

Windham Foundation Expands Life-Saving Training

By Jonathan Ment

WINDHAM - After years of sponsoring free CPR-AED training, and with more classes on the horizon this May and October, the Community of Windham Foundation will introduce a new sort of training, part of the Stop the Bleed initiative, on Friday, March 6.

The free class is currently planned for the meeting room at the Windham Wastewater Treatment Plant, beginning at 9 a.m. Advance registration is requested, so organizers know how many participants to expect.

According to The American College of Surgeons, the national group behind the grassroots training initiative, someone who is bleeding severely can bleed to death in as little as five minutes.

"The number 1 cause of preventable death after injury is bleeding," according to the group, which boasts over one million people worldwide have completed "Stop the Bleed" training.

"I saw it on TV, Sheriff (Craig) Apple in Albany was speaking very highly about it and he wants every school-child in the state of New York to be able to take this quick class. It's only an hour," said Community of Windham Foundation Board member Jeri Miltenberger, who helped organize the event.

"It's for anybody. They have mannequins where they pretend they're bleeding

and they give you the equipment to stop the bleeding," said Miltenberger, adding, "You can get certified if you need that - such as coaches for after school programs."

Greene County Senior Public Health Educator and Emergency Preparedness Coordinator Penny Martinez will teach the March 6 class.

"Penny had an emergency preparedness class in the fall and Denise (Community of Windham Foundation Board member Denise Meehan) and I attended an attended some things to put in the shelters," said Miltenberger, adding, "Penny was a speaker there. We asked at that time if there was a class available. ... I believe she said they were working on something (then)."

Fast forward several months and Windham Town Supervisor Thomas Hoyt has taken a class as a requirement for his work with the county.

"He knew I was looking to have this class taught here and knew Penny was giving the class. He put me back in touch with her," said Miltenberger.

Scheduling was complicated by another instructor's schedule, that of Reay Mahler.

Mahler teaches the CPR and Automatic External Defibrillator classes for the Community of Windham Foundation, and after undergoing the Stop the Bleed training in March will be a

certified trainer for this program as well, Miltenberger said.

The activities of the Community of Windham Foundation are supported in part by the separate Windham Foundation, which helps fund the work of other groups focused on the well-being of the community.

"This fits into our bigger vision of preparedness," said Miltenberger, adding, "If you watch the news it seems like every day there's a shooting or a stabbing or a construction accident, or a workplace accident. With so many restaurants, somebody could cut a finger or get injured with slicers or at the lumberyard Broken glass... hazards are all around us."

The Wastewater Treatment Plant can accommodate about 35 participants, if interest exceeds the available space Miltenberger said organizers will ask Supervisor Hoyt about hosing the training at Town Hall.

To sign up call Jeri Miltenberger at (518) 734 4335 or email jrwest4335@gmail.com; or call Denise Meehan (518) 734 4605 or email denise-meehan14@gmail.com

Registration for the May 2 CPR training can be handled via the same numbers and email addresses.

More information about the Stop the Bleed initiative is available at www.stopthebleed.org.