

City of Newton



Setti Warren  
Mayor

## HEALTH AND HUMAN SERVICES DEPARTMENT

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**Public Health**  
Prevent. Promote. Protect.

### **Newton MRC Update**

May 24, 2010

Sign up online at [www.region4bvolunteer.org](http://www.region4bvolunteer.org) or by calling/emailing Teresa Wood Kett at [twood@newtonma.gov](mailto:twood@newtonma.gov) or 617-796-1420

### **Orientation & Home Preparedness 101 Training**

A new member orientation, followed by Home Preparedness 101 training will be held on **Wednesday, June 2 from 7 to 8:45 p.m. at Newton City Hall, 1000 Commonwealth Ave, Room 222** The orientation will be first and last about 30 to 45 minutes. If you have never attended an orientation, you would likely find it useful. This training is also available online. The Home Preparedness training will begin at 7:45 p.m. Training description: Emergency preparedness begins at home. Come to this interactive program to learn about preparing yourself and your family for emergencies and how you can present this information to others in the community. This training covers: preparing to "shelter in place," developing an evacuation kit, and making a family communication plan. If you do not have an MRC emergency backpack, you will get yours this evening. Individuals may come to Orientation, Home Preparedness 101, or both trainings. Please RSVP.

**\*A flyer about this event is attached. Please feel free to distribute to anyone you think may be interested.**

### **Heartsaver First Aid with CPR & AED**

**Mondays, June 21 and June 28, 2010**

**5:30 p.m. to 9:30 p.m. both days**

**Waban Library Center**

**1606 Beacon St., Newton**

Some parking is available in the Library parking lot. Additional parking is available on the Woodward St. and at the parking meters near the Waban T stop.

This is a course geared towards lay participants as well as health care workers. Adult and pediatric skills will be covered during this course. Day one (June 21) will cover CPR and AED training and day two (June 28) will be the First Aid portion of the course. Each day will be approx 4 hours of classroom time including a written and practical test. Those who wish to be Heartsaver CPR certified **ONLY** will need to come to day one of the course only. Those who would like to also be certified in First Aid **MUST** complete both class dates as CPR training is part of the First Aid curriculum. This entire two day course will train you on how to be able to manage illness and injuries in the first few minutes until professional help arrives. Your certifications will be valid for two years after the completion of this course. Instructors: Cataldo Ambulance Service Please RSVP

**Please see the Region 4b Training Schedule for additional Summer and Early Fall Training Opportunities**