



CVCC Health Ministry

Purpose

The Health/Care Ministry seeks to promote caring for the health of the whole person. Our goal is to provide support for those who have unanswered questions and needs while going through a new health journey, practical health education and guidance, awareness of community resources, and support for our congregation in making informed choices about health concerns. We draw on personal experience as well as reliable outside resources to provide information to help us care for ourselves and one another.

Recognizing Medical Emergencies and First Aid

Practical skills for knowing what to do when it matters most

Medical emergencies can happen anywhere—to us, to a family member, a friend, or someone in our community. This two-session series is designed to provide practical information and skills to help you recognize when something may be a serious medical emergency, know when to seek emergency help, and know what you can do until professional help arrives.

To RSVP, click to [sign up here](#), access sign-up sheet through the **QR code**, email [Suzanne Scarberry](#), or list your name on the **sign-up sheet in the lobby** by September 28.



Session 1 — Recognizing Medical Emergencies: What to Do When Seconds Matter-October 4

Our first session will focus on recognizing the warning signs of a medical emergency and making appropriate decisions about what to do. We will discuss when to call 911, when it may be appropriate to drive to the emergency room, and when urgent care or a call to your doctor may be sufficient. Depending on interest and time, topics may include heart attack, cardiac arrest, stroke and TIA, aneurysms, falls and head injuries, and other situations in which waiting could have serious consequences. We will also discuss what important medical information you should have readily available.

Session 2 — First Aid: What to Do Until Help Arrives

The second session will move from recognizing an emergency to taking action. We will discuss CPR, AED use, choking, severe bleeding and, opioid overdose and naloxone, and other common first-aid situations. The emphasis will be on practical skills and knowing what you can safely do while waiting for professional help.

Presented by Suzanne Scarberry

Suzanne Scarberry has been a registered nurse for more than two decades and has previously served as an American Red Cross instructor, teaching First Aid, CPR, and AED skills. Her goal for these sessions is to provide practical, current information that can help us all feel better prepared when an emergency occurs.

You do not need to be in the medical field to become a part of the ministry. Please join us! For more information contact Suzanne Scarberry, mecmom@yahoo.com.

Questions?

Tammy Ditmore
(805) 630-6809
tammy@editmore.com

Nathan Eng
(805) 558-6025
goslingjuggler@gmail.com

Melissa Foster
(757) 272-2654
foster8245@gmail.com

Suzanne Scarberry
(805) 405-4563
mecmom@yahoo.com

Christian Socquet
(805) 701-7725
xsocquet@aol.com