

THE SCOOP

# Emergency Medical Assistance Team-CEMU

A program initiated by neighbours for neighbours

By Mable Hastings

**D**o you live in an area far from emergency services? Do you live alone? Do you or your partner suffer from health problems and fear for your well-being and

security in an emergency situation? Two Potton residents working alongside the Municipality's First Responder Service and with the support of organizations like the CABMN Volunteer Centre have come up with an idea that may relieve some

of the anxiety and concerns that seniors may be feeling if and when faced with an emergency situation.

Two vivacious retirees, Danielle Malenon and Lucie Maurer, have spearheaded the CEMU project (Cellule d'Entraide Médicale d'Urgence or Emergency Medical Assistance Team), not only coming up with the idea but also seeing it through each stage to fruition alongside James Bouthillier, Potton Preventionist and Fire Chief and some community partners. The program suggests that neighbours get together and form their own emergency response team; in order to:

- Be prepared to deal with a medical emergency involving one of your loved ones.
- Get help quickly before the paramedics arrive.
- Reduce the risk of significant damage to the health of the person in distress.

The program offers tips, tricks and useful information to guide people and provides workshops with professionals to teach you what to do in the event of a cardiac arrest (CRA), Cerebrovascular accident (CVA), first aid interventions for heavy bleeding (wound, hemorrhage), airway obstruction (choking), Fractures, sprains...

Members of a CEMU-Emergency Response Team are made up of:

- Neighbors who are ready to respond quickly when they get a call for emergency medical help.
- Available almost anytime on their cell phones.
- Have basic knowledge of emergency medical response and first aid techniques.
- Protected by the "Good Samaritan" law, which reminds citizens of their duty to intervene and recognizes the limits of their responsibility toward a person in medical distress.

We are reminded that in emergency medical interventions, "Time is of the essence!"

Both Malenon and Maurer reside in the Owl's Head area, (10km from Mansonville) and with many new roads intertwining as the mountain develops, and in the reality that help is more than a few moments away, creating a program like the CEMU is essential. Emphasizing attitudes during an intervention including respecting everyone's role, doing your best, controlling your emotions, recognizing your limits and respecting the confidentiality of the intervention, this program assures the person in distress that, they are not alone, help is coming and that they are supported while they wait.

The Potton First Responders (Emilie Hebert Larue) and members of the group spearheading this project held a very successful first information session on the CEMU project and life saving techniques at Owl's Head with the support and collaboration of Owls



Danielle Malenon and Lucie Maurer, the faces and hearts behind the CEMU Emergency Medical Assistance project in Potton



PHOTOS COURTESY

Emilie Hebert Larue (Municipality of Potton) presents life saving techniques as part of CEMU presentation at Owl's Head on Oct. 4. Head Homeowners Association's (APOHOA), President, Marie-Elaine Hvidsak on Oct. 4. A group of some 25 persons attended the session with positive feedback and appreciation for the training and excellent animation of Emilie Hebert Larue.

On Wednesday, Oct. 22, from 1:30 to 3:30 p.m. another CEMU information session will be held at the Feather In the Wind Senior Centre of the CABMN located at 309 Principale in Mansonville (former St. Paul's Anglican Church hall). To reserve your space contact: 450-292-3114 ex 103 or 113. This session will include information on the steps in setting up a local CEMU within the immediate neighborhood, including the responsibilities, medical response times for the area, how to obtain basic knowledge of emergency rescue and first aid... The session will cover details about how to set up such a service and all that it entails. What must be done while you wait for the ambulance or first responders to arrive and much more. The session will also include a presentation by Municipality of Potton Preventionist and Fire Chief, James Bouthillier who will present a tutorial on how to use a defibrillator.

Danielle Malenon and Lucie Maurer as well as James Bouthillier and other supporters are hoping that this project can be shared not only in Potton and area but in other communities as well. It has the potential to bring both comfort and lifesaving action to those in need of support in times of stress and fear. Neighbours helping neighbours, your life may depend on it.

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