

new condo guide

METRO VANCOUVER EDITION

Trending



Mikey Young At Heart APP can save lives

By Marlene Eisner

THE NEW MIKEY YOUNG At Heart APP is an educational program that teaches life-saving skills through informational videos on how to perform CPR and use a MIKEY (Automatic External) defibrillator. These skills can increase the odds of survival for a Sudden Cardiac Arrest victim by up to 75 per cent.

The free APP is named for an initiative of The Mikey Network, a registered charity established in 2003 by Heathwood Homes and The Heron Group of Companies. The Network has placed more than 1,850 automated external defibrillators called MIKEYs in public places, and to date, 27 lives have been saved because a MIKEY was on hand.



MORE TRENDING ONLINE

ypnexushome.ca/news

The Mikey Network is offering students to earn high school volunteer hours; students can download the app, watch the videos, learn how to use a MIKEY defibrillator, then take quizzes that earn them volunteer hours when completed. Students can also sign up to be a Mikey Young At Heart Program Ambassador at their school.

Sudden Cardiac Arrest can happen to anyone of any age, anytime, anywhere, and unless the person is resuscitated within a few minutes, there is little chance of survival. Nearly

7,000 incidences occur in Ontario each year, mostly in public places, and many to otherwise healthy young people. The Mikey Network places MIKEY defibrillators to offer people who collapse outside of a hospital setting a second chance at life.

It's easy to make a life-saving difference. All it takes is a little time and attention.

Visit mikeynetwork.com to register, or download the APP for free to a smart phone, tablet or computer via the Apple Store or Google Play.