

MAIN STREET AED IN WINDHAM



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Windham Legal Installs AED on Main Street for 24/7 Access



See story on C7.

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By Jonathan Ment

WINDHAM – When it comes to saving a life, seconds matter. In Windham, the Community of Windham Foundation is working to ensure more people are trained to respond to an emergency, and more Automatic External Defibrillators or “AEDs” are available when one occurs – that includes inspiring others to purchase the devices to make them even more widely available.

For Attorney Kevin Maldonado at Windham Legal on Main Street, making an additional Automatic External Defibrillator available to the public was a natural follow-up to the training he recently received from the community organization.

“I looked and found there really weren’t any available to the public on the street,” said Maldonado, whose office at 5394 Main St./state Route 23 is across the street from Key Bank and the Windham Theater.

“The more we promote it the more people understand,” said Maldonado, who purchased a very user-friendly unit that even someone without training should be able to use.

According to the American Heart Association, in any group of 2,000 employees working across offices, the hospitality sector, in education or in general industry: 55 percent can’t get first aid or CPR and AED training from their employer; if training is available, it’s often either CPR or first aid, not both; Half of all US workers cannot locate an AED at work; and in the hospitality industry, 66 percent of employees cannot locate an AED.

At Windham Legal, the unit is installed right on the front porch. Once you know what you’re looking for, you can’t miss it. Most locations that have AEDs available will have signs with those initials and red heart icon.

Most modern units talk you through the connection and use process.



The Automatic External Defibrillator on the front porch of Windham Legal on Main Street is available around the clock. Photo by Jonathan Ment

What is different about the AED at Windham Legal from many others is the video screen that provides guidance, including a demonstration of how to perform basic CPR even if you’ve never taken a class.

Since mounting it to the front of the building, Maldonado, his wife Melissa and Anne Jakubowski who works in the office and also serves on the board of the Community of Windham Foundation, have been working to spread the word.

“This was a private purchase. It was just the right thing to do,” said Maldonado, who likened it to his decision to open a law practice here – to be more responsive to the needs to the community.

“Hopefully it never gets used,” said Maldonado, who personally inspects the device regularly to ensure it’s ready for service if ever it does.

For more about Maldonado and Windham Legal’s commitment to community service visit www.windhamlegal.com/legal-team/community-involvement/

About 1,400 to 1,500 people are trained in CPR in and around Greene County annually.

It can cost \$75 per person, or more but has been free for participants in classes presented by the Community of Windham Foundation.

Automatic External Defibrillators, or AEDs are so-named because they do much of the work of determining if a shock through the chest to the heart could potentially stop an irregular heart beat and allow a normal rhythm to resume following sudden cardiac arrest.

AEDs are available at Windham Town Hall, the wastewater treatment plant and the highway garage; as well as at Windham Mountain Resort – including the Adaptive Sports Foundation, and St. Theresa’s Church.

The foundation goal of continued CPR training and AED initiative receives support from the Windham Foundation, which also helps fund the work of other groups focused on the wellbeing of the community.

Five Reasons to Train in CPR and Use of an AED

1. “Brain death” doesn’t wait. While waiting for emergency personnel to arrive after a call to 911, CPR can help minimize the risk of brain damage during the first critical minutes – even if no AED is available.

Mahler explained the chance of survival decreases by 7 to 10 percent with each passing minute, once the heart stops sending blood and glucose to the brain.

2. By some estimates more than 80 percent of cardiac arrests occur while the patient is at home. You’re more likely to use CPR skills to help someone close to you than assisting a stranger. While many folks think of the elderly or ill as being those most likely to need this sort of aid, infants and children can also be saved by CPR – and ‘Infant CPR’ is part of the training given in Windham.

3. CPR is fairly easy to learn and can be administered by just about anyone, at any time if needed.

4. Confidence in an emergency comes from training (and retraining) and preparation – and it can mean the difference between life and death.

5. You could save a life! Cardiac arrest is a leading cause of death in the United States. Less than 30 percent of those experiencing it outside of a hospital receive CPR.