

# CPR O HEART, LLC



Mr. Bob Abbate  
Coaches, Umpires, Parent Volunteers and Players  
Tolland Little league  
Tolland, Ct. 06084

February 2010

Subject: Tolland Sports Leagues; HeartSafe Community Training

Dear Members,

In 2007 the Town of Tolland was awarded the HeartSafe Community designation. A HeartSafe Community has a vested commitment to saving lives and is recognized by the Department of Public Health. Tolland serves as a model for this statewide program.

The Tolland Fire Department, Inc. sought funds for the initial financial investment by public relation efforts, Open House informational sessions, and direct mail. The funds raised purchased the AED's now in public access locations, namely the schools.

The combined Sports Leagues purchased 10 AED's and placed them on the playing fields town wide. Some funds were allocated for training coaches and referees. Additionally, resident bystanders who were willing to perform CPR and use an AED were also trained.

The initial financial commitment provided a solid foundation in establishing and maintaining the HeartSafe Community designation. The program requires ongoing support. Expendable supplies need to be replaced and most significantly retraining and additional training due to matriculation must be completed every other year.

It is vital for the continued success of this program that training be intact. Once again, we are seeking the support of the Sports Leagues. With your help, we will be able to accomplish the goal of training and recertifying coaches, referees, parents, grandparents and the youth of Tolland to be prepared and use the skills of CPR and AED in the event of Sudden Cardiac Arrest.

Several training dates will be held throughout the community, at the Tolland Fire Department, the Recreation Department, and at CPR O Heart LLC, an American Heart Association Training Center. Additionally, organizations can hold their own training dates and times. The cost for the two year CPR & AED certification training is \$ 35.00 per person. The time required is approximately 3 hours. Various formats of this program are available for those who have recertified several times. Required First Aid Training is also available. Please contact us for information

For a list of community classes please log on to [www.cproheart.com](http://www.cproheart.com). You can also e mail [cproheartllc@aol.com](mailto:cproheartllc@aol.com) or [cprohearteducator@sbcglobal.net](mailto:cprohearteducator@sbcglobal.net). You can call 860-896-1894 or 860-875-3342 for information or to schedule a class.

Thank you for your continued support of the Tolland HeartSafe Community program.

Sincerely Yours in Health and Safety,  
*Cathy D*

Catherine DiMeola, Special Member,  
Tolland Fire Department, Inc. Chairman, Heartsafe Community Program



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