

Dateline

Rural residents learn CPR; more sessions could be held in future

A CPR (cardiopulmonary resuscitation) course was held at St. John's Anglican Church January 10 for interested residents.

The course, taught by Blake Hurst of Halton Emergency Medical Services (EMS), was organized by Jean Woods and the St. John's Church Seniors Group to assist residents in recognizing and treating emergency medical situations such as heart attacks, strokes and choking.

"The course was excellent and Blake did a wonderful job," said Ms Woods. "We had 14 people take the course and it worked out well. He (Blake) identified the signs of both heart attacks and strokes and really emphasized being assertive in an emergency situation. He stressed how important it was to call 911 as soon as possible. Timing is everything."

The course, attended by 14 rural residents (a minimum of 12 were needed) lasted three hours and covered a considerable amount of information, including proper procedures for administering CPR, the Heimlich maneuver, and a demonstration on operating a defibrillator.

According to Halton EMS, Halton had a 4 per cent success rate for cardiac arrest victims last year meaning that, of the 362 victims taken to hospital, only 14 left the

hospital and resumed a semi-normal to normal lifestyle. These statistics could be improved if more people are aware of the signs and know how to handle the situation, said Ms Woods.

If there's sufficient interest, another course may be arranged in the future by Ms Woods.

Interested residents can contact her at (905) 854-2107.

Signs and symptoms of a heart attack

- Chest pain
- Denial
- Difficulty breathing
- Pulse too fast, too slow, or irregular
- Pale or bluish skin
- Sweating
- Nausea or vomiting

Signs and symptoms of a stroke

- Sudden weakness and/or numbness of the face, arm, or leg, usually on one side of the body
- Difficulty talking or understanding speech
- Sudden, severe headache
- Dizziness or confusion
- Unconsciousness

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Jeff Fraser at (905) 878-7252, ext. 2169.

Canadian Blood Services holds a **blood donor clinic** at the Milton Seniors' Activity Centre, 500 Childs Dr., from 2 to 8 p.m. To make an appointment, call 1-888-236-6283. For more information, visit www.bloodservices.ca.

VON Alzheimer Services holds its monthly **support group** for caregivers of people with Alzheimer's disease and related disorders in the community room at Loblaws, 75 Nipissing Rd., from 2 to 3:30 p.m. For more information, call (905) 847-9559. New members are welcome.

The Canadian Club of Halton Peel holds a **dinner meeting** at the Oakville Conference Centre, 2515 Wycroft Rd., featuring guest speaker Paul Cormier, executive officer of the Special Investigations Unit. A cash bar opens at 6 p.m. and dinner is at 7 p.m. Tickets cost \$15 for students, \$30 for members and \$40 for non-members/guests. For more information or tickets, call (905) 845-2862.

A **Buddhist Meditation and Philosophy Course** entitled 'The Path that Fulfills Wishes' takes place at the Milton Seniors' Activity Centre, 500 Childs Dr., from 7:30 to 9 p.m. It covers how to accomplish basic and advanced spiritual goals. The cost is \$10 per

class. No pre-registration is required. For more information, call (905) 523-9533.

The Fine Arts Society of Milton's **Evening Group of Artists** meets from 7 to 10 p.m. The informal environment provides artists with an opportunity to exercise their drawing skills. For more information, call Janis at (905) 854-5753.

Milton District Hospital holds a **breastfeeding clinic** with a certified lactation consultant from 7 to 9 p.m. For more information or to make an appointment, call Jean Gallen at (905) 878-2383, ext. 7030.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds its **Seniors' Cinemas** at 1:30 p.m. featuring Calendar Girls. The cost is \$2, which includes refreshments. It holds **bid-euchre** at 1:30 p.m. The cost is \$2 for members and \$4 for non-members. Its **Foot Care Clinic** takes place with a VON nurse, by appointment only, for \$22. And **contract bridge** is held at 1:30 p.m. The cost is \$2 for members and \$4 for non-members. For more information, or to book an appointment for the Foot Care Clinic, call (905) 875-1681.

Friday Jan. 21

The Milton Community Resource Centre, 917 Nipissing Rd., holds its **'Family Time Math'** program for parents and their kids

aged three to five years old with math-related activities from 9:30 to 11 a.m. It runs for six weeks. The cost is \$30. For more information, call (905) 876-1244, ext. 10.

The Canadian Federation of Poets holds a **book launch** for local children's author Jenny Panda at 7 p.m. at Espresso Yourself Caffé, 220 Main St. E., along with an **open mic poetry night**. For more information, visit www.federationofpoets.com/halton.htm.

Wellspring Halton-Peel, a support network for cancer patients and their families, holds its drop-in **Relaxation and Visualization group** from 11 a.m. to 12:30 p.m. at 2545 Sixth Line in Oakville. For more information, call (905) 257-1988.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds a **celebration of Robbie Burns' birthday** at 6:30 p.m. in the auditorium with a 'skirl of the bagpipes' and the 'piping of the haggis'. Tickets cost \$22. **Euchre** takes place at 1:30 p.m., **contract bridge** takes place at 10 a.m. and the **Cyber-Café** runs from 1 to 4 p.m. at a cost of \$2 for members and \$4 for non-members for each activity. It also holds its **Campbellville Evening Bid Euchre Party** at the Lions Hall in Campbellville at 7:30 p.m. The cost is \$2.50. For more information on any of these programs, call (905) 875-1681.



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