

October 2019

The Siren

Newsletter of the Sun City Center
Emergency Squad

AMBULANCE

From the Desk of the Chief

Welcome to the new Sun City Center. This is one of the fastest growing areas in the country. This represents change and as we age, change becomes harder. You don't have to go far to see developments popping up and roads more congested. These changes bring about new challenges related to the many new communities that have no age restrictions.

The Squad is a very trusting organization and, in our zeal to help, we could endanger ourselves. This doesn't mean we need to panic, but it does mean we should always be aware of what we are doing. This is true for everyone, from rushing into a house or letting someone into the building at the back door that we do not know.

We have spent the last couple of years improving the strength and security of both buildings; from security cameras that can monitor outside movement to new locks on doors. We also have impact windows that will withstand a brick being thrown into them, possibly causing a crack but keeping the person outside. We need to ensure that people who actually need to get in, can get in. Everyone should be prepared to show their ID as personally knowing everyone on the Squad by glance is unrealistic.

Responding members must remember to evaluate scene safety. If you don't feel safe, call for assistance.

You will also notice that we have started changing our badges. This needs to be done as a few Squad members have received calls at home by knowing last names and locating the Squad member in the phone book. So far they have only done this to thank them for their care, but it is very easy today to locate anyone if you know the first and last name. Look around and you will notice in other health care settings, only first names are used, or first names and the last name initial. Therefore, I believe it is time to initiate this change which will begin with our new volunteers and eventually reach everyone.

You're Invited to the Fall Symposium

King's Point Veterans Theater - October 22

SCC Community Hall - October 29

Lunch Provided

Call to register 888-685-1595



Chief Mike Bardell

Inside This Issue

Updates & Reports

What is Blood Pressure?

Broadcast from Dispatch

Captain Karen McInnis

Guest Columnist

Milestones

Safety First, Always

Toughbook Tips

Team Captains



SUN CITY CENTER EMERGENCY SQUAD



UPDATES & REPORTS

October Birthdays

Helen Corradi	1	Rosita Rodriguez-Barton	14
Barbara Multon	1	Cathy Zurek	14
Lynne Albrecht	2	Maureen Carey	15
Gary Kerckaert	2	Nancy Heiss	15
Linda Bedrin	3	Winsor Aylesworth	17
Kristin Schram	4	Lorraine Conell	17
Carol Barton	5	Lorraine Connell	17
Joanne Koncick	5	Kenneth Machuck	17
Mervyn Hollander	7	James Diehl	18
Sally Stammen	7	Marilyn McCormick	21
Ginny Rottman	9	Walter Prouty	22
Bonnie Murphy	11	Brenda Levy	23
James Ryan	11	Dianne Good	24
William Whitford	11	Cecilia Horvath	26
Lorraine Kennedy	12	Audrey Buchner	27
Joanne Sudman	12		
William Lotz	14		

Anniversaries Team#/ Years

Linda Eargle	7	5
LeeAnn Stinchcomb	8	5
Julia Wickersham	2	5
Tom Canedy	4	3
Karen McInnis	7	3
Rebecca Gonda	8	1
Nancy Biegenwald	8	1
Joanne Koncick	7	1
John Kunzler	3	1
Linda Menier	4	1
Phil Parker	3	1



Squad Stats

Run Reports

Ambulance Runs	367
Van Runs	93
Fall Calls (37%)	122
Blood pressures	80

Sick List

Bud Wiehe	T-3
Frank Gatto	T-3
Walt Bowers	T-3
Barbara Cunningham	T-3
Chi Chi Horvath	T-2
Eliot Marcus	T-8
Mark White	T-8
Dave Zoerb	T-8
Tom Burlage	T-8

What is Blood Pressure?

What's Your Number? by Robin Watt, Asst. Chief of Public Relations and Communication

Blood pressure is the measurement of how forceful the heart pumps your blood. The “top” number is the systolic pressure - the pressure when your heart pushes the blood out and into the arteries. The “bottom” number is the diastolic pressure - the is lowest pressure when your heart has relaxed between beats.

It's important to know your numbers because they are a good representation of what's happening inside your body. Your blood pressure can be affected by many things: exercise, pain, getting up too fast or a sudden surprise. But those types of impacts are temporary. However, many illnesses have a longer term impact on blood pressure and recognizing a consistent change from your normal BP may be the first indication that something might be wrong. Knowing your normal blood pressure and recognizing when it has changed significantly, will help you realize it's time to see the doctor.

“Normal” healthy blood pressure is 120/80; most adults have readings in the 140/90 range. Hypertension – high blood pressure, is considered consistently over 140/90. Having high blood pressure puts a strain on your heart and eventually increases your chances for having a heart attack or stroke. This is important for you to manage with your doctor.

Low blood pressure – hypotension, is usually below 90/60. Generally, having lower blood pressure is not a cause for concern. It most often means you are at less risk of stroke or heart attack. However, if it's too low, it can lead to fainting – which can also cause other injuries. But if you've always had blood pressure in the normal range and it changes to being consistently low, again, it's time to talk to your physician.

Our People & News You Can Use

Broadcast from Dispatch

By Di Good, Director of Dispatch Training

Welcome to our seven new dispatchers!

Team 1—Gail Letzring who also works the Front Desk, Team 2—Mimi Batcho and Mitzi Mackey, Team 3—Hedy Sacco, Team 5—Joan Cohen, Team 6—Chris Walsh, and Team 8 - Sal Caudullo.

At the request of several dispatchers, this column will be used to highlight training concerns and present a few reminders:

- All additional information about a call should go on the yellow sheet, i.e. phone numbers, key locations, other persons who may have called with information, or other information about the call or caller. Please note that none of these things should be placed on the Dispatcher Time Log.
- West of Cortaro, including the Davita Medical Group and Cypress Village, are “out of town” by virtue of the fact that they are out of our Service Area. They should be in green on the Van Board. However, the new Tower Radiology and Tampa General facility on 301 behind the Publix shopping center is IN our Service Area and should be noted on the Van Board in black because they are in SCC.
- We still have an issue with facilities calling to transport patients because the doctor wants them to be evaluated. At times, this has turned into a direct admit. To avoid miscommunication, dispatchers should ask the caller for the symptoms, ask if it is direct admit, and explain that we will be taking the patient to the emergency room. If the facility does not give a symptom or does not want the patient to go to the ER, then we will not transport, and the facility should be advised to make other arrangements.
- We cannot schedule hospital discharges ahead of time. The hospital personnel must call at the time that the patient is ready to be released.
- Remember, blue sheets should never be put in the Captain’s mailbox. They are to remain in the Van Drawer located in the Dispatch Office.

The “oopsies” are getting fewer and fewer, so please keep up the diligent work you all do for the Squad! Thank you.

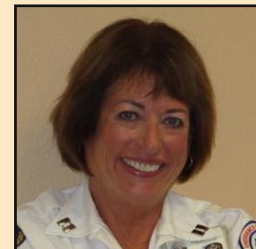
New Captain for Team 7 - Karen McInnis

Welcome to the Captain’s Chair, Karen.

Karen joined the Squad in November 2016 and worked at the front desk for two months while waiting for a new EMR class to begin. She took the EMR course in January 2017 and became a driver because she wanted more patient contact.

Karen was a driver for two years and then decided to become an EMT. She went to EMT school in MA and passed the National EMT Test. Karen served as an Assistant Captain for a year and, recently became the new Director of Driver Training.

Last week Karen was appointed the new Captain for Team 7.



Identity Theft Prevention by guest columnist Dep. Jeff Merry

According to the Federal Trade Commission (FTC), in 2013, American consumers reported losing \$1.6 Billion dollars to fraud. The actual amount for businesses and consumers is estimated to be \$50 Billion dollars a year.

Identity Theft refers to several types of crime in which someone wrongfully obtains your personal information and uses it, typically for economic gain. This personal information includes, but is not limited to: name, Social Security Number, date of birth, address, passwords, or banking information.

Although there are many types of crime associated with identity theft, the most common are document fraud, credit card fraud, utility fraud, bank fraud, employment fraud, and loan fraud.

Sun City Center residents are not immune to identity theft and are actually at greater risk for some types of identity theft. Seniors have accumulated some net worth, are more trusting, and less likely to believe they are a victim, all of which increase their victimization. In addition, seniors are less likely to report identity theft due to shame or embarrassment, the complexity of reporting, or the time and effort required to file a report.

Identity thieves obtain personal information through email, websites, telephone solicitations, in person solicitations, pretend offers, dumpster diving, stealing mail, wallets, purses, and laptops.

Most identity theft can be prevented with a few precautions. The FTC recommends consumers Deter, Detect, and Defend against identity theft.

Deter thieves from stealing your personal information by:

- Securing mail, both inbound and outbound
- Shred any documents that contain personal information
- Safeguard Social Security Numbers
- Don't give out personal information unless you know who you are dealing with
- Opt out of credit preapproval offers at www.optoutprescreen.com
- Take your name off telemarketers lists at www.donotcall.gov
- Keep all financial information secure

Detect any suspicious activity:

- Routinely monitor financial accounts and billing statements
- Inspect financial statements for charges you didn't make
- Be alert of credit denials and bills that don't arrive
- Be diligent with credit and debit cards
- Inspect your credit report yearly at www.annualcreditreport.com

Defend against identity theft as soon as a problem is suspected

- Place a fraud alert on your credit reports by calling one of the three credit reporting companies
- Close accounts that have been tampered with or opened fraudulently
- File a complaint with the Federal Trade Commission at www.ftc.gov/idtheft
- File a police report

For more information on identity theft prevention tips go to the FTC's identity theft website at www.identitytheft.gov.



MILESTONES

By Robin Watt, Asst. Chief, Public Relations

This year we celebrate our 55th anniversary. It is quite a milestone and we are glad to have shared it with our volunteers, alumni, neighbors and friends. But I also want to address volunteer milestone anniversaries. New volunteers and many others, may not understand why their 2nd, 4th, 6th – 9th year anniversaries are not mentioned in the Siren, in our list of Anniversaries. This is because we have a long history of acknowledging only specific milestones: 1st, 3rd, 5th, 10th, 15th and on, in 5 year increments. If we acknowledged every year, for everyone, the list would get VERY long.



But we also want to make sure we do acknowledge those specific milestones. We've had a lot of changes in the last few years: a new database system and different assistants inputting information into that system. If the Squad has missed your anniversary or has it down as different than you remember, please send a note to Chris McCann in HR. This is important not just a mention in the newsletter, but to be sure we acknowledge your service at our annual awards dinner.

Safety First, Always

Getting home after a shift is something we rarely think about and it's probably a rare day when something unusual happens, that reminds us not to take our safety for granted. But we should be safety conscious all the time and here are a few tips to keep in mind.

1. Be aware of your surroundings: Remember Scene Safety! Scene overview begins the moment the call comes in. Weather conditions, road conditions, road construction and traffic flows are some of the things to consider when responding to any run.

2. Pay specific attention to the scene: Whether we are at accident scene or some other traumatic scene, be aware of everything around you. Watch for things that may pose a risk to you, your crew and your patient. These may include obstacles to getting our gurney in and out safely; slippery surfaces, broken or uneven sidewalks or curbs. At an accident scene, it might include downed power lines and oncoming traffic.

3. Wear appropriate safety gear and equipment: Whatever the call is, make sure you always have your gloves on! This is the bare minimum and the standard we use. But we also have safety vests to use at accident scenes – make sure each crew member wears one. Depending on the situation, you may need face masks or goggles. These are in each ambulance. And remember if the scene involves hazardous materials, we stage until the higher authority clears us to assist or leave.

And any crew member should feel free to remind other crew members to put on their gloves, check the scene and point out hazards or obstacles.

We are a team!

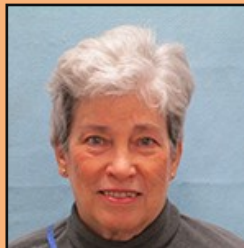
Toughbook tips by Merrill Pritham,

Welcome back to all Snowbirds and other travelers. You were missed!

A few reminders for all: watch your run numbers, don't reverse first and last names on the patient info, NOC is what Dispatch sends us out for, please don't use "cardiac arrest" or "dead" (unless it is!) and always document wearing gloves and vests at automobile accidents.

The new blood pressure machines are here and should make getting vitals much easier. Don't forget: blood sugars on all falls

Thanks for all you do, stay safe.



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 Karen McInnis**
- Team 8 Tom Burlage**

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