

G.A.P.S. Newsletter

Gerrish Alternative Policing Strategies

"Community with Police...Caring & Sharing Together"

FEBRUARY 2024

ACT NOW AED Refurbishment Project



On January 22, 2024, three Gerrish Township businesses received Automated External Defibrillators (AEDs) through ACT NOW's "AED Refurbishment Project" and the Gerrish Township Police Department.

When Gerrish Township PD recently replaced their three Cardiac Science AEDs that they carried in their patrol units, they donated them to ACT NOW who in turn purchased new cases, new batteries, new pads and supplies for each AED unit refurbishing them to functional units. There was not anything wrong with these units, they were replaced due to newer technology and compatibility with Gerrish EMS ambulance monitors.

The cost for the project was \$1,208.69 to update all three AED units. These units are still available for purchase new at a cost of \$1,445.00 each (plus supplies and case). This is a savings of approximately \$1,847.00 to each business. The ACT NOW Executive Board selected the businesses that would receive the units based on their location, population influx and type of business.

These business owners/operators were given a quick tutorial on the use of the AED and will be able to train their staff members if the need ever arises. AEDs are used when a person suffers cardiac arrest and if used quickly and in conjunction with CPR, provides the best possible outcome for survival.

Pictured in the photo above (from left to right) are:

ACT NOW Chair John Ellis, Stuart Colie (Cross Country Ski Headquarters), Matt & LeeAnn Zrebski (South Higgins Lake State Park Store), Brian Farrington (West Higgins Lake Hardware), and GTPD Lt. Eric Muszynski.

American



Heart Month

FEBRUARY is American Heart Month, a time when everyone - especially women - are encouraged to focus on their cardiovascular health.

This year's Heart Month is focusing on women to listen to their hearts and speak up for their health. According to the CDC's Division for Heart Disease and Stroke Prevention (DHDSP), women in the US are experiencing unacceptable and avoidable heart-related illness and death and nearly half of US women do not recognize that heart disease is the leading cause of death for women.

The American Heart Association states that women are less likely than men to receive CPR from a bystander if they experience cardiac arrest. The biggest reason male rescuers would refrain from giving CPR to a woman was fear of being accused of sexual assault or inappropriate touching and women might not provide CPR assistance for fear of causing physical injury to the victim. In a 2018 study, 45% of men received bystander CPR compared with only 39% of women and men had 23% higher odds of survival than women.

Many people believe that women are less likely to have heart problems or suffer cardiac arrest...here is what the American Heart Association is doing:

- 1) Raising awareness about cardiac arrest in women.
- 2) Improving training to address gender-related barriers to increase bystander CPR rates for women including practicing on female manikins.
- 3) Advocating to improve the response to cardiac arrest for everyone (all states have Good Samaritan laws that protect bystanders who render first aid and CPR).

Here's what you can do:

- 1) Overcome fear of providing CPR on anyone, it may help save a life.
- 2) Learn Hands-Only CPR or take a CPR Course.
- 3) Visit the AHA website: [goredforwomen.org](https://www.heart.org/goredforwomen) for more information.

Make a difference in your community and in your own family...get involved...help save lives!



UPCOMING EVENTS/MEETINGS:

FEBRUARY 2nd

ACT NOW Executive Board Meeting
10:00 am @ Gerrish Twp. Police Dept.



FEBRUARY 24th

Food Truck Distribution @ Roscommon Area Schools
Bus Garage (10:00 am until food is gone)



Mark your calendars...

March 9, 2024

Coffee With A Cop will be held at the North Winds Pizza & Subs located at 9015 N. Cut Road, Roscommon from 9:00 am - 11:00 am. Join local law enforcement for free coffee, donuts and conversation. Immediately following this event, Guardian Defense will be hosting a free Firearms Basic Class at North Winds Pizza and Subs from 11:00 am - 1:30 pm. This class is for beginners and new firearms owners to familiarize themselves with understanding and operating firearms effectively and safely.

April 13, 2024

ACT NOW Annual Bowling Tournament Fundraiser will be held at Fred's of Roscommon starting at Noon (registration will begin at 11:30 am). Start rounding up your bowlers as we will accept the first eight teams to register. 5-Person teams can be guys, gals or mixed. Watch for more information and details on the event coming soon!

ACT NOW 2024 Calendar of Events

- 03/09/24 Coffee With A Cop - 9:00 am to 11:00 am
North Winds Pizza & Subs
- 04/13/24 Bowling Tournament Fundraiser - Noon
Fred's of Roscommon
- 05/15/24 Spring Road Clean-Up - 4:00 pm
Starts at Gerrish Police Dept.
- 06/15/24 Higgins Lake Sunrise Run - 7:30 am
North & South Higgins Lake State Parks
- 07/15/24 Annual Meeting & Picnic - 6:00 pm
Gerrish Twp. Marina Park
- 08/10/24 Annual Golf Outing - 10:00 am
Redwood Country Club
- 09/10/24 Annual Torch Run (5K) - 6:00 pm
Gerrish PD to South State Park
- 09/14/24 Glow Golf Fundraiser - Dusk
The Fox Golf Course
- 09/18/24 Fall Road Clean-Up - 4:00 pm
Starts at Gerrish Police Dept.
- 10/31/24 Annual Trunk or Treat - 6:30 pm
Gerrish Twp. Municipal Complex
- 12/16/24 Shop With A Cop Wrap Party - 5:00 pm
Gerrish Township Police Dept.

Our Scrap Metal Project runs April 15th - October 15th and items can be dropped off into the trailer behind the Police Department next to the fence.

All dates, times and locations are subject to change, so watch for event notifications on our website at www.gerrishpolice.org, on our Facebook Page "GERRISH TOWNSHIP POLICE" or download our free Mobile App "Gerrish Township Police Department" available at Apple App Store or Google Play.

ALL of our Events are open to the public.

2023 Annual Reports

For a recap of 2023 programs, projects and events you can check out the 2023 ACT NOW Annual Report and the 2023 updated Community Programs & Projects Supported by ACT NOW document. These documents can be found on our website www.gerrishpolice.org under the ACT NOW tab. You can also pick up a hard copy at the Gerrish Police Department.

The 2023 Annual Report for the Gerrish Township Police Department is also available. This document highlights the Department's Staffing, Equipment, Training, Technology, Collaborative Efforts, Accomplishments, Statistics and Community Partnerships and is available on our website. Hard copies are also available at the Gerrish PD or at the Gerrish Township Main Offices.