



Care 1st Training Group
Teaching parents-professionals
How to save a life
908.443.1CPR • www.Care1stcpr.com



New Jersey Teacher Saves Student With Heimlich Maneuver



Dog Bite Prevention Week: April 10th-16th

**1 in every 5 people bitten by dogs
require medical attention**



It's Dog Bite Prevention Week! You can observe this holiday by:

- 📖 Educating family & friends that EVERY dog can bite
- 🐾 Being a responsible dog owner — giving your dog proper exercise, scheduling vet visits, etc.
- 👦 Telling children to treat ALL dogs with respect — asking before approaching dogs & toning down erratic energy and behavior while with dogs

Do your children know these rules? Find time this weekend to review with them!

[Follow our Instagram for more safety prevention tips](#)



BLUECREST
RECOVERY CENTER
— MIND · BODY · SPIRIT —

Alcohol Awareness Month

It is important for everyone to play a part in preventing alcohol and drug misuse or abuse. April is nationally recognized as Alcohol Awareness Month and we use this month to raise awareness, specifically regarding alcohol abuse and the actions we can take to prevent it, both at home and in the community.

As a result of the COVID-19 pandemic, people have been drinking more than usual to suppress stress and the negative emotions of missing activities or loved ones. Feelings of loneliness and isolation have led to escapism or the tendency to seek distraction and relief from unpleasant realities, especially by seeking entertainment or engaging in fantasy. The fantasy is that one can alleviate depression and anxiety with a depressant like alcohol.

The pandemic has changed social behavior. People who used to seek refuge in community and fellowship have fallen into the trap of isolation. As individuals have increasingly spent time alone to avoid the risks of the pandemic, they have become more susceptible to the temptation of alcohol.

Alcoholism is a subtle foe. For many, denial is a common trait. Those struggling with alcoholism or alcohol abuse underestimate the amount they drink and the impact it has on their life and relationships. Additionally, people commonly overestimate their ability to control their drinking or to quit altogether.

Alcohol Awareness Month is a great reminder that we need to draw attention to the causes of alcoholism, the signs and effects of the condition, and to consider how we can talk to a loved one about a drinking problem. If you or someone you know may be abusing alcohol:

- Get active - talk to them, accompany them to an AA meeting, encourage healthy behaviors (exercise, hobbies, fellowship).
- Assess your behavior, take your personal inventory - it is easy to access [self-assessment tools](#) created by the National Institute on Alcohol Abuse and Alcoholism to help you determine if your drinking is problem drinking.
- Share your concerns - Have honest, direct conversations with your loved ones. Present facts that are supported by observation.

If you feel that you or a loved one may be struggling with alcoholism, you are not alone. We understand how overwhelming it can be to consider seeking help for alcoholism and addiction and we are here to support you throughout that process. Our friends at BlueCrest Recovery Center are available to discuss your alcohol addiction treatment options and answer any questions you may have about the process. Call them today at 973-298-5776 to take the first step toward recovery.

For more information, please reach out to John Plunkett, Outreach Coordinator for BlueCrest Recovery Center

Email: JohnP@BlueCrestRC.com Phone: (973) 902-6116

Treating Common Sports Injuries

Head Injuries/Sprains & Fractures/Dislocations



Shortness of breath is a common symptom of heart disease. Knowing the warning signs can help prevent an emergency.

Care for Head Injuries:

1. Tell the victim NOT to move
2. Control any external bleeding and call 911

Care for Sprains:

1. **R**-est
2. **I**-ce
3. **C**-ompression
4. **E**-levate

Internal Bleeding



Heart attacks are the most intense symptom of heart disease. Knowing the warning signs can help prevent an emergency.

Symptoms

- Pale, clammy skin
- Shallow breathing
- Lightheadedness
- Tingling in hands/feet
- Rapid pulse
- Weakness
- Nausea/vomiting

Care

1. Call 911
2. Lay victim down
3. Elevate legs above level of heart

New Site Location

311 Amwell Road, Hillsborough NJ 🔍

ABUNDANT HEALING

We're excited to announce our newest site location at Abundant Healing in Hillsborough! Make sure to tell those who live nearby to sign up. Check our [website](#) frequently for more dates!

Upcoming Classes

<u>Blended CPR/First Aid & Skills Sessions:</u>	<u>CPR/BLS:</u>	<u>Blended Heartcode BLS</u>
WED 04/20 (Piscataway)	WED 04/20 (Piscataway)	WED 04/20 (Piscataway)
THURS 04/21 (MCCC)	THURS 04/21 (Edison)	TUES 04/26 (Bridgewater)
TUES 04/26 (Bridgewater)	WED 04/27 (Summit EMS)	WED 04/27 (Summit EMS)
WED 04/27 (Summit EMS)	THURS 04/28 (Edison)	THURS 04/28 (Edison)
THURS 04/28 (Edison)	WED 05/04 (Piscataway)	WED 05/04 (Piscataway)
FRI 04/29 (Hillsborough)	WED 05/11 (Summit EMS)	TUES 05/10 (Bridgewater)
SAT 04/30 (Piscataway)	THURS 05/12 (Edison)	WED 05/11 (Summit EMS)
WED 05/04 (Piscataway)		THURS 05/12 (Edison)
TUES 05/10 (Bridgewater)		SUN 05/15 (Summit EMS)
WED 05/11 (Summit EMS)		
THURS 05/12 (Edison)		
SUN 05/15 (Summit EMS)		

[Register Now!](#)



We're Hiring!

We're still looking for more **CPR Instructors and Lifeguards** to join the Care 1st family. Please fill out the form below if you or someone you know is interested in working with us!

[Employment Form](#)



Contact Information
Website: [Care 1st Training Group](http://care1sttraining.com)
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Call: 908-443-1CPR

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