

What is the J.A.N.E.T Plan?

JANET stands for Janet's 'Always Near Emergency Treatment'.

It consists of the following:

- All coaches and youth leaders are CPR and AED Certified
- AEDs are on site at all youth activities and schools and retrievable within 3 minutes
- Standard Emergency Response Plan in place
- Standard First Aid Kit for each team/squad/group
- Mandatory Sports Physical, Medical Release and Emergency Consent Forms
- The AED, First Aid Kit and book containing all medical information will be stored inside the J.A.N.E.T duffle bag
- The J.A.N.E.T bag will be at all practices, games and activities

Random Acts of Kindness

In keeping with Janet's love and caring for others, we will perform random acts of kindness to improve our communities and help those in need.

You can be a part of one of our acts or organize one yourself. Please email us at info@janetzilinski.org.

We Need Volunteers

Volunteers are what makes all of this happen. We need your help to organize and run cardiac screenings, fundraising activities and CPR/AED training.

I interested in being a volunteer, please contact us at info@janetzilinski.org.

Sponsorships/Donations

Through sponsors and fundraising, WE WILL SAVE LIVES. Corporate sponsorship is greatly appreciated as well as family sponsorship. Visit our website for details. Personal donations in any amount help further the cause.



Her beat will go on forever...

The Janet Zilinski Memorial Fund

P.O. Box 150
Martinsville, NJ 08836
www.janetzilinski.org

An Affiliate of
Parent Heart Watch



The Janet Zilinski Memorial Fund

A Proud Member of
Parent Heart Watch



Janet at camp just hours before
she became a victim of
Sudden Cardiac Arrest

May 22, 1995 - August 10, 2006

Established in 2006, the Janet Zilinski Memorial Fund is a non-profit 501(c)(3) organization dedicated to saving lives and performing random acts of kindness.

We will preserve the memory of our beautiful 11 year old daughter Janet and make the world a better place to live, just like she did.

The Evening of August 10th, 2006

Janet spent August 10th, 2006 at day camp having a wonderful time. Cheering practice started at 6:00 p.m. While jogging a lap around the football field, Janet told a friend she was feeling tired and was going to lie down. She collapsed and her heart stopped beating. A pediatric trauma nurse onsite immediately began administering CPR. Her heart began beating again, but every time CPR was stopped, her heartbeat would stop. While in the ambulance, we almost lost Janet several times. CPR was done continuously en route to the hospital.

Janet was alive when we arrived at the hospital. She stabilized and was alert. We spoke with her and told her how much we loved her and to fight and be strong. The doctors asked her questions and she responded to all of them. A short time later, we were told that she would be OK. With this great news, everyone started to breathe an apprehensive sigh of relief.

Shortly after, Janet went into cardiac arrest. The doctors worked vigilantly to save her but could not. She did not have any known medical or heart problems. We are still in search of answers. Our hearts are broken forever.

Our Mission Statement

Our mission is to raise awareness and eliminate Sudden Cardiac Arrest in our youth. We are dedicated to hosting CPR and AED Certification Programs for youth coaches, parents and all members of the community, holding Pediatric Heart Screenings and making AEDs (Automated External Defibrillators) available at all schools, recreational and youth activities.

We are also dedicated to continuing Janet's random acts of kindness which were a huge part of the type of person she was and always will be. We will do all of the good that Janet would have done in this world had she been given the chance. This we will do with smiles on our face, laughter in our voices and love in our hearts, just like Janet.

Our Goals

- Spread the facts about Sudden Cardiac Arrest (SCA)
- Raise awareness on AEDs - the key to saving the life of someone in SCA
- Place AEDs at schools, youth sports, scouting and other recreational activities.
- Implementation of the J.A.N.E.T. plan
- Provide free pediatric cardiac screenings
- Provide CPR & AED training to all coaches, parents & community members
- Our #1 Goal: SAVE LIVES

The Facts

Sudden Cardiac Arrest (SCA)

- SCA kills between 7,000 – 10,000 kids each year
- 1,200 people die each day from SCA
- About 95% of SCA victims die before reaching the hospital
- 27.4% of SCAs receive bystander CPR
- Incidence of Lay Responder defibrillation is low – 2% (2002)

Automated External Defibrillators (AEDs)

- If defibrillated within the 1st minute of SCA, survival chances are close to 90%
- For every minute of delay in administering an AED shock, survival rate decreases by 10%
- An AED must be reachable within 90 seconds; maximum time for first shock is within 6 minutes of SCA
- If an AED is delayed by >10 minutes, survival is less than 5%

How to Save a Life

SCA Chain of Survival

1. Early access to 911
2. Early CPR - the critical link that buys time
3. Early Defibrillation (AED) * Recent studies suggest this is the single most important factor affecting survival from SCA
4. Early Advanced Care (Paramedics/ER)