

## Weston is a HEARTSafe community

Written by Susan Spindler Jordan, Weston EMS  
Friday, 14 October 2011 00:00

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HEARTSafe signs have started to arrive in Weston. The first one is going up on Lyons Plains Road, and several others will follow.

A HEARTSafe community means more people are prepared to assist with cardiac emergencies. Only 60 towns in Connecticut have qualified to be HEARTSafe.

Nisan Eventoff, Weston EMS director of the HEARTSafe program, said, “It takes a lot of work to qualify as HEARTSafe. It took us nine months before we qualified. A certain percentage of the population in town must be CPR certified and trained to use an automated external defibrillator (AED). We have now done that and have AEDs in most public places in Weston — Weston Center, town hall, the education administration building and Norfield Church.”

HEARTSafe is a state-run program through the Department of Public Health. The goal of the program is to train non-medical people to give early treatment with CPR and the AED during those first minutes before medical help arrives.

Research has shown that the interval between a person’s collapse and getting CPR and the AED determines the survival rate from a sudden cardiac arrest.

Police Chief John Troxell said he was proud of Weston’s HEARTSafe status. “It is with great admiration that I commend Nisan Eventoff for his dedicated efforts in making Weston a HEARTSafe community. As we are all aware, there are many reasons why Weston remains one of the best small towns in Connecticut to live in, and, for that matter in the United States of America. Nevertheless, I believe that being a HEARTSafe community now elevates Weston to ‘cream-of-the-crop’ status. It should be with great pride that the town of Weston boasts and advertises its newest achievement: Becoming a HEARTSafe community.”

Although several HEARTSafe signs have gone up, the training is still going on. “This past year I helped the high school coaches train 230 high school students with CPR and the AED. That’s

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230 more people to help in an emergency!" Mr. Eventoff said.

First Selectman Gayle Weinstein had positive thoughts about Weston's HEARTSafe status. "Weston has always been a community that takes caring for its residents to the next level. I'm proud we are now a HEARTSafe community," she said.

On Tuesday, Oct. 4, the Weston Police Commission unanimously approved the placement of several HEARTSafe signs around town. Look for them at Weston Town Center, Lyons Plains Road, Weston Road, Route 57 at the Redding town line, and Route 53 at the Redding town line.