

September 2019

# The Siren

Newsletter of the Sun City Center  
Emergency Squad

AMBULANCE

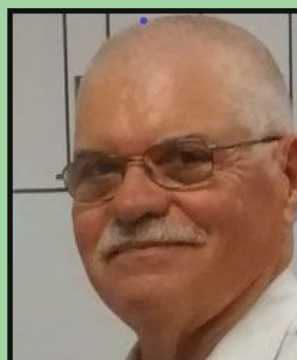
## From the Desk of the Deputy Chief, Jim Ryan

To use a horse racing analogy, we are entering the home stretch. With the Bardells on a much deserved vacation, Mike gave me the opportunity to write this month's column. We've had a busy August, the Appreciation lunch was great along with the new Squad t-shirts, despite a last minute glitch with the caterer. The Cornhole competition was a new twist and everyone showed their enthusiasm rooting for their home team or sister team. Our summer super-subbs have come through countless times to fill last minute vacancies. All positions have had substitutes at one time or another that really saved the day.

As Deputy Chief, I want to take this opportunity to highlight the people that have kept our ambulances and vans on the road all summer. Dick Schneider's Maintenance team has been awesome, keeping the 3 ambulances and 2 vans running great and safe for our crews. The other group is actually a sub group of volunteers. When you're here in the Squad most days of the week, you tend to notice the same faces over and over again. If I started to name them, for sure I would miss someone. They are the van and ambulance people who weekly volunteer for 2, 3 or 4 teams. We try to remind them about burnout and continually question their wellbeing but they are a determined bunch. I hope they realize how much we appreciate them.

Another high point is the much anticipated arrival of our new blood pressure machines. They are here! We plan to do a train the trainer event with the manufacturer rep right after Labor Day and then train our teams on their duty day. Walt Bowers and Ken Ayers are leading this effort.

Lastly, our own Chris McCann is back from Boston having passed the final testing phase of her EMT course. Chris has achieved a personal goal and we are all so very proud of her accomplishment.



Dep. Chief Jim Ryan



Chief Mike Bardell

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SUN CITY CENTER EMERGENCY SQUAD



# UPDATES & REPORTS

## September Birthdays

Marilyn Navarro	3	Anthony Medico	22
Greg Mierzwinski	5	Betty Russell	23
Wendy Helton	6	Jane Kelley	24
Mary Huntington	7	Donna Manship	24
Mike Albanese	12	MaryAnn Meeker	24
Janet Caruthers	13	Harriet Bailey	25
Shirley Bardell	14	Margaret Campbell	25
Janice Churchill	14	Elaine Elliott	25
Linda Warren	14	Louise Kreider	27
Bev LeDoux	15	Glenn Russell	27
Sharon Privitera	16	Linda Hughes	28
Sebastian Smith	16	Cynthia Slaughter	28
Elaine Davis	17	Jorge Ignarra	29
Howard Levine	20	June Rowley	29
Ken Ayers	21		
Alice Ormiston	21		



## Anniversaries Team#/ Years

Peter Gallagher	2	15
Robin Watt	7	15
Aileen Engel	5	10
Ginny Rottman	2	10
Shirley Dwyer	5	5
Scotti Fortiner	0	3
Elizabeth Peyton	2	3
Mary Mobley	8	3
Elaine Ax	1	1
Tara Lyman	5	1
Sharon Skaryd	4	1
Giselle Blankenship	2	1
Gary Giles	4	1

## Squad Stats

### Run Reports

Ambulance Runs	385
Van Runs	110
Fall Calls	134
Blood pressures	82

### Sick List

George McInnes	WM
Alice Ormiston	1
Dana Wallace	1
Margaret Whitford	1

## BROADCAST FROM DISPATCH:

### By Di Good, Director of Dispatch Training

The dispatchers on the Squad are a unique and amazing group. Coming from all different backgrounds, very few have any emergency dispatch experience. Training is 16 hours of class and a few months of mentoring, then they are on their own.

Dispatchers are the first "first responder" because they are the initial contact, taking care of the first need of the patient: getting an ambulance to them. They keep calm, obtain the necessary information - not always an easy task with some callers, and document all facets of the call. They assist the ambulance with times, HCFR assistance requests, and key locations. In between hospital discharges by van or gurney, they take calls for van runs, and schedule them. Some days this is a near Herculean effort, requiring captain approval as necessary. Then the scheduled van run must be put on the van board and the blue copy goes in the drawer under the correct date. Whew!

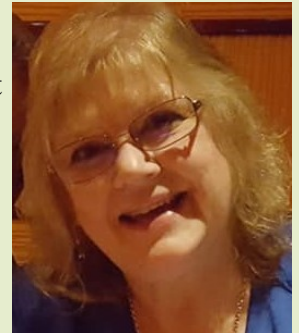
Our dispatchers do a terrific job with little recognition, so let me just say how much I appreciate their dedication to their tasks and to the Squad. None of what the Squad does could be accomplished without the dispatchers!

Quick reminder points -

Log entries under Destination should be short: no transport, release by HCFR, canceled, or where the patient is being transported. If a correction is needed, draw one line through and make the correction above, under or next to it. No whiteout or scribble outs.

Van runs out of town MUST have a Captain's approval. The information posted on the board should be in green and include the arrows for enough time to transport to the appointment and enough time after the appointment to transport them back, along with the city/town to which we are transporting.

Welcome back snowbirds! Make sure you are scheduled to work with a mentor for your first shift back in Dispatch. This serves as a refresher and allows you to catch up on any changes that were made since you left. Bless you all for your team work and the great job you do every duty day!



of

# Our People & News You Can Use

## Mary Bramel—20 years of service!

It was the hot Summer of 1999 and Mary Bramel had been listening to husband Connie Abbott talk about the Squad since the previous Summer, when he joined. They had just retired to Sun City Center after living 28 years in Japan. After much cajoling, Mary Bramel signed up and has been giving her time and energy to the community ever since.

When Mary first joined the Squad, she trained and served as a First Responder on the ambulance (now called an Emergency Medical Responder.) After many years in this role, she decided to audit the EMT (Emergency Medical Technician) classes and the following year, she became an EMT.

“When I went to EMT school, I was the oldest student there!” Mary states. That was 10 years ago and since then Mary has gone to Dispatcher Training and is now serving as a Dispatcher for her home team, Team 4. In her 20 years, Mary has given many hours of service and care to our residents.

Thank you Mary Bramel, for your dedication and service to the Squad and the community.

Photo, L to R: Marcie McKee, Linda Hughes, Mary



Bramel and Barry McKee.

## Hurricane Season by Mike Bardell

Historically, this is the time of year when Hurricanes are more likely to occur. Even if one hits our community and does minimal damage, there may be the inconvenience of no power. The streets may be closed due to downed trees or power lines. Grocery and drug stores may close due to lack of power.

First, we ask that all our volunteers assess whether to stay or go: this decision will depend on several factors. What are your medical needs and health? What about your spouse? Will your stress level allow you to stay? I have seen many people stay, but the closer the storm got, the more they felt the need to evacuate. Please remember if you wait too long, there will be many challenges: gas, food and lodging will become scarcer as time goes on. You will also find that traffic will resemble a large city rush hour, where patience and courtesy will be rare. I have always thought that waiting until 48 hours prior to the event is too late to leave.

Make sure you take medications, clothes, money, food, cash and credit cards. And please take supplies for your pet as well.

If you are staying in your home, get the necessary supplies for your family. Remove all loose items – lawn chairs and patio furniture, etc., from around your home, as they will become airborne objects that could break a window.

There are several parts to a storm: first, you have the leading edge. This will bring huge gusts of wind and driving rain. This will go away and the eye of the storm will bring calm and the sunshine. Don't be fooled — it's not over; then the trailing edge will begin. This will bring high winds and driving rain again.

The next part is very crucial. Let your family know what you are doing. Many wellness checks are made during the year, only to find the individual left and did not tell anyone. There is a book at the Captain's desk, with forms to fill out, to tell whether or not you intend to stay, and are willing to work at the Squad, if able. We will check on everyone after the storm has passed. We may not have phone service, so if you have the ability to check in with us, that would be great.

Shelter or stay home? Everyone has to assess their own situation. Whether medical issues or your tolerance of fear, are the issue, please make a decision the best you can. If you decide on a shelter, and every resident has the right to this, here are a few things you should expect:

- Limited privacy because you are now with several hundred of your new best friends.
- Bring food and bedding. Don't plan on it being provided.
- They have a right to send you to another shelter if that one is at capacity.
- When the event is over they want you out.
- No pets are allowed except for approved pet shelters.

If anyone in your family requires oxygen or continued medical care, they need to pre-register at a Special Needs Shelter in advance, meaning now. Transportation will be provided by community services.

Additional information is available through Hillsborough County at: <https://www.hillsboroughcounty.org/en/residents/public-safety/emergency-management/annual-disaster-planning-guide>

Links to this guide can be found on the home page of our website: [sccems.com](http://sccems.com)



## September is Fall Prevention Month

September is National Fall Prevention Month. And while there are no guarantees that you will never fall, there are things you can do to reduce your chances of becoming a fall statistic. Briefly:

- Stay active to help maintain your balance;
- Manage your medications;
- Stay hydrated!
- Clear the Clutter;
- Wear the right shoes!

Linda Eargle, EMR on team 7, our Fall Prevention Manager, is a physical therapist with degrees from the University of Florida, Clemson University and Regis University. She has certifications from the Academy of Geriatric Physical Therapy as a Certified Exercise Expert for Aging Adults (CEEAA) and Advanced CEEAA. She serves as a trainer for the CEEAA and American Physical Therapy Association (APTA) Clinical Instructor courses phase 1 and 2.



If you belong to a group that would like to have a fall prevention presentation, please contact Linda! Let's all stay vertical!

## Toughbook Tips

by Merrill Pritham, Asst. Chief, QI

Some reminders for all EMR,s and EMT's:

- Use "United States" not US or USA on Patient tab country field
- Gloves should be worn by ALL on all runs, use pre-sets
- Traffic vests for all at MVA's
- Check blood sugars for all falls and a good idea for sick, dizzy, or weak
- Diarrhea is a GI problem, anatomic location = abdomen
- Hypertension and chest pain = chest pain, not "sick"
- Rate all pain using the numeric scale
- Don't say, "Denies head, neck, or back pain" but put "7" on scale
- "911" is not a run number, check your number on every run
- Right arm drift is not, "negative FAST"
- Gloves, gloves, gloves!

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### Team Captains

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

*"The Squad is 55 years OLD!"*

*Please join us to celebrate our Anniversary on September 25th at our Training Center at 124 S. Pebble Beach from 2 to 4pm.*

*Invite your friends and neighbors!*



Check our website at  
[SCCEMS.com](http://SCCEMS.com)