

June 2025

What's inside

- National CPR and AED Awareness Week
- Helpful resources for families living with heart issues
- Heart Safe Youth Sports
- Hero Spotlight: 12-year-old San Antonio student survives cardiac arrest
- Heart Safe School spotlight



National CPR and AED Awareness Week

June 1-7 was National CPR and AED Awareness Week. This year, Project ADAM Texas offered a special CPR/AED training as part of the Lifesaving Babysitting Bootcamp offered at Cleburne Public Library. The next generation of teen lifesavers that showed up were eager and walked away with a newfound understanding of CPR and how to use an AED. In addition, Cook Children's Medical Center – Prosper gave us a shout out on social media to highlight the importance of our work and included a call to action for more folks to get involved. Click the picture below to learn more and check out the social media post.



CPR and AED Awareness Week



Helpful resources for families living with heart issues

Having a child/family member with heart issues can be overwhelming. Project ADAM created this special resource document with websites, support groups, books, training videos and camps as a guide. Click the picture below to download and share.



Heart Safe Youth Sports

Since 2011, our Project ADAM Texas program has offered free lifesaving training and resources to schools across the state of Texas. This year, we're adding a new chapter and extending the Heart Safe designation to youth sports. Is your child's team/league prepared? Learn more by clicking the picture below to access our free Heart Safe Youth Sports resources and ensure that your child is safe.





Hero spotlight: 12 year old San Antonio student survives cardiac arrest

12-year-old Bianca Ximenez collapsed suddenly in PE class and thanks to the quick action of school nurse Caroline Mendez, Bianca is still with us today. Click on the picture below to read Bianca's story.



Heart Safe School spotlight



Another school year is in the books and we are proud to welcome 7 new Heart Safe Schools into our Project ADAM program at Cook Children's. Click the picture above to download our program flyer and see how we can help your school. Congratulations to our newest group of Heart Safe Schools!

Coppell High School Ninth Grade Campus
Turning Point Secondary School
Deep Wood Elementary
Eagle Heights Elementary

Park Hill Elementary
Grisham Middle School
McCool Academy



THANK YOU!

We couldn't do it without you.



Stay tuned to your inbox for our next newsletter! Have an idea, story or picture to share? We'd love to hear it! Email us for a chance to be featured in one of our newsletters. For questions/help with activities related to cardiac emergency preparedness, contact our Project ADAM Program Coordinator:

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Project ADAM's mission is to educate school systems, nurses, coaches, trainers, parents and others about pediatric sudden cardiac death. Project ADAM helps implement public access defibrillation programs (PAD) across Texas and the nation. Our goal is to increase awareness of sudden cardiac death and establish emergency programs that provide a timely and lifesaving response. Since 2011, our Project ADAM program at Cook Children's has recognized 782 Heart Safe Schools and 28 Heart Safe School Districts.

