

## **Case Study: City of Vacaville x Pulse Check 101**

**Title:** "Vacaville Trains 100+ Residents in CPR Over Two Days—at Zero Cost to Taxpayers"

**Client:** City of Vacaville, CA

**Date:** May 28th & July 16th, 2023

**Location:** Andrews Park, Vacaville, CA

**Organized By:** Councilman Jason Roberts (District 5)

**Training Partner:** Pulse Check 101

**Funding Source:** Measure M Council District 5 Benefit Program

---

### **Challenge:**

The City of Vacaville sought to increase community resilience and bystander preparedness by offering free CPR and safety training to residents, but needed a turnkey, engaging, and grant-compliant solution to reach diverse populations.

### **Solution:**

Pulse Check 101 delivered a citywide CPR and emergency preparedness training event at Andrews Park, completely free to residents. The training included hands-on CPR instruction, safety demonstrations, and family-friendly activities. Registration was coordinated through direct email and filled within days of the announcement.

### **Key Highlights:**

- Over 100 residents trained in CPR over a two-day period.
- First-come, first-served pre-registration model ensured orderly flow.
- Multi-age, multilingual instruction team supported inclusion.
- Entire event funded by Measure M; no cost to city departments or residents.
- Promotional support from the City's social media and Councilman Roberts' office.

### **Impact:**

- Increased the city's bystander CPR readiness rate.
- Strengthened community bonds around public health and safety.
- Sparked ongoing interest from other cities seeking similar programming.

### **What They Said:**

"Pulse Check 101 made lifesaving skills accessible to every resident. This was a powerful example of community-first programming done right."

— Councilman Jason Roberts, District 5, Vacaville

### **Ready to Replicate It in Your City?**

Contact: Tyiesha V. Jones, Founder

 Tyiesha@Pulsecheck101@yahoo.com  
 [www.pulsecheck101.com](http://www.pulsecheck101.com)

---

### About Pulse Check 101:

Pulse Check 101 is a certified woman- and minority-owned CPR/BLS/AED/First Aid training company with offices in San Francisco and Las Vegas. We specialize in delivering high-quality, grant-friendly, community-focused safety education for schools, municipalities, and corporations.

---

## Community Service Impact Report

### Summer 2024 | Las Vegas, NV

Pulse Check 101 proudly joined two powerful community events this summer in Las Vegas—**Juneteenth with the NAACP** and **tabling with the Nevada Boxing Hall of Fame**. As part of our mission to make lifesaving education accessible, we brought **free CPR training demos, safety resources, and youth engagement** to both spaces.





---

### ♥ Juneteenth Celebration – NAACP Las Vegas

**Location:** Las Vegas, NV

**Date:** June 2024

Highlights:

-  Engaged over **100 participants** with hands-on CPR demos
-  Provided education on choking response, Narcan use, and AED awareness
-  Distributed *The Heart Hero* books and safety materials
-  Built community partnerships focused on health equity and education access

*"It was beautiful to stand in solidarity and service on such an important day of freedom. Our community deserves to be both educated and empowered."*

– Tyiesha V. Jones, Founder





---

## Nevada Boxing Hall of Fame – Community Tabling

**Location:** Las Vegas, NV

**Date:** Summer 2024

Impact:

-  Introduced CPR and first aid concepts to youth boxers and families
-  Shared free community resources on overdose response and child safety
-  Fostered new relationships with coaches, mentors, and volunteers
-  Promoted Heart Hero literacy and child-centered safety tools

*“Many of these youth are leaders in training. If we can equip them with safety skills now, they’ll carry those tools for life.”*

– Tyiesha V. Jones, Founder

---

### Community Goals Achieved:

- Reached over **200 residents** in Las Vegas through CPR demos and safety outreach
  - Delivered **free health education** in culturally relevant spaces
  - Created momentum for future partnerships with youth and sports organizations
  - Amplified Narcan and AED awareness in high-traffic public settings
- 

## Thank You, Las Vegas

From the boxing gym to the celebration stage, we were honored to show up with purpose and passion. Pulse Check 101 is committed to building a safer, more informed Las Vegas—one heartbeat at a time.

**Let’s keep the momentum going. Stay connected for our next community stop!**

---

# Community Service Impact Report

Summer 2025 | San Francisco, CA

Pulse Check 101 is proud to reflect on two powerful events where we served our hometown with heart:

**Black Family Night with SF Early Education** and the **Bayview Juneteenth & Father's Day Festival**.

As a woman- and minority-owned business founded in Bayview–Hunter's Point, we're committed to uplifting and protecting the communities that raised us through CPR education and youth safety programming.

---

## ❤️ Black Family Night – SF Early Education

**Location:** Hunter's Point, San Francisco

**Date:** June 2025

Highlights:

- 🧠 **50+ participants** joined us for free CPR demos
- 📖 **20 children** received free copies of *The Heart Hero: Jason's Safety*
- 🖐️ Youth learned hands-on CPR basics with fun, engaging tools
- 💬 Families left feeling empowered to respond in emergencies

*"It was such a joy to see young children learning how to save lives while connecting with a story that reflects them. Representation and readiness go hand-in-hand."*

– Tyiesha V. Jones, Founder

---

## ❤️ Bayview Juneteenth & Father's Day Festival

**Location:** Bayview Health Pavilion

**Date:** June 15, 2025

Impact:

- 🦵 **Hundreds of community members** received free CPR demos
- 👨👩👦 Served families of all ages and backgrounds
- 📄 Shared resources, giveaways, and upcoming training dates
- 🙌 Elevated CPR/AED safety in Black communities

*“Pulse Check 101 showed up and showed out! The community loved learning how to save lives, and the energy was unmatched.”*

– Community Member

---

### ✅ **Community Goals Achieved:**

- Expanded CPR awareness in underserved neighborhoods
- Reached **250+ residents** with hands-on safety education
- Promoted early safety habits through literacy & engagement
- Strengthened community trust for future partnerships

---

### **Thank You, SF** 🧡

To every parent, student, elder, and partner who joined us: thank you. Together, we are building a more resilient and CPR-ready San Francisco.