

St. John Ambulance Newsletter contains updates on our community services, our organization and our volunteers. We invite you to discover what St. John Ambulance has to offer you!

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St. John Ambulance



Are you prepared for Heart Month? <3





Cardiac and respiratory emergencies can happen anywhere, and at any time. Studies show that quick application of CPR and an Automated External Defibrillator (AED) to a person suffering cardiac arrest will substantially increase their survival rate.

St. John Ambulance's Standard First Aid courses include both CPR and AED training as we recognize the importance of practicing these techniques to feel more comfortable in a real life situation.

Prepare yourself and your family for Heart Month and get certified in CPR. For a full list of courses visit www.sja.ca.

- St. John Ambulance Saskatchewan

 Like us at StJohnSask

 www.sja.ca

 Email



Learn the Chain of Survival

Immediate Recognition – of heart attack signs and quickly getting help. This may be the toughest job you have to do. When someone complains of chest pain, you should consider it a serious problem and call for help right away.

Early CPR – with an emphasis on chest compressions. If a person stops breathing, these steps must be started immediately:

- Place person on a firm, flat surface
- Place hands on center of chest
- Position shoulders directly over hands and keep elbows locked
- Compress 30 times. Push hard – push fast.
- Tilt head to open airway. Pinch nose and make a tight seal over mouth
- Give two breaths
- Continue cycle of 30 compressions and 2 breaths until help arrives, the casualty



Learn from the Best

Written by: Patty Booth

Picture: Eric Vincent, St. John Ambulance Instructor and Board Member

The Saskatoon SJA Office has the honor of introducing you to Eric Vincent, one of our long time Instructors and current Board Member.

Eric's career began in 1959, after he finished high school and joined the RCMP. He spent 12 years with the RCMP and reached the rank of Corporal. Eric changed his career path by enrolling in University where he earned his Bachelor of Education and Bachelor of Science.

After University, Eric enrolled into the Communication Reserve and spent the next 20 years serving his country in the position of Deputy Commander. In 1986, Eric was appointed an Officer in the Order of Military Merit for "Loyal and dedicated service to the Canadian Forces". Eric holds a military status as Honorary Lieutenant Colonel of 737 Communication. He retired from the military in 1996.

In 1980, Eric was awarded the Chief of Defence Staff Commendation for his quick action in the face of danger at a vehicle collision.

Eric has been an active member in other organizations such as the Saskatoon Muzzle Loading Club, Shooting Federation of Canada, Neighbour Hood Watch, Masonic Lodge, Child Find Saskatchewan, Local United Services Institute and the RCMP Vets Association to

responds or an AED instructs you to stop.

Rapid Defibrillation – Apply the AED as soon as possible. It will monitor the heart rhythm and decide if the shock is necessary.

Practice your Skills – [Register](#) for a St. John Ambulance Standard First Aid Course or Stand Alone CPR course to practice these skills and become more comfortable if an emergency does happen.



**Thank-you
Warner Industries
for sponsoring
Kathy Calvin and her
Therapy Dog Dakotal**

If you are interested in sponsoring one of our teams, please fill out our [Sponsorship Package](#) and email it to Josh at community.services@sk.sja.ca.

For more information on our Therapy Dog Program and other ways to get involved, please visit www.sja.ca.

name a few..

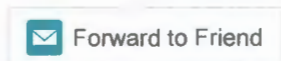
Eric has been involved with St. John Ambulance since 1976. He has been involved with the Saskatchewan Council as well as serving nationally on various boards and committees in support of St. John Ambulance. In 1988, Eric was promoted to Commander of the Order of St. John of Jerusalem. In 1997, he received another promotion - Knight in the Order of Jerusalem. Eric was serving as the Chair of the Board for Saskatchewan Council when he received his second promotion. In this same year, Eric received his Long Service Medal for all of his work with St. John Ambulance.

Eric is a First Aid/CPR/AED instructor as well as an Instructor Monitor. In this position, he is able to take an active role in ensuring that our instructors are providing students with the best possible knowledge and first aid skills. Eric is an inspiration to other instructors with his kind words of encouragement, his patience, his passion for First Aid, his knowledge and his zest for life. Eric is a big believer in having the 'tools' to go with the First Aid knowledge. During every course, Eric promotes our First Aid Kits to his students. This promotion of 'tools' has made Eric the top seller of product since 2007.

Somehow, with all of his volunteer and work commitments, Eric still finds time to travel near and far with his lovely wife, Jeannette.

Eric is an immense asset to St. John Ambulance.

If you would like to become an [instructor](#) with St. John Ambulance, please visit www.sja.ca and go to our courses and training section.



Click to follow us on Facebook at www.facebook.com/StJohnSask



How St. John Ambulance's Therapy Dog Program Helps Brighten People's Days

A video featuring the benefits of our Therapy Dog Program that



Do you have a passion for instructing?

If you would like to further your first aid knowledge and help teach others valuable first aid skills then sign up to take our **Instructor Development Program Today!** This program will help prepare you for teaching St. John Ambulance courses.

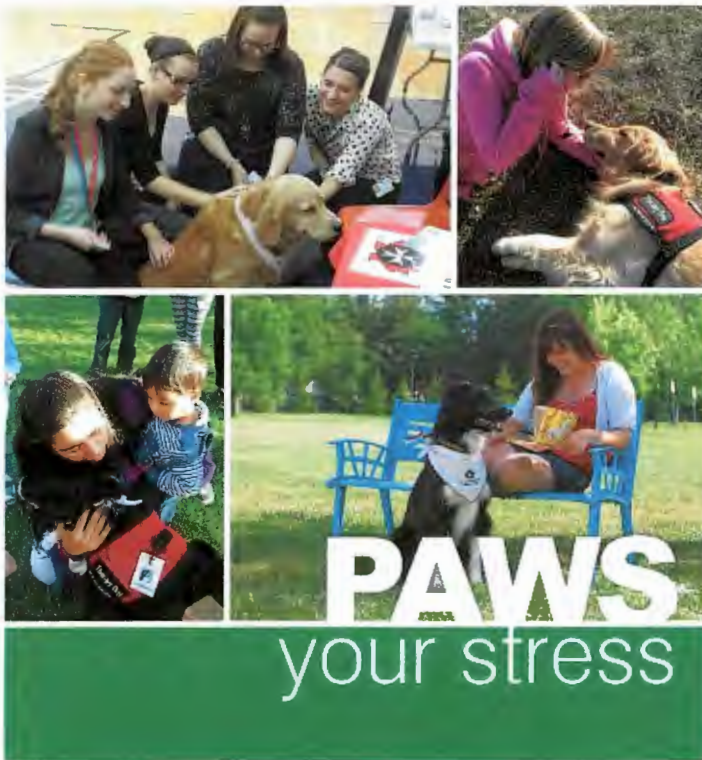
Collen Dell and her Bulldog Anna-Belle.

<http://www.youtube.com/watch?v=OerloKDBpYg&feature=youtu.be>



Thank-you Elks Club of Swift Current!

The Elks Club of Swift Current has donated \$100 to help support our What Every Babysitter Should Know Course in Swift Current! Thank you very much for your support!



In an initiative to de-stress students during their exams, our Therapy Dog Volunteers will be visiting a variety of campuses across Saskatchewan.

Our initial trial was at the University of Regina in both April and December of 2013. These visits went so well that the University of Saskatchewan and the Kelsey and Woodland Campuses of SIAST decided to have their own visits during their students' stressful exam periods.

When can you find our volunteers on campus?

February 25th - SIAST Kelsey Campus, Saskatoon and SIAST Woodland Campus, Prince Albert

April 9-11th - University of Saskatchewan, Saskatoon

April (dates not yet announced) - University of Regina

For more information or to request Therapy Dog Services, please visit www.sja.ca

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