

Be Ready to Save a Life

Understanding the 2 Steps of Hands-Only CPR

Every year, 350,000 people die from cardiac arrest in the United States. However, hands-on emergency intervention like cardiopulmonary resuscitation – or CPR – from a bystander can make the difference between life and death in sudden cardiac arrest emergencies.

In fact, immediate CPR can double or triple a cardiac arrest victim's chance of survival, according to the American Heart Association. During the first few minutes an individual is suffering from cardiac arrest, chest compressions can help keep blood flow active and push remaining oxygen through the body to keep vital organs alive, which extends the opportunity for a successful resuscitation once trained medical staff arrive.

Because 88% of cardiac arrests – electrical malfunctions in the heart that cause an irregular heartbeat (arrhythmia) and disrupt the flow of blood to the brain, lungs and other organs – occur at home, it is often a friend or family member who witnesses a child, spouse, parent or friend going into cardiac arrest. As survival can depend on how quickly CPR is started, compression-only

CPR, or Hands-Only CPR, is recommended for use by people who see a teen or adult suddenly collapse in an out-of-hospital setting such as at home, work or in a park.

“By equipping people with Hands-Only CPR training, we are empowering them to spring into action if a loved one needs help, as the majority of cardiac arrests occur at home,” said Dr. Anezi Uzendu, M.D., interventional cardiologist and American Heart Association volunteer.

As part of the World Restart a Heart Day initiative, the American Heart Association aims to increase awareness about the importance of bystander CPR through its Hands-Only CPR campaign, nationally supported by the Elevance Health Foundation, and offers these two simple steps:

1. Call 911 (or send someone to do that).
2. Push hard and fast in the center of the chest of the individual experiencing cardiac arrest.

Using the beat of a familiar song with 100-120 beats per minute,

such as “Stayin’ Alive” by the Bee Gees, can help you stay on pace with the necessary compressions.

“Being able to efficiently perform Hands-Only CPR in the moment can mean the difference between life and death, and by following these two simple steps we can increase someone’s chance of survival from cardiac arrest,” said Shantanu Agrawal, M.D., board certified emergency medicine doctor and chief health officer at Elevance Health. “As a longstanding supporter of the American Heart Association, we remain focused on working together to improve health inequities in our communities by expanding access to training and increasing the number of people who learn and feel confident performing Hands-Only CPR to save lives.”



Umpqua Valley non-profits receive \$15K in grants from Pacific Power

Douglas County — Pacific Power announced on Wednesday, October 25, 2023, more than \$100-thousand in grant money is set to be dispersed across three states, and non-profit organizations in the Umpqua Valley are getting cut.

The Pacific Power Foundation is donating a total of \$112,000 in grants to serve affordable housing access, job training and rural economic development to ecosystem preservation, trail restoration and nature-based education.

The grants are part of a four grant cycle offered by the foundation. The foundation says this round of grants are focused on community enhancement and environmental respect.

“These organizations lift up our communities and protect our natural surroundings for future generations,” said Sam Carter, Pacific Power regional business manager. “It is an honor to support their inspiring work and help build communities where everyone can flourish.”

The following two grants totaling \$15,000 were given to local Umpqua Valley organizations:

Crater Lake Electrical Joint Apprenticeship & Training Trust to expand its electrician pre-apprenticeship program for high school students to rural, minority and traditionally underserved communities and develop a mobile education unit that can take the technical classroom directly to rural schools.

Rural Development Initiatives to support Main Street Economic Vitality Hubs that help build networks of rural leaders and revitalize rural economies through training workshops, participant stipends, technical assistance and coaching.

Oregon Kicker 2024 “Largest in state history”

Story by Milo Van Elder

Salem OR - The Oregon ‘kicker’ is anticipated by Oregon taxpayers, who benefit when the state collects more than a certain amount of State tax revenue. \$5.61 billion in revenue surplus for the 2021-2023 biennium has been confirmed by the Oregon Office of Economic Analysis (OEA). That’s pretty good news.

State officials claim the surplus is the “largest in state history”. Most Oregonians will receive a record-high kicker amount. Eligible residents can also claim the kicker as a refundable tax credit when they file state tax returns for 2023.

The Oregon kicker rebate is only possible once every two years. There is no credit offered when there isn’t a surplus in state revenue and so there are no guarantees for claiming a credit in 2026.

So, you if you qualify, here’s what you need to know about claiming the kicker in 2024 and how much you might expect.

The 2023 Oregon kicker credit is to be claimed in 2024 and is based on the 2022 tax year. The requirements are pretty simple. You must have filed a 2022 Oregon state tax return and you must file a 2023 Oregon state tax return, even if you are not required to. If you had tax due on your 2022 state return before any tax credits were applied, then you should qualify.

This means some Oregon residents may not qualify for the 2023 kicker. If you paid

no tax or received only non-taxable income in 2022, you cant claim the Oregon kicker credit in 2024.

The kicker rebate for Oregon taxpayers is 44.28% of 2022 state taxes owed before credits were applied. Higer wage earners will have higher state tax liability and receive a larger credit than those with lessor tax liability. Taxpayers with no 2022 state tax liability cannot claim the credit. It’s simple enough to calculate your kicker credit by multiplying line 22 of your 2022 Form OR-40 by 44.28%.

For some taxpayers the kicker amount may be less than calculated because Oregon can use part or all of the kicker amount to pay certain state debts. This can include:

- Child support
- State tax debt
- Some types of student loans
- Court fines

It may be noted that the entire 2023 Oregon state tax refund amount is subject to offset for the above debts, not just the kicker amount.

State tax refund amounts will be higher this year for many Oregonians with the new Oregon child tax credit for 2023. This fully refundable credit is known as the Oregon Kids Credit, worth up to \$1,000. There are strict income limits for claiming the credit, so not all families will qualify.

A Twist on a Classic Pie



While apple pie is a traditional seasonal dish, you can add unique flavor with this skillet version. Simply toss Honeycrisp apples with brown sugar, cinnamon and lemon juice then spoon between two pie crusts simmering in a thin layer of brown sugar and cinnamon then drizzle with caramel sauce for a deliciously gooey evening treat.

Skillet Apple Pie with Caramel Sauce

- 4 large Honeycrisp apples, peeled, cored and sliced
- 1/4 cup sugar
- 1 1/2 tablespoons cinnamon, divided
- 1 tablespoon lemon juice
- 6 tablespoons butter

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