

WELL RECEIVED, WELL ATTENDED & WELL DONE!!

Captain Lyndee Tripp, Nationally Registered Paramedic (NRP) and Certified Community Paramedic (CP-C) and a member of Virginia Beach Rescue, Emergency Medical Services conducted an informational program presentation on July 11 at the Village Hall. She was joined by Kelly Lee who is the Aging-in-Place Program Manager for the Virginia Beach Department of Public Health. *The topics included: **First Aid** refresher, Automated External Defibrillator (AED) how-to's; Do's & Don'ts for seniors regarding **trip & fall issues** and a refresher on CardioPulmonary Resuscitation (CPR).*

This program was coordinated by West Neck Learning Committee (WNLC) member Marlee Porter. Lite refreshments were provided for everyone. Over 60 homeowners / residents attended.



The presenters also provided handouts for all attendees. Brochures on “What You Can Do To Prevent Falls” and “Check for Safety – A Home Fall Prevention Checklist For Older Adults” along with a one-page “Medication Safety for Older Adults”. Extra copies of these three handouts are in the library at the Village Hall. Please help yourself (first come first serve).

Note: for those who may be interested, there are Free CPR / Stop-the-Bleed Classes offered by the Virginia Beach Volunteer Rescue Squad (VBVRS). These classes run from 9:00am to 12:00pm and are all held at VBVRS Station 8 ([757-333-3365](tel:757-333-3365)). The station is located at 1243 Bayne Drive in Virginia Beach.

Please go to this web site for more information: <https://vbvrs.org/free-cpr-classes>



The members of the WNLC are: Jim Blohm, George Davis, Nancy Hinton, Eleanor Massie, Marlee Porter, Francie Rayburn, Tim Ryan, Bobby Ross, Dan Snyder, Pam Snyder and Dave Wessner.
