emergency just seems like the responsible thing to do."

Don't miss out; earn a Heimlich Heroes patch this July! Register your troop [here](#).



Have questions? Want to learn more? Feedback?

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