

August 2019

The Siren

Newsletter of the Sun City Center
Emergency Squad

AMBULANCE

From the Desk of the Chief

We have made it through over 1/2 of the summer, and it has been not only busy but exceedingly hot. Please remember to keep hydrated at all times. There is a cooler in each ambulance with 4 bottles of water for the crew. It is the Driver's responsibility to make sure the bottles are there and are cold. Non-cold ones should be switched out with cold ones in the refrigerator in the kitchen.

There is no NEW EMR class in August, however, there is a NEW DRIVER class in August as well as CPR RECERT and NEW AND RECERT Dispatch classes. Please check the Education Calendar online for the dates and times. To do this type SCC-EMS INTERNAL START in your browser and then click on Education Calendar on the left side of the screen.

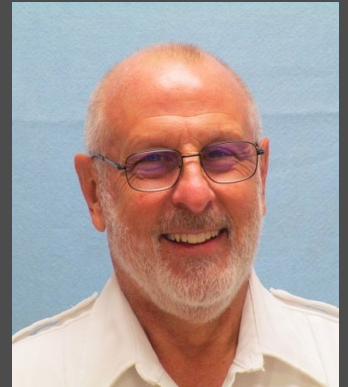
August 15th at 11AM at the Veteran's Theatre in Kings Point we will hold our annual Summer Appreciation Luncheon. We would like a good turn out so please sign up as soon as possible. We want to thank you for all your hard work this summer.

The new BP machines should arrive any day. The company rep will be performing the orientation to them so please pay attention to emails that will list times and dates.

We are in the process of air conditioning Dispatch, as the one that is currently there is too loud for our Dispatchers to be able to hear on the phone. This should be completed by July 30th.

Any issues with the new ambulances should be reported to Jim or myself so we can let Dick Schneider know. There is always a few glitches in a new vehicle, most very minor. But Dick can't fix them if he doesn't know about them.

Again, I want to thank everyone for working so hard this summer to keep us rolling down the road. You are a very dedicated and committed team. I am very proud of all of you.



Chief Mike Bardell

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The Emergency Squad's Summer Appreciation Luncheon

is planned for

August 15, 2019 at 11:00 AM
in the Veterans Theater, Kings Point.

Reminder: Sign-up by August 9th



SUN CITY CENTER EMERGENCY SQUAD



UPDATES & REPORTS

Birthdays for August

Kriss Aguilar	1	Joanne Principio	15
Wendie Quinn	1	Dave Byers	16
John H. Fetting	2	Margaret Goss	17
Ellen Turner	3	William Click	19
Marty Gifford	4	Arthur Longo	19
Victoria Bergeman	4	Gert Affayroux	22
Jose Alicea	8	Lois Andress	24
Katherine Bizzano	8	Winifred Hicks	24
Sandra Dillmuth	8	Suzanne McFadyen	24
Joan Dixon	8	Marie A. Nelson	24
Karen Stansell	9	Nancy Birkett	25
Donna McClister	10	Carol Bryant	25
Beverly Brown	11	Glenda Burgess	25
Marilyn McIntyre	12	Allison Vetzal	25
Dan Meier	12	Timothy Baker	27
Gary Giles	13	Karen Crippen	27
Don Churchill	15	Helen Kashenider	27
Carol Culp	15	Nancy Willet	27
Mary Jane Marotta	15	Bob Nixon	30
		Jacqueline Potts	31

Anniversaries Team#/ Years

Doris Ferron	4	10
Reinhold Baal	0	5
Cody Fernandez	3	5
Tina Drury	7	5
Erik Sager	5	5
Stanley Zabetakis	1	5
Pam Click	3	1
Lisa Boeger	7	1
Sandra Thomas	2	1
Michael Noone	7	1
Jack Horan	4	1
Jeffrey Ackerman	8	1
Marilyn McIntyre	6	1
William Whitford	6	1
Christine Morrison	8	1

Squad Stats

Run Reports

Ambulance Runs	389
Van Runs	127
Fall Calls	139
Blood pressures	64

Sick List

Frank Gatto	T-3
Barbara Cunningham	T-3
Randy Allen	T-6
David Zoerb	T-8
Mark White	T-8
Eliot Markus	T-8
Charlotte Epps	T-8

Behind the Scenes

Holiday Support - Fourth of July

This fourth of July members of Team 3 stood ready to provide services to SCC residents. The Captain of Team 3, Chuck Russ, stated that he is "extremely proud of Team 3 and their service." He also mentioned that he is "very pleased with the willingness of members to support each other and step-up to work any shift when needed."

Thank you, Team 3



We're all Smiles. To date AmazonSmile has donated \$1,537.98 to Sun City Center Emergency Squad. We received a quarterly donation in June of \$133.29 thanks to customers shopping at smile.amazon.com. Thank you for supporting Sun City Center Emergency Squad by shopping at smile.amazon.com.

- Marty Gifford, CFO

We are Looking Good. The reports are looking very good with just a few things to keep in mind. First, check to be sure you are using the right number. This is important for many reasons and both the EMT and EMR should be checking. Second, please don't double space your narrative, fill in the treatment portion, double check the sex of the patient, be sure to list gloves worn for all contact. Finally, sometimes we just have to use "sick" or "no other appropriate choice" but bleeding is a hemorrhage, a headache is just that. Keep up the great work and take care of yourselves.

- Merrill Pritham, Asst. Chief QA

Our People & News You Can Use

Featured Volunteer



This month we recognize **George Ineson** for his good work at the Squad which is considered to be above and beyond his role as a Maintenance Expert. George has been with the Squad for one year but in that one short year of service he has contributed so much to the Squad.

George will jump in and help out when and where ever there is a need for something to be done. When the offices were being re-wired George jumped in to help spending six hours crawling around the floor fishing wires and drilling holes. Yes, in deed, above and beyond, George, and we thank you. Before George retired and moved to Sun City Center he was a licensed plumber for 32 years and worked as a high school custodian for 25 years. He was born and lived in Bronx, New York, but traveled with his family to live in Massachusetts. He move from Massachusetts and lived in Londonderry, New Hampshire until he moved to Florida. George has two children and a grandson; Jamie his daughter, Chris his son and Nick his grandson. George joined the Squad to meet and help people and to learn some new skills along the way. As part of the Maintenance Team for the Squad George helps to maintenance the ambulances and wheelchair vans. He also monitors the Squad facility for any issues such as leaks, lights working properly, etc. and maintains a clean work environment free from trash and debris both inside and outside.

Thank you for all you do, George.

Published by SCC Emergency Squad. Editor-in-Chief, Mike Bardell; Editor, Robin Watt, assisted by Patty Trela. Articles are accepted up to the 25th of the month for the following month's issue. Items may be addressed to THE SIREN and posted in "The Siren" mailbox, located directly below Team 8's mailbox. U.S. Postal Mail should be addressed to: Sun City Center Emergency Squad, The Siren, 720 Ray Watson Dr. Sun City Center, FL 33573. When addressing email, subject line should state: THE SIREN and be sent to: robinw@scc-ems.us

Editor's Choice: Volunteer Burnout

As a non-profit all volunteer organization the Emergency Squad wants its Volunteers to be aware of something called "Volunteer Burnout." Volunteers are representatives of our organization and advocate for the work we do at the Squad. What is volunteer burnout and how can we avoid it? It is the same type of burnout as when you no longer love your job, except you are not being paid for your work. Symptoms include waning enthusiasm, and no longer looking forward to coming in on duty day. It can be increasingly difficult to maintain the level of enthusiasm you have for your volunteer service when during the summer months volunteer numbers decrease due to illness, injury and the departure of our snowbirds. This change in volunteer availability can become a serious issue; it has an impact on our operations, but more importantly, it has an impact on our Volunteers. "The best volunteers are usually the ones most prone to burnout. That's because they're so dedicated and they often fail to take mental health breaks or ask for help. Organizations that depend on volunteers have an inherent interest in making sure burnout doesn't happen to their volunteers. Good volunteers are hard to come by so it's important to make sure they take care of themselves -- even when they say they don't need to" (Barrymore, 2019).

If you find yourself feeling this way, discuss it with your captain or teammates or feel free to check in with Chris McCann, Asst. Chief of HR.

The Cost of Caring Without Self-Care. "We have a natural inclination to care for others and it comes with many benefits, such as cooperation, trust, and coping during stressful times, but what happens when caring for others exceeds the care we give ourselves? In this blurred zone... there is a danger that during the empathic process... we may ignore our own self-care. We may focus more on investing in others and may forget to take care for ourselves. One of the consequences we risk facing when we care for others without caring for ourselves is burnout" (Ali, 2019). Volunteer burnout is a real thing and here are a few ways organizations can help to avoid it:

- 1) Ready to Work - provide job descriptions and appropriate training for the volunteer responsibilities.
- 2) Life Happens— provide regularly scheduled work responsibility with flexibility for emergencies, vacations, family time, etc.
- 3) Service - Does the work of the volunteer contribute to the goals of the organization? It is important that the organization recognizes volunteer contribution as vital to the daily functioning of the organization" (Robbins, 2008).

Keeping our volunteers as long as possible is critical to the Squad's success and sustainability; the 24 hours a day/7 days a week emergency medical service to Sun City Center residents. Please keep in mind that this is a volunteer job. Consider if a change of jobs or a new responsibility would help reduce any stress you may experience. If you need to take a break, please take a break but stay with us. We value all members of our family and recognize that everyone deserves to love what they do and feel appreciated.

Thank you for all you do.

Ali, Shainna Ph.D., LMHC. The cost of caring without self-care. Psychology Today. June 12, 2019

John Barrymore "How Volunteer Burnout Works" 3 June 2009. HowStuffWorks.com. <<https://money.howstuffworks.com/economics/volunteer/information/volunteer-burnout.htm>> 23 July 2019

Robbins, James. "Five Steps for Preventing Volunteer Burnout." Fundraiser Cyberzine. (Accessed 4/28/09) <http://www.fundraiser.com/oct08/5-steps-for-preventing-volunteer-burnout.html> as cited in How Things Work, 2019 Barrymore

Because We Care



Sorry if we woke you in the middle of the night, but someone in your neighborhood is fighting for his life.

Sorry if we block the road and make you turn around, but there's been a bad wreck with dying children on the ground.

When you see us coming I hope you will understand, let us have the right of way, someone needs our helping hand.

Sometimes a child is choking, sometimes a broken leg. Sometimes, ...a heart stops beating, and when we get there its too late.

So if you see us crying when we think were alone, you will know we had a bad one, and we're feeling mighty down.

We don't do it for the money, you know we don't get paid. We don't do it for the glory, but for a life that might be saved.

Somewhere deep within us our souls are crying out, we're here to help our neighbors in their hour of pain and doubt.

God gave us something special to help us see you through, we do it because we love you, and care about you too.

~Author Unknown

Who's on First?

By Diane Simon

We all remember parts or all of the famous comedy routine, Who's on First? When it comes to working on the ambulance though, we work as a Team. We can't get to the scene without competent and safe driving skills. We can't treat the patient if we don't have the medical supplies and equipment as we walk in the door. We can't give the receiving facility information without accurate data input. We can't meet the expectations of care and knowledge without constant training. When that happens the TEAM concept comes into play even more forcibly. We need to know that if the driver hits a curb, the EMR misses data, or an EMT forgets to do a Glucose or Stroke assessment, that the TEAM will be there to encourage, support, and assist. The bottom line is that the EMT has to sign and complete the report and it must be accurate. Are you checking all your data? Is it entered correctly? Did you administer Oxygen? Is the information on the incident tab correct? It is so important to check and double check. It's hot out, we're tired, and we've done the absolute best that we can do, and sometimes, we need to know who's on second! Thank you for your dedication and superb service to the community.

Supply Room

Thank you to all volunteers who sign the inventory sheet on the door when they remove supplies from the supply closet.

By doing so we keep an accurate inventory of supplies needed to run the Squad including our ambulances and vans. If you find that something is running low or you removed the last item, just let purchasing know on the inventory sheet.

Thanks again for your help.

- Julie Wickersham, Asst. Chief of Acquisitions

Team Captains

- Team 1 Robert Leonard**
- Team 2 Betty Richner**
- Team 3 Chuck Russ**
- Team 4 Tim Zion**
- Team 5 Ken Rodman**
- Team 6 Dick McCormick**
- Team 7 Tina Drury**
- Team 8 Tom Burlage**



Check our website at
SCCEMS.com