



**American
Red Cross**

Cascades Region
Serving Oregon and
Southwest Washington
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News Release
NEWS RELEASE

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FOR MEDIA ONLY

Local Red Cross Seeking Hero Nominations for 2019 Awards

The Red Cross of Oregon and SW Washington is accepting nominations for 2019 Hero Awards until December 15, 2018

PORTLAND, Ore., Dec. 3, 2018 – The Red Cross Cascades Region is seeking nominations for its annual Hero Awards celebration, honoring ordinary people who have done extraordinary things in our community. Heroes will be honored at the Cascades Region’s 22nd Annual Heroes Breakfast in Vancouver, Washington, on Friday, March 22, 2019.

Nominees must reside or work in the Cascades Region (Oregon or SW Washington) or the heroic act or humanitarian service must have occurred in the region. The heroic act must also have occurred in the 12 months preceding the nomination deadline (December 15, 2018).

Nominate Heroes in one of the following seven categories:

COMMUNITY HERO is presented to an individual who displayed leadership and commitment to his or her community by making a positive and significant impact.

GOOD SAMARITAN HERO is presented to an individual who displayed courage and compassion upon encountering unusual, significant or unexpected circumstances.

FIRST RESPONDER HERO is presented to an individual or group of the public service community (i.e. EMS, firefighter, or law enforcement) who went above and beyond the call of duty to save a life.

GIVE LIFE HERO is presented to an individual whose commitment to blood and platelet donation played a significant role in ensuring the health of patients in our local communities and throughout the country.

MILITARY HERO is presented to an active, reserve or retired member of the Armed Forces or ROTC or civilian that has made a significant impact on the military community.

VOLUNTARY SERVICE HERO is presented to an individual who has displayed an exemplary commitment to voluntary service resulting in a significant and positive impact in his or her community.

YOUTH GOOD SAMARITAN HERO (Under 21) is presented to an outstanding young person who displayed courage and compassion upon encountering an unusual, significant or unexpected incident.

Nominate a hero by filling out the online form located at [redcross.org/Heroes 2019](https://redcross.org/Heroes2019). Award winners will be chosen in January by the Red Cross Cascades Region Hero Awards Selection Committee. Winners will be announced in spring of 2019.

For more information or to find out about sponsorship opportunities for local businesses and organizations, visit redcross.org/Heroes2019.

About the American Red Cross The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org/Cascades or visit us on Twitter at [@RedCrossCasc](https://twitter.com/RedCrossCasc).

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