Twas the morning before Christmas, 2012, when Myron S. came off the pickleball court and sat down in the chair next to Mary C., whom he had been playing with for the match. She went to say something to him and he appeared to be slumped in the chair. She shook him and with no response yelled “help, help” (this started the “cardiac chain of survival”). Players ran from all courts with Mike P. and Hugh B. arriving first. They lowered him to the ground, checked him for response (there was none and he was blue) and told others to call 911 and get an AED. People scurried about moving chairs and clearing the way for the EMT’s when they arrived. Hugh began compressions while Mike did the breathing. Upon receiving the AED Mike attached the pads to Myron while Hugh continued the compressions. When the analyzing was complete the AED said “no shock indicated, continue CPR” which was done. After two minutes the AED reanalyzed and this time it said “shock indicated”. Mike cleared the area and pressed the shock button then Hugh continued compressions. After the shock was delivered Myron’s eyelids quivered and he had some signs of life. The police, the fire department and EMT’s arrived and took over. (8 minutes had passed.) They started an IV and hooked him to their own monitoring system then transported him to Banner Del Webb. Once he was stabilized he was transported to Banner Boswell where he underwent a quadruple bypass.

We are so happy to report that Myron’s family has been here for an “extended” visit and now he is getting back to a normal routine, minus pickleball at the present time. Myron and his family have asked to donate an AED for the fitness center here at Happy Trails. Myron went to the fitness center on a daily basis.

[Written by Becky and Tom Wells, CPR Coordinators at Happy Trails Resort, Surprise, AZ.]