

Sudden cardiac arrest (SCA) is the number one cause of death in Canada, affecting over 40,000 people each year.¹ SCA affects both men and women of all ages, as well as children, and is described when someone is unconscious and not breathing normally. A heart attack, is the number one reason someone could go into cardiac arrest – but many other things can cause this as well!

An AED (Automated External Defibrillator) is a portable device that delivers an electric shock through the chest to the heart. The shock has the potential to stop an irregular heart beat (arrhythmia) to allow a normal rhythm to resume. AEDs are safe and easy for anyone to use, they talk the user through each step, and will only deliver a shock if a shock is needed. The community of Zurich is fortunate to have access to at least 10 of these life-saving devices throughout the town during business hours. After-hours this number currently drops to zero. More than 60% of sudden cardiac arrests occur during evenings and nights, holidays and weekends.²

This month, Jerry Rader Homestyle Catering & Market is excited to announce that we will be placing an AED in an outdoor SaveStation so it's publicly accessible and available – 24 hours a day, 7 days week – for anyone in the community to use in the event of an emergency.

Please join us on Tuesday, May 28th at 6:30 PM – 8:00 PM for a free Community CPR/AED Awareness Workshop where everyone can learn about these amazing devices and become comfortable with how to use them! This is an all ages event – bring your friends & family. The more people who know how easy, safe, and effective AEDs are to use, the better! We can all work together to protect Zurich's residents and visitors, including our own families.

Drinks, pulled pork sliders, and snacks will be provided for those who attend!

Please RSVP to zurichsaveslives@outlook.com or call 519-236-4039 to ensure we have enough food for everyone.

Sources: ¹ SaveStation ² St. Michael's Hospital & University of Toronto