

Sugarmill Woods Bulletin

September 13, 2010

Dear Residents,

The following items may be of interest to you.

Citrus Memorial Healthcare System (CMHS) Celebration

Citrus Memorial is planning a **"Birthday Bash" for Citrus Memorial Healthcare Center at Sugarmill Woods on Tuesday, September 14, 2010 from 2 PM to 4 PM.** This gathering is to celebrate the first birthday of this new facility. Some Free Screenings, cake, punch, and fun for everyone are planned according to Katie Myers. She hopes to see you there.

If you have any questions, please contact Katie Myers, CMHS Public Relations, at 352 - 344 - 6501.

Continuous Chest Compression CPR

Learn Sarver Heart Center's Continuous Chest Compression CPR

Every three days, more Americans die from sudden cardiac arrest than the number who died in the 9-11 attacks. You can lessen this recurring loss by learning Continuous Chest Compression CPR, a hands-only CPR method that doubles a person's chance of surviving cardiac arrest. It's easy and does not require mouth-to-mouth contact, making it more likely bystanders will try to help, and it was developed at the University of Arizona College of Medicine. For more information, please visit the web site at:

<http://medicine.arizona.edu/learn-continuous-chest-compression-cpr-sarver-heart-center%E2%80%99s-newest-video>

"This video is worth sharing," said **Gordon A. Ewy, MD**, director of the UA Sarver Heart Center and one of the research pioneers who developed this method.

Sincerely,

Duane Dueker
President, Sugarmill Woods Civic Association

cc: Cypress Village POA, Oak Village Association, Southern Woods POA