

Quick action can save a life in a cardiac incident

By Jim Cornelius
News Editor

When someone collapses in cardiac arrest, every second counts. Quick action can literally bring a person back from the brink of death.

Your knowing what to do, acting quickly and having access to an automatic external defibrillator can be the margin of survival for a victim of a sudden cardiac incident.

Sisters Fire Chief Roger Johnson and Deputy Chief Tim Craig lined out the actions you should take in such an event:

- If someone collapses in your presence, call 911 immediately.

- Assess the victim's condition. If they are breathing DO NOT initiate CPR (cardiopulmonary resuscitation). If the subject is NOT breathing and there are no signs of life, initiate CPR. If you do not know CPR, a 911 dispatcher can talk you through the procedure. It is better to act than to simply wait.

"It's good to have multiple people who can trade off, because it's very tiring," Chief Johnson notes.

It is, of course, best if you

have training to administer CPR. The Sisters-Camp Sherman Fire Department offers regular three-hour classes (eight hours with a first aid component). Deep compressions are required to be effective, and trained people will likely do a more effective job.

"You're going to be more efficient, certainly," Chief Johnson said. "It's really important, the quality of CPR people get. It's far more effective to have trained people and certified people. Having a community that is well-trained in CPR and willing to initiate CPR is critical."

Do not worry about liability. Again, it is critical to act.

"The Oregon Good Samaritan Act protects people who volunteer to provide medical aid like that," Chief Johnson said.

The next critical element is defibrillation, which is very specific electric shock to reset the action of the heart. Automatic External Defibrillators (AED) make defibrillating a very simple and straightforward process for anyone to execute. The unit itself walks you through each step and the unit monitors the heart and determines on its own whether



PHOTO BY JIM CORNELIUS

Deputy Chief Tim Craig demonstrates an AED, Chief Roger Johnson looks on.

or not to deliver a shock. The value is incalculable.

"Early access to defibrillation is absolutely essential," says Deputy Chief Craig. "We're really hoping that these (AED) become as prolific as fire extinguishers."

The devices are entirely safe.

"There's absolutely *no* way for an untrained person to hurt someone else with an AED," Craig said.

The units cost \$1,000 to \$1,300 depending on accessories, and emergency personnel would like to see them in businesses and gathering

places from music venues to churches.

"I think we have a need for more of these in the community," Johnson said.

Response times in the local community are very fast, but even if EMTs arrive within two or three minutes, a gap can be fatal. It's up to citizens to have the training and equipment and, above all, the willingness to step up and save a life.

For more information on CPR training, contact the Sisters-Camp Sherman Fire Protection District at 541-549-0771.

GRANT: Folk festival programs reach out to educate

Continued from page 14

"We're so pleased to support the Americana Project because we firmly believe the arts help children build critical problem-solving skills and help improve both literacy skills and math aptitude," said Kregg Arntson, executive director of the PGE Foundation. "We appreciate and applaud the Sisters community for coming together to provide the arts education experiences that children need as part of a well-rounded education."

APAOS also funds visual arts and activities like dance and drumming. Local businesses including Bald Eagle Music Education Station and the Sisters Dance Academy saw an increase in enrollment after the scholarships became available. The long-term lessons benefit the local economy, as well as the children.

For more information on the Americana Project Arts Outreach Scholarship fund, or to make a donation, visit www.sistersfolk.org/apaos, or call Katy Yoder at the SFF office, 541-549-4979.



The Center

The Center is the premiere location throughout Central Oregon for diagnosis and treatment of problems associated with the musculoskeletal system, which includes bones, joints, ligaments, tendons, muscles and nerves.

Since 2012, Dr. Timothy Bollom, an orthopedic surgeon specializing in sports medicine, has been seeing patients in Sisters at St. Charles Family Care. He treats patients of all ages and diverse backgrounds, with a focus on comprehensive diagnosis and treatment of knee and shoulder disorders. From simple arthroscopy to total joint replacement, he utilizes minimally invasive techniques and a sports medicine philosophy of returning patients to normal activity as quickly as possible.

The Center is home to some of the region's most highly skilled orthopedic surgeons, neurosurgeons and specialists. From conservative measures to sophisticated, minimally invasive operative techniques, our dedicated doctors and staff offer the care you need for the best possible outcome. To make an appointment, go to www.thecenteroregon.com.

The Center Orthopedics at St. Charles Family Care

Find Strength Here ...in Sisters.

Dr. Timothy Bollom An orthopedic surgeon specializing in sports medicine, Dr. Bollom has over 15 years of experience and looks forward to helping you be strong again.

The Center Orthopedics at St. Charles Family Care
630 N Arrowleaf Trail | Sisters
In the Outlaw Station Shopping Center, near Ray's

From armchair warriors to professional athletes, The Center is proud to serve the Sisters community.

Dr. Bollom's next three clinic days are:

- Wednesday **March 30**
- Wednesday **April 20**
- Wednesday **May 11**

THE CENTER
ORTHOPEDIC & NEUROSURGICAL CARE & RESEARCH

TheCenterOregon.com
For appointments in Sisters call **541-322-2352**

GET MOVING™

Therapeutic Associates
PHYSICAL THERAPY
AT SISTERS ATHLETIC CLUB

PHYSICAL THERAPY | AQUATIC THERAPY | POST-SURGICAL
SPORTS SPECIFIC TRAINING | STRENGTHENING & CONDITIONING

541-549-3574
1011 Desperado Trail, Suite 201
Sisters, OR 97759

www.therapeuticassociates.com/Sisters

Absolute Serenity Senior Care
Enriching the lives of those we serve, one day at a time.

David & Leah Tolle, Owners
Personalized, attentive care • Family setting
Private rooms with half bath • Outings

541-848-3194
Helen's House ~ 119 N. Rope St., Sisters
Anna's Home ~ 192 E. Tall Fir Ct., Sisters
Pennington's Place ~ 182 E. Tall Fir Ct., Sisters
email: absoluteserenity@gmail.com

Enriching the lives of those we serve, one day at a time