



# NEW HOMES & CONDOS

FRIDAY, SEPTEMBER 11 & SUNDAY, SEPTEMBER 13, 2015

## GIVING BACK

# Volunteer to save a life

Students can earn volunteer hours with the free Mikey Young At Heart app

**Y**ou could be a critical link in the chain of survival, should someone around you collapse from Sudden Cardiac Arrest.

But would you be confident using an Automatic External Defibrillator (AED) in case of an emergency? What if you could educate yourself for free and earn high school volunteer hours to do it? The Mikey Network has come up with a way for students to do exactly that.

The new Mikey Young At Heart APP is an educational program that teaches life-saving skills. You simply watch informational videos on how to perform CPR and use a MIKEY defibrillator, then take quizzes that earn hours when completed.

These skills can increase the odds of survival for a Sudden Cardiac Arrest vic-

tim by up to 75 per cent. It's win-win for high school students and the public alike.

The free app is named for one of the successful initiatives of The Mikey Network, a registered charity established by Heathwood Homes and The Heron Group of Companies in 2003.

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.

In a nutshell, a MIKEY offers people who experience SCA outside of a hospital setting a second chance at life.

Using the app is easy, anywhere you bring your smart phone, tablet or computer. Students can benefit from the bonus feature enabling

them to keep track of all of their high school volunteer hours.

Plus, to earn even more hours, they can sign up to a Mikey Young At Heart Program Ambassador at your school. The APP also makes it easy to create your own personalized fundraising event and webpage, and you can earn additional hours by supporting The Mikey Network.

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. It may even happen to you, your family



The new Mikey Young at Heart App is an educational program with videos on how to perform CPR and to use a Mikey defibrillator.

members or friends.

The Mikey Network places MIKEY defibrillators to offer people who collapse outside of a hospital setting a second chance at life.

Through the Mikey Young At Heart app, adults are also volunteering their time to learn about CPR and MIKEY defibrillators. Visit [mikeynetwork.com](http://mikeynetwork.com)

to register or donate to The Mikey Network directly, or download the app for free to your smart phone, tablet or computer via the Apple Store or Google Play.