

IOWA POLICE JOURNAL

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IOWA'S HEROES — Blaine Brinkmeyer



Blaine Brinkmeyer and his family. Left to right: wife Lori, son Ethan, Blaine and son Blake.

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On December 13, 2013, West Des Moines Police Officer Blain Brinkmeyer, a 16-year veteran, reported to duty not knowing the impact he would have on a local family that day. (Note: news

stories mistakenly indicated Brinkmeyer was off duty at the time of this incident.) Stories like these occur throughout Iowa and the rest of the country on a regular basis — a police officer, on or off duty, uses his or her training to help someone else. But this story is a special example of the stars aligning to save a life.

On this particular day, Brinkmeyer was involved in a special project outside of his normal area of town. Brinkmeyer said he sometimes treats himself to a special coffee on payday. Because he was working in a different area of town, he made his coffee stop at a store he didn't frequently visit. While waiting for his coffee, another patron alerted him that 56-year-old Cheryl Burgess had just collapsed.

It would appear that it was Burgess' time to go. In fact, just a few days prior, Burgess' son-in-law had dreamt that his own mother was going to die. The dream was so intense that he traveled several hundred miles to be with her. It turns out his mother was fine, but his mother-in-law was not.

Brinkmeyer rushed to help Burgess and quickly assessed what he needed to do. She was not breathing and did not have a pulse. Brinkmeyer asked for a pair of scissors and an *automated external defibrillator* (AED), but unfortunately an AED was not available. He performed CPR for several minutes before fire fighters and paramedics arrived on scene. Within minutes, Burgess was conscious and responding to paramedic questions.

Because of Brinkmeyer's quick actions, Burgess was able to see her family again. Having lost his own father to a heart attack, Brinkmeyer said incidents like this have a special impact on him.

"You do what you can to give someone a little bit more time," said Brinkmeyer. "Because I'd sure like to have a little more time with my dad."

On March 10, 2014, the city of West Des Moines honored Brinkmeyer with the "Lifesaver's Award."

Congratulations to Officer Brinkmeyer. Thank you for being one of Iowa's Heroes!

For the original story please visit [KCCI's](#) website.

If you know someone who deserves to be recognized as one of Iowa's Heroes, please contact us at ISPAonline@gmail.com.