



Stewardship of the Body

“I give you thanks that I am fearfully, wonderfully made” (Ps. 139)

CPR & AED Training

On March 28th & 29th two training sessions were held at St. Mary’s in which 24 members of the parish were certified or re-certified to do CPR and to use the Automatic External Defibrillator (AED). The training sessions both evenings were conducted by Don Palmiscno.

In the training sessions, the participants were taught the basic techniques of cardiopulmonary resuscitation (CPR) in which breaths and chest compressions are given to a person whose breathing and heartbeat has stopped. Each participant practiced on a manikin. The training also included emergency measures to use for choking.

Training to use the automatic external defibrillator (AED) was also provided in the sessions. Participants learned how to assess an unconscious person to determine if the AED should be used as well as how to use the AED. Having some previous experience and practice with the AED helps when there is an emergency.

We are fortunate as a parish also to have several members who receive this training through their workplace and/or as part of their professional responsibilities.

Having a number of members of the parish who have received this training will help make it more likely that if an emergency occurs in the church, cafeteria, school or other parts of the buildings, there may be someone available who has been trained in what to do and how to use the emergency equipment.

Special thanks to Don Palmiscno for providing the CPR and AED training at St. Mary’s.

St. Mary’s has an AED located in the hallway leading from the church into the school (by the water fountain). We are planning to purchase a second AED to locate in the cafeteria.

We are very grateful to those parishioners who took the time to participate in the training in March. They are:

Virginia Achen	Fr. Dan Mrnarevic
Dave Achen	Linda Palmiscno
Bob Bina	Jim Quandt
Chris Burd	Dale Rivard
Kathy Daucsavage	Larry Roch
Terry Daucsavage	Jerry Ruder
Laurel Dukart	Marge Ruder
Virginia Esslinger	Angela Scheett
Dave Gilbert	Joan Scheett
Heather Gilbert	Vicki Schreiner
Dana Hillebrand	Virgie Wilson
Silas McHenry	Wayne Young



