BAILEY'S
HEART & SOUL

BaileysHeartandSoul.org

AUGUST NEWSLETTER

BACK TO SCHOOL EDITION

FACT VS FICTION

1. The Myth About Hurting Someone

Myth: You can accidentally shock someone with an AED or hurt them if they do not need it.
Fact: AEDs are fully automated and smart. The device analyzes the patient's heart rhythm and will only deliver a shock if it detects a fatal, shockable rhythm. You cannot shock someone by mistake.

2. The Myth About Breaking Ribs

Myth: If you hear or feel a rib crack during CPR, you are doing it wrong and should stop.
Fact: Effective CPR requires pressing down 2 to 2.4 inches deep, which can sometimes crack chest cartilage or ribs—especially in older adults. If this happens, do not stop. A cracked rib can heal, but sudden cardiac arrest is fatal without continuous chest compressions.

3. The Myth About Liability

Myth: You can get sued if you perform CPR or use an AED incorrectly while trying to help someone.
Fact: Good Samaritan laws protect bystanders who act in good faith to save a life during an emergency. Doing something—even if it is not picture-perfect—is always better than doing nothing, as brain damage can begin in as little as 3 minutes without blood flow.

As our kids pack their backpacks and head back to the classrooms this August, our hearts are filled with hope, excitement, and a deep commitment to their safety. Every child deserves a safe place to learn, play, and grow.

This school year, Bailey's legacy inspires us to keep pushing for heart-safe schools, accessible AEDs, and prepared communities. We are wishing all of our students, teachers, and parents a beautiful, safe, and successful year ahead.

Thank you for protecting the hearts of our community with us.

Patrice B.

THERE'S STILL TIME TO PURCHASE TICKETS!

BAILEY'S HEART & SOUL

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AUGUST IS HEALTH AWARENESS MONTH- PROTECTING YOUNG HEARTS

For Bailey's Heart and Soul Foundation, health awareness is deeply personal. We champion this cause in honor of Bailey, a vibrant 16-year-old athlete who tragically passed away from sudden cardiac arrest caused by Wolff-Parkinson-White (WPW) syndrome.

WPW is a hidden heart condition where an extra electrical pathway causes a dangerous "short circuit" in the heart's rhythm. Many young athletes look completely healthy, but standard sports physicals rarely catch it.

As student-athletes head back to practice fields this August, standard checks are not enough. True awareness requires proactive action: comprehensive cardiac screenings (EKGs) to spot hidden conditions, visible AEDs, and immediate CPR training.

Through the Bailey Bullock Act, Maryland schools are now required to have Cardiac Emergency Response Plans. Let's work together this month to ensure our schools are ready and our children are protected.

The "Parent Advocate" Checklist

"Are your kids' schools heart-safe?

As you check off school supply lists, take two minutes to check on your child's safety. Ask your principal or athletic director these three critical questions:

- Where is the nearest AED located?
- Is there a clear Cardiac Emergency Action Plan in place?
- Are coaches and teachers trained in CPR?

If your school or local youth sports league needs an AED, don't wait. **Click here to apply for an AED donation today**.

"**Become a Lifesaver This School Year**

Sudden cardiac arrest can happen to anyone, anywhere. You don't need a medical degree to save a life—you just need the confidence to act. This August, commit to learning hands-only CPR and how to use an AED.

👉 **Join our volunteer network and help us train our community**

Upcoming Events

August 7th 8 Min : 45 Sec Book Signing & Community Celebration, A Child's Heart. The Bailey Bullock Story at the Bel Air Armory.

August 16th Cecil Cointy Awareness Event

Auguest 29th New Jersey CPR Demo

> ***"The greatness of a community is most accurately measured by the compassionate actions of its members."***
> —Coretta Scott King

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