



“HeartSaver Heroes” honored at Ambulance Corps

Local man was saved by fiancée, Ambulance crew after cardiac arrest

Clifton Park Town Supervisor Phil Barrett joined Halfmoon Supervisor Mindy Wormuth and the American Heart Association on Tuesday, March 3 in honoring five members of the Clifton Park—Halfmoon Ambulance Corps and Melissa Messier after they saved the life of Messier’s fiancée, Paul Lambert, who suffered a cardiac arrest while working out late last year.

Messier gave her fiancée CPR for 11 minutes until EMS arrived.

The EMS crew used an AED and medication for seven minutes, returning Lambert’s heart to a regular rhythm before transporting him to Ellis Hospital.

Nationally, only 8 percent of the victims of sudden cardiac arrest survive.

“Clifton Park’s first responders take swift actions every day to save lives,” Barrett said.

“It is the tireless dedication of these fine men and women – neighbors helping neighbors – that truly exemplifies public service.”

Less than three months after the heart attack, Lambert is back exercising and working.

“I was on the treadmill and just collapsed,” Lambert said.

Representatives of the American Heart Association called Lambert’s story a miracle and praised the quick thinking of Messier and the rapid response of the Ambulance Corps.

They said it is crucial for residents to call 911 immediately after medical emergencies and learn CPR so they can respond until help arrives.

Messier, Michael Siis, Roberto LoGiudice, Christina Frangella, Thomas Lundquist and Carsten Stracke each received HeartSaver

Hero awards at the EMS headquarters.

“The doctor says it must have been hereditary in my case, since my grandparents had heart problems when they were older,” Lambert said.

“But I had no symptoms. This can happen to anybody; don’t think it can’t happen to you. Stay safe and make sure the proper equipment is close by.”

The town of Clifton Park will partner with the American Heart Association and the Clifton Park—Halfmoon Ambulance Corps to offer a free first aid, CPR and AED class on Saturday, May 9 from 8:30 a.m. to 3:00 p.m. at the Ambulance Corps headquarters.

To sign up for the class, contact town hall at 371-6651 ext. 230. For more information on CPR education opportunities, visit www.americanheart.org/cpr

Below: Paul Lambert presents his fiancée, Melissa Messier, with a “HeartSaver Hero” award. She performed CPR on him for 11 minutes after he collapsed until help arrived.



Below: Lambert claps for his fiancée and four of the five first responders who saved his life during a ceremony at the Clifton Park—Halfmoon Ambulance Corps Headquarters honoring them.



Below: Clifton Park Town Supervisor Phil Barrett speaks with Lambert and Messier after a ceremony honoring Messier and the first responders who saved Lambert.

