

12 Allegations of abuse at Magnolia

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ic allegations of abuse, but said that it is conducting an internal review of the facility's operations. "Running a top-notch day care facility for Long Beach families is our number one concern," city spokesman Gordon Tepper said in a statement. "With that in mind, we have in place a number of safety and security measures, including around-the-clock video surveillance. As we await these agencies to directly advise us of any specific issues, we are working in full cooperation with both the county and state in the interest of running the best day care facility possible. Additionally, we are pursuing an internal review of all policies and procedures pertaining to our day care facility."

This is not the first time the center has faced serious violations — it has racked up 21 violations since last July. Last year the Herald reported that the facility was

issued eight violations in July, including one for the corporal punishment of a child by an employee who was subsequently fired, and another for failure to report the incident to the state. All of the violations, according to OCFS, were corrected.

At the time, one city official, who declined to be identified, said that the incident of punishment involved a counselor who allegedly "tapped a child on the hand with a shoe." The employee, whose name was not disclosed, had worked at the center for 10 years, but was fired the next day, the official said.

Last September, the city said that the Department of Youth and Family Services provides its staff with ongoing professional development and training, in the form of weekly sessions and monthly video conferences focusing on first aid, CPR, medication administration and child abuse prevention.

Last September, OCFS told the Herald, "The violations at Magnolia Child Care Center ... were cited on July 31, 2013, during an OCFS inspection. Specific individuals were not cited; the program itself was cited for all violations. The program corrected the violations by terminating an employee and by providing training for the entire Magnolia staff. OCFS was satisfied with the actions taken by the facility to correct the violations."

The center was subsequently issued four more violations in August and December, of regulations including the prohibition of the use of non-public swimming pools, spa pools and all fill-and-drain wading pools, and another requiring the center to prepare a health care plan using approved forms that protects and promotes the health of children. The state, however, said that all of those violations have been corrected.

Know the difference between a heart attack and sudden cardiac arrest

I am often asked if a heart attack and cardiac arrest are the same. While they both involve the heart, they are two totally different life-threatening events. A heart attack is when blood flow to the heart is blocked. A sudden cardiac arrest is when the heart malfunctions and suddenly stops beating. A heart attack is a circulation problem, and sudden cardiac arrest (SCA) is both an electrical and circulation problem.

However, unlike SCA, the heart usually does not stop beating during a heart attack. Most heart attacks do not lead to sudden cardiac arrest but when SCA occurs, a heart attack is a common cause.

A heart attack, also known as a myocardial infarction (MI), occurs when the flow of oxygen-rich blood to a section of heart muscle suddenly becomes blocked and it doesn't receive oxygen. If blood flow isn't restored quickly, the section of heart muscle begins to die. The longer a person goes without treatment, the greater the damage.

Common symptoms: Some heart attacks are sudden and intense but most start slowly, with mild pain or discomfort and can last for hours. Often, people affected aren't sure what's wrong and wait too long before getting help.

Here are some signs of a heart attack:

■ Chest discomfort: Most heart attacks involve discomfort in the chest; it can feel like uncomfortable pressure, squeezing, fullness or pain. Discomfort in other areas of the upper body. Known as Referred Pain -include

pain or discomfort in one or both arms, the back, neck, jaw or stomach.

■ Shortness of breath: With or without chest discomfort, other signs may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest discomfort.

But women are somewhat more likely to experience some of the other symptoms, often shortness of breath, nausea/vomiting, and back or jaw pain. Diabetics may also have non-typical or lessened symptoms.

There is also angina pectoris, the medical term for chest discomfort due to coronary heart disease. It occurs when the heart muscle doesn't get as much blood as it needs, often because one or more of the heart's arteries is narrowed or blocked. It can be brought on

by stress, exertion or exercise. There are many types of angina, including stable and unstable. Normally, stable angina is relieved with rest, nitroglycerin or both. Your doctor must diagnose you with angina, so if you do have any of the above symptoms, or if you are already diagnosed with stable angina and it isn't relieved, get evaluated immediately.

Cardiac arrest is when the heart is no longer beating, and the person needs resuscitation. It can be preceded by many things, including respiratory arrest, major bleeding or an SCA event.

SCA is a sudden electrical malfunction that causes an irregular heartbeat, most commonly ventricular fibrillation, when rapid, erratic electrical impulses cause your ventricles to quiver uselessly instead of pumping

blood. With its pumping action disrupted, the heart cannot circulate blood. A person loses consciousness and has no pulse. Death occurs within minutes if left untreated.

What to do if you or someone is having a heart attack:

Even if you're not sure it's a heart attack, don't wait too call for help. It's best to call emergency medical services immediately. In Long Beach, our medics begin treatment right away, we monitor your heart with detailed EKGs and can administer many medications. If you show evidence of an MI, we transport you to a PCI (percutaneous coronary intervention) capable E.R.

What to do in the event of cardiac arrest:

First call EMS and begin CPR immediately. Then, if available, get an automated external defibrillator (AED) and use it as soon as it arrives. AEDs are commonly available in public places. If two people are available to help, one should begin CPR immediately while the other calls and finds an AED. Blood flow to the vital organs is the most important factor for successful resuscitation, especially when the duration of cardiac arrest is prolonged. Continue until you are relieved by EMS or unable to continue.

I will be discussing AED, CPR and hands-only CPR in a future article. For now, visit <http://www.handsonlycpr.org/> for information.

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Hot Topics



SAM PINTO

Celebrating Passover in Long Beach

Passover, or Pe-sach as pronounced in Hebrew, is the weeklong Jewish holiday that memorializes the event of the Jewish people's national origin, their redemption from enslavement to the ancient Egyptians by God, may his name be blessed.

Every year, Jewish families coalesce in

order to reenact the events of the exodus by following a highly choreographed night called the Seder. It is an evening replete with exotic commandments, symbols and stories; suffuse in an

ambience of majesty, mystery and fun; and just enough wine to make it all the more symbiotic! Just as in ancient times, the Jews were transformed from a family into a single nation so they do so every year at the Seder table.

However, just as it's necessary for newborns to emerge into a hygienic space, so are Jewish homes cleansed from all leaven product known as Chametz — the most conspicuous of which of course is bread! As we must remember through the telling of the Hagadda, in actuality, God redeemed the Jewish people 190 years earlier than he originally promised Abraham.

After 210 years of bitter enslavement the Jewish people cried out together in their sorrow and suffering, and Hashem, motivated by a compassion ancillary to promise decides to enter history prematurely and save the Jewish people. This is why instead of fancy, fluffy bread Jews on Pesach eat the harder and more humble Matzah to quiet our inner indulgence and self-satisfaction, just enough to remember the pangs of others. Experiencing it as God's command imbues one with the confidence to identify with their Jewish heritage as beautiful, bold, eternal and beyond, ultimately perpetuating the ideal of compassion as a basic motivation for living and acting, as well as to experience that through Divinely inspired compassion the Jewish people become reborn.

Temple Zion's Passover services begin at 9:30 a.m. on the following Tuesday, 4/15, Wednesday, 4/16, Saturday 4/19, Monday, 4/21, and Tuesday, 4/22. Temple Zion is located at 62 Maryland Ave.

Guest Column



RABBI DANIEL VINIK

Send letters to the editor to arifilato@liherald.com