



HERO Happenings

A publication of Deaconess Heimlich Heroes™

Winter 2016

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A Year in Review: 2016

What a year it has been for Heimlich Heroes™! We had success and faced challenges; most importantly, we trained more than 30,000 kids in the Heimlich Maneuver®.

We've trained kids in schools, clubs, homeschools, youth groups, scouting organizations, and many other youth and young adult facilities. In all, we trained kids across 48 states in more than 700 training events.

Our mission is to train as many children as possible and to eliminate preventable choking deaths. We set high standards to achieve excellence.

"We're thrilled to have nearly doubled the number of kids trained this year, as compared to 2015," said Program Manager, Terri Huntington. ***"We continue to improve and expand the program—making it the best it can be, with constant re-evaluation, reach and expansion."***



Accomplished Projects

Earlier this year we released our new training dolls: Andy, Kimi, and Marcus Heimlich. Our numbers were growing rapidly, and our inventory couldn't keep up with the demand. Thanks to our new Heimlich dolls, we can service more users, train more kids, and save more lives!

We are confident our training program is easy to follow, fun and educational for kids. As a next step, we translated our program into Spanish. It's important our program is accessible to all kids—even kids who don't speak English. We now reach the Spanish speaking population in the schools, clubs, groups, and other organizations we're already training. Spanish is the second most spoken language in the U.S., representing nearly 25% of the current K-12 population, according to recent census records. Our Spanish translation launched in September 2016, after months of preparation. You can register for the Spanish version of our program on our [registration](#) page.

The hands-on experience with the dolls is a wonderful idea. I've had parents messaging me for three days saying that's all their children are talking about!! It has left an impression on them.

- VICKY, TRAINER
GS TROOP 4755



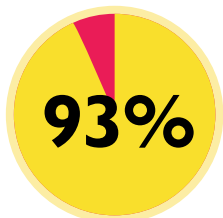
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Year-End Results, In Your Own Words

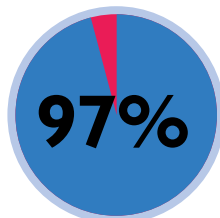
As Heimlich Heroes™ serves you, we also listen. We ask for your thoughts, comments and feedback, to continually improve and expand the program. Below are the tallied survey results following training sessions.

Survey Said!

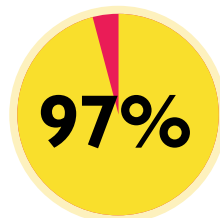
Through more than 200 anonymous survey responses, from adults after Heimlich Heroes training, results were:



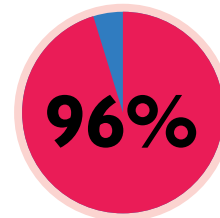
would strongly recommend HH to a friend or colleague



received all needed information and materials to conduct a successful training



agreed that they received the materials in a timely manner



are very satisfied with the content of the HH program material



It Will Take a Lot of Force to Give the Heimlich to a Horse



That's right, according to Hans and Jennifer Hartvickson's newest children's book; it will take a lot of force to give the Heimlich to a horse.

The authors have been writing books for about seven years, and this new release makes book number six. The Hartvickson's

opportunity to travel extensively inspired many ideas for their books.

"We know that many people, especially kids, have not had a chance to experience these places, and we think of these books as our opportunity to bring those kids with us on our adventures," said Hans.

Before the Hartvickson's created a summer writing program for elementary students, they enrolled in a first-aid class that taught the Heimlich Maneuver®. And that was the beginning of *It Will Take a Lot of Force to Give the Heimlich to a Horse*.

Hans said, *"I remember hoping I'd never need to use the Heimlich, while also being struck by how easy it was to learn how to do something that could save someone's life. In talking about the class with friends, we were surprised how few of our peers had learned first aid."*

"When we had our second child a few years later, I remember having that magical, emotional, 'life is wonderful' moment, and being inspired to use our platform to encourage other parents to take a first-aid course."

"We wanted the book to be fun and silly enough to appeal to young readers, direct enough to inspire them to learn first aid, yet light-hearted enough to not scare kids."

"In researching the book, we found the Heimlich Heroes program and saw the work they were doing to teach children the Heimlich Maneuver. We realized that this was not just for parents but something that kids could (and should!) be learning as well."

You can buy *It Will Take a Lot of Force to Give the Heimlich to a Horse* on The Hartvickson's [website](#).



I liked Heimlich Heroes because the videos showed me how to do the Heimlich.

- ANNABELLE

I was very impressed with the program. The booklets were great for the girls to follow along with, the dolls were fantastic, and the materials provided for the adults to teach the class were clear and concise.

- RONDA, TRAINER



Everyday Heroes

Heimlich Hero to the Rescue!

Darren Lilley learned the Heimlich Maneuver® 12 years ago in preparation for her baby's arrival. Little did she know, she would use the maneuver to save not one, but two lives!

"I was trained in 2004 because I was having a baby and the hospital recommended it," said Lilley. *"Years later, I had to perform it on my son when he was two...Hot dog!"*

Lilley has a knack for being at the right place at the right time, because she also saved a woman at her golf club.

Lilley recalls, *"I was walking to the ladies room and I passed a woman talking with two staff members. She was giving the signal that she was choking. I tried doing the Heimlich, but found it really hard. It turns out the woman was a nurse. She gently moved my hands down a few inches, because I was pushing too high. Pop, the piece of steak came out!"*



She could have died.

The staff had no clue what she was signaling. The good news is that our country club woke up. They had a big staff meeting and trained everyone in the Heimlich, CPR and basic first aid."

This incredible story is so important because it shows how correct hand placement makes a difference when performing the maneuver. Heimlich Heroes™ puts emphasis on this crucial step in our training.

Lilley is using the Heimlich Heroes program to train her troop in December to make sure they are prepared for a choking emergency.

"It has really stayed with me, how my instincts took over, after I had been trained so many years earlier," said Lilley. *"I think this is a great program and if a trained Cub Scout or even a parent has the opportunity to save a life this is all so worth it!"*

*Did You Know...?
Did you know age guidelines on toys are in place largely to prevent choking?*

I think the program is innovative, and give two thumbs way up to your program for bringing such an amazing learning program together for our youth. Thank you!

- JENNIFER, TRAINER
GS TROOP 74205

Q&A with a 9-1-1 Dispatcher: What to Know When Calling 9-1-1



Every parent hopes their child will never need to call 9-1-1 to report an emergency. But if they do, you can prepare them for a successful call. We spoke with Deborah Allion, a retired dispatcher with 10 years of experience, to find out what kids need to know.

Check out the information, below. Review with your children, so they're prepared for an emergency:

Q1: At what age should children learn how and why to call 9-1-1?

A1: Around age 4, if they are able to understand what an emergency is and when to call 9-1-1. They need to understand to never call 9-1-1 as a joke or prank, and that it's never part of a game.

Q2: What information would they need to know when calling 9-1-1?

A2: They need to tell the operator what happened, why they need help and the location where they need help. A dispatcher may ask several questions: their name, where they are, what happened, who needs help, if there are other grown-ups around to help, where you are in the house or building, and who else is in the house or location of the emergency.

Q3: How would someone know when to call 9-1-1?

A3: When there is danger: a fire, person who looks like they are asleep but won't wake up, an unwanted stranger in the house or trying to get into the house, when someone is badly bleeding, when someone has fallen and can't get up, when someone isn't breathing, or is choking.

Q4: Are there ways for children to practice calling 9-1-1 without actually doing so?

A4: Yes, you can disconnect your phone and then do some role-playing. Have kids dial the numbers and always say, "nine-one-one" when dialing. Play out different scenarios and ask questions the dispatcher might ask. Explain that they need to listen to what the operator tells them to do, and know it's ok to be scared. But they need to pay attention. Teach them to stay on the phone, no matter what, and not hang up.

Q5: What recommendations do you have?

A5: Next to every phone place a sign that says 9-1-1 in big bold numbers. Keep a list handy of other important numbers: your cell, doctors, babysitter, family or emergency contacts. Although your child may not know how to dial these numbers, emergency personnel can when they arrive. Also, keep a basic first-aid kit in a central spot in your home. Make sure your child knows where it is and how to use its contents.



From the Editor's Desk

As I think back over 2016, I'm again excited about the growth and opportunities we've had with Heimlich Heroes™! Our mission of training kids to recognize and respond to a choking emergency has been so well received by so many: school nurses, the YMCA, Boys and Girls Clubs of America, and of course scouting

organizations. Nobody has ever seen a program like ours. And lives are being saved as a result!

As we consider training for many years to come, we're making some changes to meet the explosive growth. Your donations and purchases from our [Heimlich Heroes Store](#) help supplement our grants. We're able to keep the basic kit free, with the Deaconess Foundation's generosity. But your training event will be greatly enhanced with the doll rental and added purchases: bookmarks, patches, posters, and the like.

Maybe you, or someone you know, were personally touched by the Heimlich Maneuver®. Perhaps your organization benefitted from our training over the past few years. Your scouts might have earned their Heimlich Heroes patch. If you believe in our program, will you support our efforts with a year-end [donation](#)?

Any amount truly helps us keep the program moving forward. And as a non-profit entity, all donations to Heimlich Heroes are tax deductible to the extent allowed by law.

We have a number of expansion opportunities for 2017. We have heard your request for advanced training materials for your older teen-age students and parents. We have heard your requests for easier website navigation. We have heard your requests to purchase the training dolls. All these items are slated for 2017.

Thank you for helping us grow and expand. You are a blessing to our organization—and to me.

Terri

Heimlich Heroes' Terri Huntington Named Women of Influence Award Honoree

Heimlich Heroes is pleased to announce that Terri Huntington was selected as an honoree of The Women of Influence Awards Class of 2016.

Presented by Venue Media, The Women of Influence Awards honors the Greater Cincinnati region's leading women. The award recognizes those who have helped shape the success of their organization and demonstrated exceptional leadership.

I like Heimlich Heroes because I would like to save people's lives. I also learned where to place my hands when someone is choking. I never knew that there was a specific position for someone that is choking. I would like to save someone's life and would be so happy if I did.

- ZAMRIK

Program Changes: 2017

Program demand continues to increase, and it is our mission to ensure everyone has the opportunity for training. So we are making some changes.

Beginning January 2017, we'll pass on a small portion of our costs. There will be a rental fee of \$35 per doll or a purchasing fee of \$149.95 per doll. The DVD and student note taking tools will remain free, but to benefit from the hands-on experience, you must also rent or purchase a doll. You can also purchase shirts, patches, bookmarks, and more at our new [Heimlich Heroes training store](#).

This is an amazing program! I did it for the Girl Scouts, and I have never seen 7 year olds so intent as when watching the video and looking through their flipbooks. Their eyes lit up, knowing they were going to learn how to save a life.

- REGINA, TRAINER
GREATER KC GIRL SCOUTS

I was very pleased with the description and directions of the Heimlich Maneuver.

- BAILEY

"What an honor to be listed among so many influential women in our city," said Huntington. She was among 27 women recognized for making a difference in their work and community.

Since 2013, Heimlich Heroes has taught tens of thousands of children to recognize the signs of choking and properly administer the Heimlich Maneuver®. Huntington's leadership has helped create thousands of young heroes—by educating, training and instilling confidence in youth around the world.

"I believe that each person has a purpose, and can make a difference in the world around them," said Huntington. *"I'm thrilled to do my part by training young people through the Heimlich Heroes training program."*



This was a great program for my group of Cub Scouts. They had a great time through it all and being able to take home the bookmark, bracelet, and other material was exciting for them. Most of them had to go get their parents to come in and try it out too.

- JASON, TRAINER



I learned where to place my hands during the Heimlich Maneuver!

- ELISSA



Being able to practice on a life-size doll, that actually responded to the maneuver, provided my group a level of confidence that I don't believe they could've achieved otherwise. They had fun watching each other, encouraging each other, and even helping each other.

- ELISABETH



I like Heimlich Heroes because they save lives!

- HANNAH



Girl Scout Leader Plans First-Aid Training Day for her Community Team

Karen Bailey, leader of Troop 790, organized a training day for the Girl Scouts Timpanogos Community Team. The event, which trained more than 100 fifth and sixth graders, featured the Heimlich Heroes training, American Red Cross disaster prep, and first-aid kit preparation.

In the Girl Scouts, once girls get into 6th grade they become program aides and can help with events, according to Bailey.

"They start taking on more leadership," said Bailey. *"So they learned [the maneuver] first to help with the younger girls."*

The event helped the girls get hands-on experience to earn their first-aid badges. The Heimlich Heroes station taught the girls how to recognize, respond to and prevent a choking emergency.

"I think this is a very great program," said Bailey. *"It teaches [the girls] a life-saving skill, but also helps them think about how it would feel if they really were in that situation."*

It can be intimidating to perform the maneuver as a young child, but this training event gave the girls confidence to be prepared in a first-aid emergency and to correctly perform the Heimlich.

"I had a few [girls] who were nervous to even try, because they didn't think they could do it, and were really surprised when they could," said Bailey. *"[It] gives them confidence to actually step up and help if the situation were to happen because it gives them the skills to have a basic understanding of what to do."*

We know that ANYONE can learn to save a life and prevent a choking death. We need your support; together, we'll continue to inspire a new generation of kids.



Have questions? Want to learn more? Feedback?

Contact us at:

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