

World CPR Challenge Will Train Public To Save Lives

Celebrate National Emergency Medical Services Week the week of Sunday, May 21st through Saturday, May 27th by learning to save a life during the World CPR Challenge. Community members are invited to learn how to save a life in the most extensive bystander CPR training ever coordinated in the Monadnock Region.

Locations throughout the Monadnock Region will offer compression-only CPR training. Training stations will be staffed by volunteers from local EMS services, Cheshire Medical Center/Dartmouth-Hitchcock Keene(CMC/DHK), and the Greater Monadnock Public Health Network (GMPHN).

"The reason for the trainings is simple. We want to empower as many people as possible to perform CPR," says Chris Goshea, emergency preparedness coordinator for the GMPHN.

"For every one minute without CPR, there is a 10-minute reduction in survivability," says Jim Suozzi, associate medical director and EMS medical director in the Emergency Department at CMC/DHK. "And most likely you will be called on to save the life of someone you love: a child, a spouse, a parent, or a friend, because 70 percent of out-of-hospital cardiac arrests happen in homes."

For more details about CPR training locations, call Tricia Wadleigh at 603-354-5454, Ext. 3030, email twadleigh@cheshire-med.com, or find the dates on the Healthy Monadnock calendar at www.healthy-monadnock.org/calendar and Facebook page.



Antique Eastern Prayer Rug Exhibit At Horatio Colony House Museum

The Horatio Colony House Museum at 199 Main Street in Keene is hosting an exhibit, Understanding World Cultures: Antique Eastern Prayer Rugs, that will run through Sunday, July 23rd, and can be viewed Wednesdays through Sundays from 11 a.m. to 4 p.m.

Rug weaving has long been an indigenous art form. Historically, in the Middle

East, rug weaving and design was connected to the geographical regions where they were produced as well as the people who made them.

One particular design that developed was the prayer rug. Prayer rug design emerged early in the history of Islam, depicted in 14th century miniature paintings. The design became so popular it developed

into a genre of rug design. Many prayer rugs that came to the West were never actually used for the act of prayer.

Prayer rugs displayed will be from the museum's collection, as well as on loan from Peter Pap Oriental Rugs, Inc. of Dublin.

Parking is available next to the museum at Saint Bernard's Church.

For more details, call 603-352-0460.

Six More Businesses, Organizations Make Healthy Living Commitments

Six more Monadnock Region businesses and organizations have made the commitment to make their workplaces healthier for employees. These organizations join the growing number of businesses and organizations in the region that have taken tangible steps to improve the health and well-being of their workplaces by joining Healthy Monadnock's Organizational Champion program.

The new Healthy Monadnock Organizational Champions that have joined in the first quarter of 2017 include Communicators Group of Keene; Corning of Keene; Hinsdale School District; RiverMead of Peterborough; The Inn at East Hill Farm of Troy; and Unicorn Property Management of Marlborough.

To become a Healthy Monadnock Or-

ganizational Champion, an organization must pledge (and draw up a plan) to create a healthier environment in the workplace, which could range from creating a smoke-free campus to offering "walking meetings," to providing designated areas for employees to breastfeed their babies, says Kath McLaughlin, program manager for the Healthy Monadnock Champions Program, a coordinated community engagement initiative conceived and coordinated by Cheshire Medical Center/Dartmouth-Hitchcock Keene.

Worksite wellness advisors help organizations develop comprehensive worksite wellness plans that meet the individual needs of the organization. "There are many creative ways that businesses and organizations can create a culture of health

for employees," added McLaughlin. "Our Organizational Champions program works to help create these kinds of initiatives for businesses and organizations."

To date, 180 of the region's organizations and businesses have joined as Organizational Champions in the Monadnock Region's healthiest community initiative, Healthy Monadnock, notes McLaughlin.

The program, free of charge, provides help and guidance for creating a healthy workplace. It also gives organizations and businesses recognition for their efforts and hosts workshops and events in support of Healthy Monadnock's action strategies.

For more details on how to join Healthy Monadnock's Organizational Champion program, visit www.HealthyMonadnock.org.

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