For many people the re-launch of the HBO series Sex and the City titled And Just Like That... was greatly anticipated. Fans, like me, waited years for this! However, I have never been able to get the first episode of the series out of my mind. Stay with me for those of you who never watched the show. You see, the beloved couple, Carrie and Mr. Big, whom millions had followed for many years experienced a great tragedy. After a ride on his Peloton bike, Mr. Big aka John, Carrie’s soulmate experiences cardiac arrest. When Carrie arrives home, she runs to hold him while he struggles and takes his last breath. This is the part that sticks in my mind, why didn’t she give him CPR? Did she not know CPR? As a CPR instructor for over 7 years, it got me thinking how many people don’t know this lifesaving skill.

It is a known fact that CPR, or Cardiopulmonary Resuscitation, is a life-saving technique. This technique is used in emergencies when someone’s heartbeat or breathing has stopped. The primary goal of CPR is to maintain blood circulation and oxygenation to vital organs until professional medical help arrives. Oftentimes, if someone is experiencing a cardiac emergency they require assistance immediately, as death can result quickly. While some people may experience warning signs such as chest pain, shortness of breath, or dizziness before a cardiac emergency, others may not show any noticeable symptoms and appear quite healthy. Cardiac emergencies can happen to anyone, regardless of age or health status.

...Continued on page 3
Shelly recently accomplished the following activities:

- The City of Key West Water Quality Plan, developed in concert with sustainability coordinator Allison Higgins and DEP staff has been accepted by the city commission. In 2024, Shelly continues to contribute to the team and to start implementation and budgeting to improve water quality in the nearshore waters of Key West, which includes creating educational content for residents and visitors.

- Shelly is appointed to the Gulf of Mexico Fishery Management Council Outreach and Education Technical Committee and assists staff with educational initiatives for recreational anglers and commercial fishers. The Return ‘Em Right program (https://returnemright.org/) is a partnership with the Gulf Council and Florida Sea Grant and in 2023 educated thousands of anglers about catch and release fishing. Following a 15-minute online question and answer training, Return Em Right distributes over $100 in free gear so fishers know how to successfully treat fish showing barotrauma and comply with state and federal regulations for descending gear.

Maria recently accomplished the following activities:

- In December, Maria Quirico actively contributed to various gardening community initiatives, taking charge of scripting for the Master Gardener volunteer program featured in the US 1 Radio Morning Magazine. Furthermore, Maria shared valuable insights through an article titled “Christmas Eco: Evergreen from the Florida Keys” for the Keys Weekly newsletter, focusing on educating readers about native species and their significance.

- Notably, Maria Quirico delivered a talk titled “Exploring Florida Keys Natives: Unraveling the Importance of Indigenous Flora” at the Key West Tropical Forest and Botanical Garden. Additionally, she actively participated in a native plant walk at the Cudjoe Key trail on December 14, organized by Master Gardeners, reflecting a shared dedication to fostering community engagement and education.

- Maria engaged in activities to connect with and educate others. Hosting five plant clinics represented a simple yet meaningful effort to provide individuals with valuable opportunities to discuss horticulture and environmentally friendly practices.
Alicia recently accomplished the following activities:

• Alicia participated on the Association of Climate Change Officers executive board. The board moved forward with a board governance plan including committees for ethics, nomination, and membership.

• Alicia attended the Florida Keys Interagency Adaptation Workshop to better align county-wide efforts and to get feedback on the Climate Pollution Reduction Grant priority action planning process.

• Alicia held two workshops on the new FAFSA form and what to expect.

• Alicia met with GEOS institute representatives to discuss the Climate Navigators project. Project planning and implementation forms were produced.

• Alicia is helping to complete the regional greenhouse gas inventory and to develop guidance to meet emission reduction targets.

• Alicia spoke on the radio about bed bugs and how to be safe when traveling.

Cardiac arrest is caused when the heart’s electrical system malfunctions. The heart stops beating properly. Cardiac arrest may be reversed if CPR is performed, and a defibrillator shocks the heart and restores a normal heart rhythm within a few minutes. Prompt and effective CPR can be a critical factor in the survival of the individual. Timing is the key. As mentioned previously, people experiencing cardiac arrest need help immediately. The average emergency medical services response time from the moment a 911 call is placed to arrival to the victim is 8-9 minutes. This is why learning CPR can be so critical. Performing CPR, which continues to circulate oxygen in the blood throughout the victim’s body can greatly increase their survival chances while waiting for EMS to arrive. Think of it as if you are on the front lines of an emergency. The person experiencing the emergency could be a family member, a neighbor, a friend, or a stranger in the grocery store; you are their best chance for their survival, which is a very powerful thing.

With the new year upon us, many of us are thinking about the future year, should we focus on our health, career, or relationships? Some of us are making resolutions or deciding not to make resolutions simply because we don’t want to break them. Regardless of what is on your mind for 2024, I encourage you to consider being certified in CPR. There is no way of knowing if or when someone may need your help someday. But I cannot think of a better skill to add to your back pocket than the skill of possibly being able to save someone’s son, daughter, mother, friend, family member, or stranger’s life. Research organizations in your community that offer CPR classes, they are often very affordable, and it only takes about half a day to learn this skill. Monroe County Extension Services offers CPR courses to the public throughout the Keys a simple phone to our office is all it takes (305)292-4501.

Be sure to “Like” us on Facebook and follow us on Twitter and Instagram!
UF/IFAS Extension
UNIVERSITY of FLORIDA

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This newsletter can be accessed online at:
http://monroe.ifas.ufl.edu/newsletter.shtml

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UF/IFAS/MCES QUARTERLY CONTACTS

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**CPR Training**

**for Adults, Children & Infants**

Monroe County Extension will be offering CPR Certification courses throughout the Keys!

**Friday January 19th 9AM**
Location: Historic Gato Building 1100 Simonton St. Key West

**Friday January 26th 4:30PM**
Location: Historic Gato Building 1100 Simonton St. Key West

**Wednesday January 31st 10AM**
Location: Monroe County Public Library Marathon Branch
3490 Overseas Hwy. Marathon

**Wednesday February 14th 10AM**
Location: Plantation Key Community Center
53 High Point Rd. Plantation Key

**Thursday February 29th CPR & First Aid 9AM**
Location: Historic Gato Building 1100 Simonton St. Key West

Availibility is limited. CPR class is $31 & First Aid/CPR is $41

Please contact our office if you have questions or if you would like to register for this course (305) 292-4501

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18th Annual
FLORIDA KEYS SEAFOOD FESTIVAL

2024

SUNDAY JANUARY 14TH 11AM - 5PM
BAYVIEW PARK KEY WEST