

HAV-IT MONTHLY

February 2026

Giving CPR

- 1** CHECK the scene for safety, form an initial impression and use personal protective equipment (PPE)
- 2** If the person appears unresponsive, CHECK for responsiveness, breathing, life-threatening bleeding or other life-threatening conditions using shout-tap-shout
- 3** If the person does not respond and is not breathing or only gasping, CALL 9-1-1 and get equipment, or tell someone to do so
- 4** Kneel beside the person. Place the person on their back on a firm, flat surface
- 5** The American Red Cross CPR guidelines recommend 100 to 120 chest compressions per minute, 30 at a time. Remember these five points:
 - Hand position: Two hands centered on the chest
 - Body position: Shoulders directly over hands; elbows locked
 - Compression depth: At least 2 inches
 - Rate of compressions: 100 to 120 per minute
 - Allow chest to return to normal position after each compression
- 6** Give 2 breaths
 - Open the airway to a past-neutral position using the head-tilt/chin-lift technique
 - Pinch the nose shut, take a normal breath, and make complete seal over the person's mouth with your mouth.
 - Ensure each breath lasts about 1 second and makes the chest rise; allow air to exit before giving the next breath

Note: If the 1st breath does not cause the chest to rise, retilt the head and ensure a proper seal before giving the 2nd breath. If the 2nd breath does not make the chest rise, an object may be blocking the airway
- 7** Continue giving sets of 30 chest compressions and 2 breaths. Use an AED as soon as one is available! Minimize interruptions to chest compressions to less than 10 seconds.

Where there is love there is life!

Contact Us

Please send feedback/ contributions regarding our monthly newsletter to:

HAV-IT Services
 Attn: Office Manager
 Melody Silva
 409 West Brewster Street
 Harvey, ND 58341

(701) 324-4636

melodys@hav-it.org

Visit us on the web at
www.hav-it.org

Kudos Corner: January's Prize Winner



Lori Schmaltz
 DSP

Lori has been with HAV-IT for over 30 years! She is an amazing part of our agency and has touched many lives within our community. Thank you for all you do Lori!

BOARD OF DIRECTORS

GloryAnn Schimke, President
 Nicole Brynjulson, Secretary
 Ruby Franklin, Director
 Open, Director
 Chris Hurley, Director
 Steve Kourajian, Director
 Jackie Bauerle, Director

Be somebody who makes everybody feel like a somebody.

HUMAN RIGHTS COMMITTEE

Erin Hagemester, APRN, Chair Person
 Kathy Flach, Vice Chair Person
 Melody Silva, Secretary
 Donna Corneliusen, Member
 Karen Slaamot, Member
 Lanae Strand, Member
 Donna Noyes, Member
 Keith Ravnaas, Member

Saving a Heart & CPR

In 2008, the American Heart Association updated its guidelines to remove rescue breaths and encourage Hands-Only CPR. This change aimed to cut down on hesitation during emergencies from bystanders and boost lifesaving actions.

Did you know...

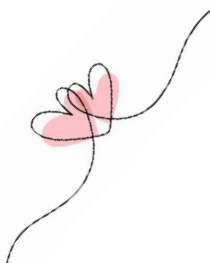
- ◇ Approximately 70% of people who respond to CPR within five minutes may survive and have minimal or no brain injury.
- ◇ For the past 20 years, the survival rate for cardiac arrest has hovered around 10% for out-of-hospital incidences and 21% for in hospital incidences.
- ◇ A study in Sweden found that survival after out-of-hospital CPR dropped from 6.7% for patients in their 70s to just 2.4% for those over 90 years old.
- ◇ The life expectancy after CPR, out of 517 surveyed patients, was that 24.3% survived to one year and 15.9% survived to five years.
- ◇ Providing CPR can be a scary thought...but so could someone losing a loved one. Visit <https://www.sca-aware.org/survivor-stories> or <https://www.heart.org/en/news/2023/04/07> to read some inspiring stories!



Wishing you a Happy Valentine's Day!



Shout out to our local postal service and all they do to ensure we get our deliveries!



Lasagna Soup

Brown hamburger (season to your liking)

In soup kettle add the following:

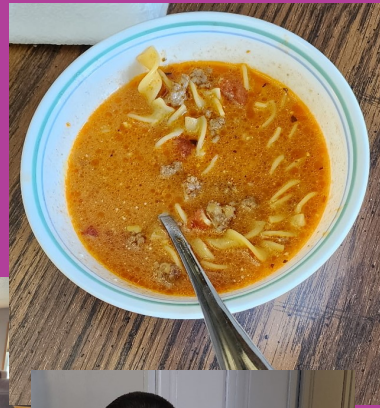
- *drained hamburger
- *3 cans beef broth
- *1 can spicy tomato soup
- *1 can basil, oregano & onion diced tomatoes

Bring to a boil. Add crushed egg noodles.

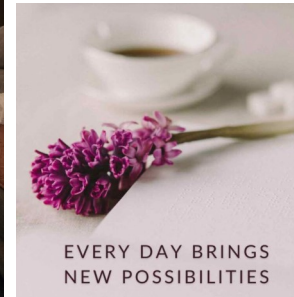
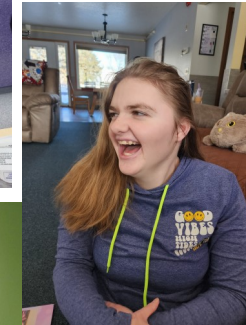
Boil for 10 minutes until noodles are soft.

Serve with a dab of sour cream & a pinch or so of shredded cheese.

From the heart and kitchen of Linda, DSP



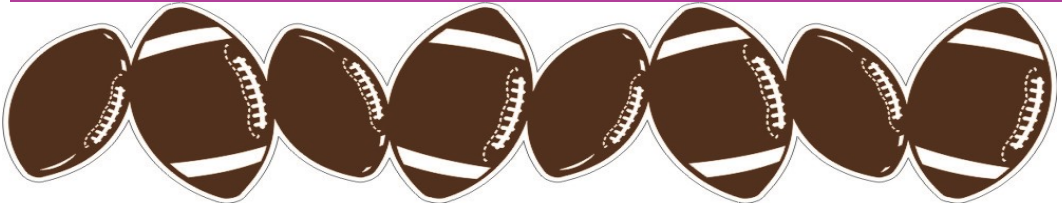
A huge shout out to Wells County District Health for stopping in and teaching a demonstrative on the importance of thorough hand washing!



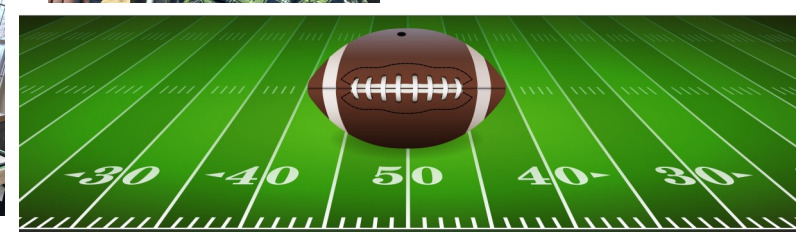
EVERY DAY BRINGS NEW POSSIBILITIES



Making Personal Heart Pizzas



Austin and Robbie were ready for the Super Bowl this year! Way to go Seahawks!



Super Bowl PARTY

