



American Red Cross
Lifesaver AWARDS

Together, we can save a life.



“I knew CPR.”

“My heart stopped beating.”

When Clayton High School swim team member, Alex, collapsed after swim practice, **Kyle Henke** was ready to help.

Kyle, a pool manager for Clayton Parks and Recreation, ran to the scene and noticed that Alex’s eyes had closed and her head had tilted to the side. She wasn’t breathing or conscious.

Kyle immediately delivered one rescue breath and Alex started coughing and was able to speak again.

Minutes later, paramedics arrived and gave Alex a clean bill of health. Thanks to Kyle’s swift actions, Alex is alive and well today.

Marsha Palmer’s lifesaver is her grand-daughter, **Paige Stemm**. Like any other routine morning, Marsha was helping Paige get ready for school. They sat down to eat breakfast together when, suddenly, Marsha began to choke.

Unable to breathe or speak, Marsha signaled that she needed help.

Thanks to the Red Cross training Paige received through the Girl Scouts, she quickly and calmly performed four abdominal thrusts to dislodge the food from Marsha’s airway.

Paige says she was calm because she knew what to do. Marsha says Paige is the hero who saved her life.

Jim Cusic was working at the Pentagon when the building was struck by American Airlines Flight 77 on September 11th. While his section of the building was being evacuated, Jim instantly ran to help those who needed him.

After setting up a make-shift triage area, Jim saved three people’s lives and delivered life-sustaining support to two others. Later, Jim led the first rescue team to search for more survivors in the building.

Now retired from the military, Jim is a Red Cross volunteer who dedicates his time to teaching lifesaving techniques.

Jackie Rham saved the life of her husband, Bob, when he had a major heart attack.

Shortly after they had gone to bed, Bob suddenly sat up and Jackie knew something wasn’t right. She began shouting at Bob and shaking him but Bob didn’t respond.

Jackie quickly called 911, opened the front door of her house, then ran back to the bedroom and began CPR. She repeated cycles of rescue breaths and compressions for seven minutes—an eternity for Jackie as she worked to save her husband’s life.

Doctors credit Bob’s survival to Jackie’s quick thinking and Red Cross training.

Do you know someone who has saved a life?

Throughout the St. Louis community, remarkable people perform heroic, life saving deeds every day. The American Red Cross needs your help to identify and recognize these local heroes for their courageous efforts.

Since the Lifesaver Awards’ introduction, the American Red Cross St. Louis Area Chapter has honored nearly 400 local residents who used First Aid, CPR or other actions to save a life. Though some Lifesavers are professionally trained, many residents who are honored are everyday citizens. In addition to firefighters and police officers, other Lifesavers may include your friend or family member, a lifetime blood donor, or a child who saved an animal’s life.

The American Red Cross Lifesaver Awards are sponsored by AAA.



DROWNING

Kyle Henke
Maplewood, MO



Photo credit: Suzy Gorman

CHOKING

Marsha Palmer and Paige Stemm
Belleville, IL



TRIAGE

Jim Cusic
Fairview Heights, IL



HEART ATTACK

Bob and Jackie Rham
Sappington, MO



Do you know someone who has saved a life?

Nominate that person for an American Red Cross Lifesaver Award!

Ordinary people can do extraordinary things with Red Cross training.
Call 314.516.2740 or log on to www.redcrossstl.org to enroll in CPR and First Aid classes today!

To nominate a Lifesaver, complete the form on the reverse side and mail to:
American Red Cross St. Louis Area Chapter
10195 Corporate Square Drive
St. Louis, MO 63132



Member Agency

Nominee Information

If this is a team award, please complete and submit a separate page for each nominee.



Together, we can save a life.

Nominee Personal Data

Name _____ Age (actual or approximation) _____

Gender (M or F) (circle one)

Parent's name (if nominee is younger than 18 years old) _____

Permanent home address _____

Occupation _____

Employer name _____

Daytime phone _____ Evening phone _____

E-mail address _____

If active military, list branch, rank _____

Nominee's Training

List training courses completed by nominee that support this nomination.

Name of course _____

Date _____

Location of training (please specify if training was through the Red Cross) _____

Instructor's name _____

Skills used in saving or sustaining life of victim (check all that apply)

- Airway cleared (head tilt) Chest compressions (CPR)
- Airway cleared (abdominal thrust) Care for poisoning
- Rescue breathing Care for burns
- AED Water rescue swimming
- Care for shock Water rescue with equipment
- Controlled severe bleeding Other first aid _____

Victim and Incident Information

If there is more than one victim, please complete and submit a separate page for each victim.

Victim's Personal Data (Animal Personal Data if Applicable)

Name _____ Age (actual or approximation) _____

Gender (M or F) (circle one)

Parent's name (if victim is younger than 18 years old)/animal owner's name _____

Permanent home address _____

Daytime phone _____ Evening phone _____

E-mail address _____

Did victim receive medical care? Yes No

Did victim have a pulse when emergency personnel arrived? Yes No

Is victim still alive? Yes No

Narrative Report

Briefly describe the actions of the nominee(s). Include all details—who, what, when, where and how. If names of persons participating in the rescue (who had personal contact with the victim) appear in the narrative and are not listed as nominees, please explain. Attach additional sheets.

Please include one corroborating/witness statement, newspaper account, letter from supervisor, medical report, statement from witness, police report, other.

People who can verify the lifesaving act:

Name _____ Phone _____

Home address _____

How did you learn about the Lifesaver Awards program? _____

Nominator Information

Name _____ Relationship to the nominee _____

Home address _____

Day phone _____ Evening phone _____

E-mail address _____

Best time to contact _____

Lifesaver Award Categories

Good Samaritan Lifesaver is presented to an ordinary citizen who used their life saving training skills to save the life of another person.

Professional Responder Lifesaver is presented to an individual or group who, as part of their employment or while on duty, saved or sustained a human life.

Blood Donor Lifesaver is given to someone whose life-time donation of whole blood or platelets has saved many lives and influenced others to do the same.

Animal Rescue Lifesaver is awarded to a person who has performed a heroic rescue utilizing American Red Cross Pet First Aid skills and knowledge to save the life of an animal.

Send your completed nomination form to: Lifesaver Awards, American Red Cross St. Louis Area Chapter
10195 Corporate Square Drive, St. Louis, MO 63132

Additional nomination forms can be downloaded at www.redcrossstl.org.