

Lifesaving Awards



American Red Cross
Training Services

NOMINATE NOW

Inspiring Stories by Region

Teen in North Texas Region Takes Quick Action to Save a Life

Last September, while volunteering at a gala event, Adrian Ponce responded to an urgent call for assistance. Rushing to the scene, he found a woman on a restroom floor, bleeding from a head injury. Drawing on his Red Cross training, which spans the gamut from Lifeguarding to First Aid to specific skills training (e.g. asthma inhaler, emergency oxygen), Adrian applied pressure to the woman's wound. This helped control the bleeding until medical personnel arrived and saved her life. Adrian praised the Red Cross for his lifesaving training. Read more about his reaction to receiving the Certificate of Merit on the region's [news page](#).



L to R: Plano Mayor John B. Muns, Adrian Ponce and Red Cross North Texas Region CEO Linda Braddy.

Wife Aids Husband Experiencing a Choking Emergency in the Northwest Region

Last year, Christina Tuom, trained in American Red Cross Adult and Pediatric First Aid/CPR/AED, helped save her husband's life. Christina, her husband and family were eating dinner at home when her husband started acting odd and abruptly jumped up from the table. She asked if he was choking, and he shook his head yes. Christina performed abdominal thrusts and dislodged a piece of food. However, when he took a few breaths, the particle got stuck in his airway again. She repeated the abdominal thrusts and the same thing happened. Christina then had her husband move out to the porch and showed him how to forcefully lean himself onto the porch railing and then called 911. As she was giving them the address, he was able to force the food out and breathe again. For her actions in this emergency, Christina was awarded the Certificate of Merit. You can see this amazing story and other award recipients on the region's [news page](#).



L to R: Betsy Robertson, Interim Executive Director of the Red Cross Northwest region and Christina Tuom

Swim Instructor Survives Thanks to Quick Action in the Alabama and Mississippi Region

Kelsey and JT Summerford took their 1-year-old daughter to infant survival swim courses. When they arrived they were stunned to find their daughter's instructor, Haley, floating and unresponsive in the pool. Not knowing how long she'd been unconscious, the Summerford's pulled their instructor out of the water, called 911 and began alternating CPR. The couple performed the compressions for nearly nine minutes before first responders arrived. During this time, they were successfully able to restore Haley's pulse who has since fully recovered. We encourage you to read more about the Summerford's response to this critical emergency, for which they were awarded the Certificate of Extraordinary Personal Action, on the region's [Facebook page](#). You can also watch the [video recap](#) of their incredible actions.



Kelsey (left) and JT Summerford (right) pose with Red Cross leadership at the awards ceremony.

Instructor Spotlight

Shawna Macauley

Each month we highlight an Instructor whose student(s) have used their lifesaving training to save or sustain a life. This month we recognize Shawna Macauley, who works at the Red Cross as a senior specialist, Instructor Excellence. Shawna's student Christina Tuom is featured in the Northwest Region story above. Shawna taught Christina Adult and Pediatric First Aid/CPR/AED. Shawna, who became a Red Cross Instructor in 1997, says "Teaching is my passion." We extend our thanks to Shawna for providing the quality training that allowed her student to save a life.



Lifesaving Awards Vault

From the vault of the Sioux City Journal (Sioux City, Arkansas), October 9, 1999

On this date in history, the Red Cross recognized first grader Sophia Arens for quick and mature thinking. She saved two children who were struggling to stay afloat in the hotel pool. When a ball went into the deep end, the children followed but soon realized that water was over their heads. Sophia tried to reach them with her arm but was too far away. She grabbed a three-foot pool noodle lying nearby, extended it to them and pulled them in. Sophia's parents and siblings proudly watched as she received a Lifesaving Award from the Siouxland Red Cross.

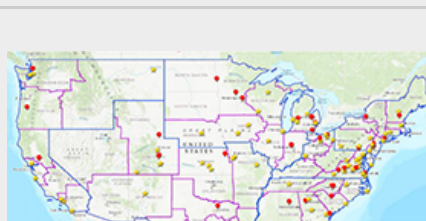


Nominate. Recognize. Inspire.

Saving Lives Starts Here

If you or someone you know has used **skills** and **knowledge** learned in a Red Cross Training Services course to help save or sustain the life of another individual, visit [LifesavingAwards.org](https://www.redcross.org/lifesavingawards) to nominate them.

Want to know if you have a local hero in your area? Take a look at our [map](#).



Get Inspired!

The Red Cross has been the gold standard in lifesaving aquatic science, instruction and certification since 1914. In fact, more than 300,000 lifeguards are certified through the Red Cross every year, helping build confidence in the water, for life. Although it's peak season now, pools look for lifeguards year-round. Consider joining this elite profession, starting with taking a Red Cross [Lifeguarding](#) certification course.